



St John's School & Catholic Community Kindergarten



"Courage doesn't always roar. Sometimes courage is that little voice at the end of the day that says 'I'll try again tomorrow!'"

M Radmacher

Term 3 Week 5 – 10th August, 2022

Dear Parents,

We are at the mid-point of Term 3 and we have much to celebrate! Recently, each of the 29 Diocesan schools took time out to reflect on our privileged **mission and identity** as Catholic schools. Our schools and central office are great places, made wonderful by the outstanding contributions of all our staff, who each day go above and beyond what is expected to meet the needs of the students within our care. Following on from this, we have just **celebrated Mrs Strano's service of 30 years** to St John's. Mrs Strano said that "*St John's fills her heart*" and that she "*loves working at St John's*!" She commented that she is in awe of the work teachers do and how hard they work. She also told of a past student she caught up with and how proud she was to see him as a qualified electrician.

Bishop James Foley will resign as our Bishop in two weeks after serving 30 years as our leader of this Diocese. The St John's community was privileged to have Bishop James **preside over our Year 2 School/Parish Mass** last Saturday evening and we farewelled him with respect. Following Mass, as we shared a cuppa in company with the Bishop and Fr Kerry, we felt an enormous sense of pride of our students. I personally felt great hope rising in my heart seeing the students conduct themselves with reverence and meeting high expectations as a window to the future - **a vision that every child is our hope for the future of humanity!**

Another congratulations and sincere **gratitude** is **offered to the Queensland Country Women's Association** achieving a significant milestone of **serving rural communities for 100 years!** For this momentous occasion, Mrs Rosendahl, Mrs Tait, Mrs England, and Mrs Patane from the Silkwood branch attended our special QCWA assembly to honour their work to our local community, followed by a special morning tea with our school leaders. Mrs Rosendahl commented on how delightful our school leaders were and how pleased she was that the younger generation chose to learn about this wonderful Association. Mrs Rosendahl has the perfect place in their hall to display the 100 years banner and painting presented on behalf of St John's School.

Finally, to the **fabulous world famous singer/songwriter** Mr Andrew Chinn - **thank you for coming to St John's**. Even though you were not able to sing due to your raspy voice, we were truly entertained with song and laughter! I missed Andrew's introduction, however staff and parents later told me that Andrew made comment on the level of respect the students displayed as they gathered for their morning prayer. He also **commented on the wonderful greetings students offered him** and how beautiful the school was, not only in physical surroundings, but most importantly made up by the students and staff he had just met. Visit spotify to listen to Andrew's music.

'Ubuntu' a South African term meaning 'the belief in a universal bond of sharing that connects all humanity'.

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



Diary Dates

Monday 15th August

- ♦ School/Parish Mass 9:00am
- ♦ P&F meeting 3:15pm

Tuesday 16th August

- ♦ Science Day and dress-up

Thursday 18th August

- ♦ School/Kindy photos
- ♦ Assembly 2:30pm
- ♦ Free Workshop "Mindful Parenting" 3:15pm - 4:15pm

Friday 26th August

- ♦ Premier's Reading Challenge concludes
- ♦ Disco evening 6:00pm - All students

Tuesday 30th August

- ♦ Fathers' Day afternoon 1:45pm

Thursday 1st September

- ♦ Ty Williams Rugby League - Cairns

Friday 2nd September

- ♦ Pupil Free Day



CONTACT DETAILS

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www.facebook.com/StJohnsSilkwood

Always Reaching For New Heights





Dear Parents and Caregivers,
We are blessed to be in such a wonderful part of the world where we have such a vibrant and caring community.

On Monday this week we recognised the Feast day of **Mary MacKillop, Australia's first Saint**. She showed

faith, hope and love in her effort to make Australia a better place.

All are welcome to join us for Mass on Monday 15th August at 9:00am to celebrate Mother Mary.



(Year 2 Mass on Saturday night)



(Andrew Chinn's school concert)



Science Week

Next **Tuesday, 16th August** we come together as a school to celebrate National Science Week! Students are invited to dress up for the day, either as a scientist/mathematician/engineer/technologists or inline with this year's theme: "Glass - More than meets the eye". If wanting to dress in theme, encourage your child to think about what glass is used for in our every day lives - you may surprise yourself at the many and varied uses of this versatile material. (Please don't use actual glass for your child's dress up as this is not safe practice.)



Dance Night Showcase

Get ready to boogie! Our 70's Disco performance is fast approaching (**Friday 26th August**). Our dance moves are coming along nicely and the children are LOVING the songs! Has your child/ren got their sparkly costumes ready? Have you? We would

love parents to **join in the fun on the night** and come dressed to impress! If you are having issues with organising a costume for your child, please contact Mrs De Buck idebuck@cns.catholic.edu.au or Mrs Belbin hmcculloch@cns.catholic.edu.au. ALL STUDENTS are to attend this event as it is part of their assessment piece for the term. **Dinner will be served at 6:00pm, with the concert commencing at 7:00pm.** This is a community event so all extended family members and friends are welcome to our dance show case!

P & F News

What an amazing parent body St John's has, led by Mr Gaia! **Thank you Mr and Mrs Gaia** for your hard work in constructing the Nature Play. Your time and effort is gratefully appreciated. Thank you Mr Tanti, and to Mrs



Sendra for your project management and finance skills. The good old school days.....hopscotch never goes out of fashion! Check it out! Bring on the chess games, hopscotch races and Connect Four. The seating pod and furnishings to follow soon. The next **P&F meeting is Monday 15th August 3:15pm** in the library and all are welcome.

