



St John's School & Catholic Community Kindergarten



"The greatest glory in living lies not in never failing, but in rising every time we fail!" Nelson Mandela

Term 3 Week 1 – 13th July, 2022

Dear Parents,



Welcome back and a special welcome to our new students Chris, Amali, Bodhi and Scarlett. This week, the school yard is buzzing with joy and friendship. The children were having so much fun catching up with their friends that they couldn't even hear the bell ring! What wonderful vibes. Friendship is a special gift to be shared. Working in schools is a similar gift - blessed with some of the most wonderful and joyous days, with the love of 'hard yakka' in learning. My wish for us all, as we welcome the newness of Term 3, is that the next ten weeks bring us **challenge, joy and success interlaced with quiet days of satisfying work and achievement.**



What a lashing of excitement in the final week of school with our Athletics Carnival. **Congratulations MacKillop Sports House!** My favourite part of the day was the sack races! Below are a few testimonials from the sport day:

- *"It warmed my heart to see the older kids take such good care of the younger ones on Sports Day".*
- *"Having MacKillop House cheer on the Francis House was so lovely. It was great to see the children showed each other care and empathy."*
- *"An amazing athletics carnival, the most well organised carnival we have attended, with such excitement for all year levels."*

Catholic Education Week with the theme "**Communities of Faith, Hope and Love**" will be celebrated from 24th to 30th July. This week is an opportunity for St John's to come together, with our sister schools, to **celebrate and promote our distinctive mission and Catholic ethos.** As a school we will travel to Good Counsel Primary School for a day of festivities. **Thank you to our wonderful P&F** for covering the costs to transport our students to this event. Your generosity makes it possible for all students to enjoy this opportunity. The students always look forward to this day! **St John's strives to make a difference in the lives of those in our school** and in the wider community by challenging young people to live out the message of the Gospel Values and to reach their full potential as compassionate, contributing members of society.

Term 3 also brings excitement with the **Prep, Year 1 and Year 2 excursion to Paronella Park next Monday** where students will learn about special places in their local community. What a magical excursion with a treat of ice-cream! **Thank you to our amazing P&F for also sponsoring this event.**

Further, on **2nd August** we have the world renown Australian religious songwriter and singer - **Andrew Chinn, who will be performing a school concert for us** with our favourite celebration songs. Mr Chinn is excited about coming to St. John's and performing a special choir session with our award winning performers who sang his song at the eisteddfod - 'An Australian Blessing.'

Looking forward to a great term!

May the peace of God be with you and your family, Mrs Bryan, Principal

Always Reaching For New Heights



Diary Dates

Thursday 14th July

- ♦ **"Little People, Big Worries 3:15pm - 4:15pm** at St John's
Free workshop

Monday 18th July

- ♦ P-2 Excursion to Paronella Park
- ♦ P&F meeting 3:15pm

Friday 22nd July

- ♦ Tully show Holiday
School closed

Tuesday 26th July

- ♦ Catholic Education Week Celebration.
Excursion to GCP

Wednesday 27th July

- ♦ Prep Vision Screen
- ♦ District Athletics at Tully H.S. Discus & 800m 9-12yrs

Friday 29th July

- ♦ District Athletics Carnival at Lower Tully S.S. 9-12 yrs

Tuesday 2nd August

- ♦ Andrew Chin concert

Friday 5th August

- ♦ School Satisfaction survey concludes

Friday 26th August

- ♦ DISCO NIGHT



CONTACT DETAILS

Phone: 07 4065 9530

Mobile: 0418 888 672

Harold St, Silkwood, Q. 4856

www.stjohnssilkwood.qld.edu.au

www.facebook.com/StJohnsSilkwood



Dear Parents and Caregivers,
We thank all who recently supported the St Vincent de Paul Winter Appeal. Any donations of blankets, clothing, and toiletries can be left at school and will be collected by members of SVDP Tully on Friday 15th July. To date we have received some wonderful donations and we thank our school families and parish community for all their kindness. Items collected will be donated to families in our local community to bring comfort during these cold, tough times.



Australia recently participated in NAIDOC Week activities over the holiday period with the theme being '[Get Up! Stand Up! Show Up!](#)' with an emphasis on being able to create an equitable and harmonious community. Congratulations to Ash Barty on her [NAIDOC Award](#).

Last week we also nationally recognise that the [Plenary Council](#) met again to make decisions upon the future direction of the Catholic Church within Australia. Father Kerry Crowley is our local representative who attended this important event. For those who are interested in the decisions, [motions and voting results are published](#) on the website. <https://plenarycouncil.catholic.org.au/motions-and-voting/>

Date Claimer:
Catholic Education Week



Thank you to families for supporting the St John's Pie Drive. We made approximately \$1000 to spend on our kids. The Nature Play Stage 2 is going well and on behalf of the St John's School Community, I wish to thank a donor who gave \$1000 towards this project! Also, thank you to the parents who have assisted Cane Cutter Constructions to lay the foundation. Our next P&F meeting is **Monday 18th July 3:15pm-4:15pm**. All parents are welcome to attend. Send agenda items to our secretary Mrs Belbin by 3:00pm Friday 15th July – hmcculloch@cns.catholic.edu.au. Regards, *Brett Gaia - President*

Construction Update

Check it out! Projects occurring at the moment - the Parish is installing a new church roof, Sultana Building Corporation is demolishing our current toilet block to make way for a new building, and Cane Cutter Constructions, assisted by the P&F and Mrs Bryan are constructing the Stage 2 Nature Play space.



Mr Gaia and Mr Sendra also performed upkeep on the Nature Play space over the holiday period.



Disco Night

An evening of dance and good fun is scheduled for Friday 26th August! The children are busy learning new disco moves for our 70's Disco night planned later this term. Parents, be on the look out for anything glittery, sequined or metallic that your children can use to dress up in the disco theme. Parents are also invited to join the dress up fun theme! The P&F are currently organising food and drinks which will be available to purchase on the night. Further details available soon.....



Sport

Well done to the students for embracing Athletics in Term 2 with such passion! A huge thank you to Mrs Bryan and Mrs Magnanini for their hard work in organising the Athletics Day. **Congratulations MacKillop!**

Selected students from St John's will now **compete at the Southern Zone District Athletics Carnival 9-12yrs**. Students who came 1st & 2nd in an event will compete at Tully High on **Wednesday 27th July 3:30pm in 800m and Discus**. **All other events will be held at the Carnival hosted by Lower Tully State School on Friday 29th July**. The St John's Athletics team will travel by bus with Mrs Bryan and Mrs Magnanini. Parents are always welcome to attend.

We also have the **Ty Williams Cup on 1st September**. This carnival is for Year 3 & 4 students who will join with St. Rita's, South Johnstone to form a team. Mr Leon and Mrs Bryan are currently training the team every Thursday at break time.

Athletic Day Age Champions:

- 5 years – **Piper & Cody**
- 6 years – **Tess & Rhyder**
- 7 years – **Charlotte & Tyler**
- 8 years – **Sophia & Dominic**
- 9 years – **Myllinda & Taj**
- 10 years – **Audrey & Clayton**
- 11 years- **Savannah & Sean/Sam**
- 12 years – **Finn E**



Refer to the back page of this newsletter for photos!



From your School Counsellor.....Miss Jo. Unhelpful Thinking Styles

Our mind is constantly interpreting the world around us, trying to make sense of events. Sometimes we see the world accurately – as it really is – but often our minds take ‘short cuts’ and our thinking can become biased and unhelpful. These biases or ‘unhelpful thoughts’ can have powerful effects, especially upon how we feel (Beck, Rush, Shaw & Emery, 1979). Cognitive therapy proposes that thoughts, feelings, and behaviour are inter-related and that changing unhelpful thinking can lead to changes in feelings and behaviour (Clark & Beck, 2010).

To help our children create an awareness of unhelpful thinking styles, notice the ‘shoulds’ ‘musts’ and ‘have tos’ you hear in conversation. Identifying these thinking patterns that affect our feelings, supports self-awareness and opportunities to better manage emotional health.

- UNHELPFUL THINKING STYLE - HOW “SHOULD”, “MUST” & “HAVE TO” THOUGHTS AFFECT YOU...