Premier's Reading Challenge

Keep reading...there's still a few weeks to go! The reading period **ends on Friday 26th August** - concluding with the end of the Children's Book Council of Australia Book Week. Students must read the allocated number of books for their year level and return their reader record form to school in order to complete the challenge. We look forward to seeing all classes receive their certificates and take part in the Premier's Reading challenge reward afternoon later in the term!



District Sport

Congratulations to Max and Finn E for being selected to represent the Cassowary Coast District at the Peninsula Championships at the end of the month!

I say with absolute pride, St John's was **awarded the loudest cheering squad and best team spirit!** We did the school immensely proud by taking out **2nd in the Junior Relay, 2nd in the Senior Relay and 2nd again in the prestigious Kirrama Relay** where ages of the relay team add to 42 exactly.

Outstanding individual efforts:

Tilly – Finalist sprints **Myllinda** – 3rd Shot put
Taj – 1st High jump and Finalist sprints
Audrey – Finalist sprints **Marly** – Finalist sprints
Zack – Finalist sprints **Clayton** – Finalist sprints
Savannah – Finalist sprints
Jada-Lee – Finalist sprints
Max – 1st Discus, 2nd Shot put
Finn E – 1st Discus, 3rd Shot put
Chris – 3rd 100m, Finalist sprints





From your School Counsellor.....Miss Jo. **Raising Resilient Children!**

Helping children learn to deal with their emotions is an important task. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience or ability to cope with their feelings is important to their long-term happiness, wellbeing and success in life. Seminar Series Tip Sheets identify emotional resilience involves teaching these six key skills:

- ◆ Recognising, understanding and accepting different feelings,
- ◆ Expressing feelings appropriately,
- ◆ Developing a positive outlook, including being optimistic, interested in a variety of things and being content,
- ◆ Developing effective ways of coping,
- ◆ Acknowledging and dealing with negative feelings and unpleasant situations,
- ◆ Learning to manage stressful life events.

When children become emotionally resilient there are many benefits for them. They are more likely to be:

- ◆ Caring and socially skilled,
- ◆ Empathic and sensitive to the needs of others,
- ◆ Able to manage emotions and move through negative feelings to feel better again,
- ◆ Able to cope with stress, like exams and unpleasant experiences like painful medical procedures in the future.

Children are also less likely to resort to unhelpful ways of coping, such as:

- ◆ Acting out or misbehaving,
- ◆ Avoiding or denying a problem,
- ◆ Relying on others to solve their problems or,
- ◆ Seeking lots of sympathy from their care givers.



For further information on these building blocks please **contact Triple P** at <https://www.triplep-parenting.net.au/au-uk/en/triple-p/>

or if you would like a Raising Resilient Children Triple P Tip Sheet please contact Alana from 'Every Family' P 07 4061 7288 | M 0488 321 605 | E alana@vpginc.com.au

Kindy News



At our Kindergarten we really value the benefits of nature play and the learning that our natural environment has to offer. Our Kindy garden project has strengthened over the past few years, with the children enjoying 'being farmers' and caring for our growing vegies and herbs – and most importantly – tasting the produce straight from the garden, or creating yummy food with them! This year our garden goal is to begin to create a seed bank, and this is coming along really well with our collection including dragon fruit and passionfruit seeds.

This term we focused on National Tree Day on a smaller scale.

We used this event to focus on our natural environment a little more; exploring and naming the different parts we could see in leaves, plants and their roots, and engaging in nature scavenger hunts to really appreciate all that our Kinder garden has to offer. We collected nature items and used them in our play – to pattern, sort and decorate, and then to try to create the letters of the alphabet.



To extend on our garden goals we also planted sunflower seeds. Each child planted their own seeds, and watched as they sprouted. We planned on creating a poster as a group for the children to document the plants' growth, however our clever kinder children noted quickly that all of their plants were different in height. With this observation, each child then created a poster of their own plants; observing,

measuring and documenting. Our learning involved all of our Kindergarten Curriculum areas of Identity, Connection, Wellbeing, Active Learning and Communication – which covers language, literacy and numeracy. When our sunflower plants go to seed we will collect these for our seed bank!



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 18th August, 3:15pm - 4:15pm
 RSVP to Alana from VPG on
 mobile 0488 321 605 or
 email: alana@vpginc.com.au.



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

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

Find us on  @EveryFamilyCassowaryCoast

VPG
 An Australian Government funded children and parenting initiative by VPG
www.vpginc.com.au/everyfamily

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**70'S DISCO
 PERFORMANCE
 NIGHT**

Join us for the best party in town as St John's School Students take you back to the 70's - Disco Style!

FRIDAY 26TH AUGUST
 FROM 5:30PM

PARENTS ARE WELCOME TO JOIN IN THE FUN AND DRESS IN 70'S STYLE

FOOD AND DRINKS AVAILABLE FOR PURCHASE 6PM
 SHOW COMMENCES 7PM



Congratulations
 Q.W.C.A. - 100 years!



Queensland Country Women's Association
 Centenary • 1922-2022 • 100 years and beyond