I HAVE TO...
= PRESSURE | TENSION | OBLIGATION

I MUST...
= PRESSURE | TENSION

THEY SHOULD HAVE...
= ANGER | FRUSTRATION | DISAPPOINTMENT

I SHOULD HAVE...
= GUILT | REGRET

I SHOULDN'T HAVE...
= GUILT | SELF-LOATHING

THEY SHOULDN'T HAVE...
= RESENTMENT | ANGER | FRUSTRATION

OVERCOMING 'UNHELPFUL THINKING STYLES'

IDENTIFY IT / NOTICE IT
THE FIRST STEP IS SIMPLY TO BECOME AWARE OF UNHELPFUL THOUGHTS & THINKING STYLES. NOTICE IT & NAME IT.

CHALLENGE IT
NOT ALL THOUGHTS ARE TRUE - TIME TO CHECK OUT IF IT'S REALISTIC & TO GENTLY CHALLENGE IT. SOME USEFUL Q'S TO ASK YOURSELF: WHAT WOULD I SAY TO MY BEST FRIEND? IS THIS A FACT? WHAT ELSE COULD BE TRUE?

RE-WRITE IT
COME UP WITH A MORE REALISTIC, KIND, HELPFUL, HEALTHY & BALANCED THOUGHT.

BE MINDFUL
YOU CAN ALSO JUST SIMPLY OBSERVE THE THOUGHT, WITHOUT JUDGEMENT, & ALLOW IT TO PASS.

DISTRACT
OR YOU CAN TRY DISTRACTING FROM UNHELPFUL OR REPETITIVE THOUGHTS, WITH HEALTHY ACTIVITIES.

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Kindy News Welcome back to Kindergarten for Term 3!

We hope everyone had a fun and relaxing holiday period. This term we **welcome Ivy, Skigh and Myah!** We really look forward to getting to know you and your families.



In the next week I will email out our Term calendar. Please keep your eye out for it as Term 3 is always a busy and **fun term with lots going on including Book Week, Science Week, kindy photos and visits to St John's.**

This term we will be encouraging your children to share show and tell via photos, so when your child has something to share, snap a photo and email it to us. We will also be sending home our class pet, Shelly the turtle. Shelly will come to your home with a story book for you to read together, as well as a note book. If you and your children would like to, you can write in the things you do with Shelly at home, and your children can draw a picture. Everyone loves taking Shelly home and it is a wonderful way to connect Kindergarten with our homes.



Ms Cheryl and Mrs Greco

Enquires call: 42 52 5755

Email: kindy.silkwood@cclc.catholic.org.au

Web: www.cclc.catholic.org.au/community-kindergarten-silkwood/



Thursday 14th July, 3:15pm-4:15pm 'Little People, Big Worries'
 Thursday 18th August, 3:15pm-4:15pm 'Mindful Parenting'
 Thursday 15th September, 3:15pm-4:15pm 'Self Care for Parents'
 RSVP to Alana from VPG on mobile 0488 321 605 or email: alana@vpginc.com.au.




LITTLE PEOPLE, BIG WORRIES

This workshop provides:

- Insight into your child's body and brain when they experience anxiety or big worry
- Understand how we can support our children through transitions while building their skills in managing emotions
- Develop strategies that will help your child through their feelings to find their brave

 **Thurs 14 July 2022**
 **3:15pm - 4:15pm**
 **St John's School Silkwood**
 **\$ FREE**

BOOKINGS ESSENTIAL
CONTACT ALANA
0488 321 605
alana@vpginc.com.au


 Find us on @EveryFamilyCassowaryCoast
An Australian Government funded children and parenting initiative by VPG
www.vpginc.com.au/everyfamily




MINDFUL PARENTING

an Introduction to the Bringing Up Great Kids Program

Workshop topics:

- Child brain development
- Messages & influences on parenting styles
- Mindful strategies
- Ideas and practical strategies to respond to behaviour

 **Thurs 18 August 2022**
 **3:15pm - 4:15pm**
 **St John's School Silkwood**
 **\$ FREE**

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SELF CARE FOR PARENTS

This workshop provides

- An opportunity to explore what self care means to you and what this can look like
- Insight into why self care for parents and caregivers is essential to being the best caregiver you can be

 **Thurs 15 Sept 2022**
 **3:15pm - 4:15pm**
 **St John's School Silkwood**
 **\$ FREE**

BOOKINGS ESSENTIAL
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alana@vpginc.com.au


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Interhouse Athletics
24th June