



St John's School & Catholic Community Kindergarten



"Wisdom is not a product of education, it is a result of a lifetime of learning!" Albert Einstein

Term 1 Week 10 – 29th March, 2023

Dear Parents/Carers,

The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence. It can be used at any time, across any period of time. When I engage in this practice at the end of a day, it helps me take my focus off the challenges and direct it to the blessings. With the end of the term nearly here, it's an appropriate time to reflect on the past ten week. I can see God everywhere when I look back; in the smiles of your children, in the efforts our teachers put in for your children, in the parents who give of their time in one way or another for your children. This is but a pinch in the ocean of the God moments that come to mind. I hope that you take some time this week to reflect on the term and find God's presence in it.



I am excited about our end of term events; the Easter liturgy at 2:00 p.m. on Thursday and our Cross Country after assembly on Friday. Our Easter liturgy recounts the events of Holy Week; Palm Sunday, Holy Thursday and Good Friday. Although Easter is still a week or so away, the Resurrection will also be included in our liturgy. The schedule of events for our Cross Country can be found overleaf. Both of these events are always great and I hope you can join us for them.

The Easter edition of Cairns Diocesan News is now available via <https://online.fliphtml5.com/xqvm/rvur/#p=1>. We have an article on page 4 of the magazine with a great photo of our Year 5/6 class. Check it out.

As I mentioned in our Week 6 newsletter, our P&F's biggest fundraiser of the year, the BBQ and drinks stall at the Three Saint feast, will be held on **Sunday 7th May**. We are now calling on parents to book their preferred times to help out. Time slots are approximately three hours each. Get in quickly so you get the time and job you want. We will also be sending raffle tickets home at the beginning of next term for families to sell before the feast day. Mrs Belbin has informed me that we have some great prizes rolling in. Thank you to the businesses supporting our school.

It is with great sadness that we farewell Mrs Vicki De Brincat this week. Vicki has been a member of our school community since 2006. In her role as school officer, Vicki has always shown great patience and care for all students. She has also been instrumental in overseeing the operation of our Justice Squad. The time and effort she has put into this group over the years has been monumental. We will miss having Mrs De Brincat at school and we wish her all the best for her future endeavours.

Finally, I wish you all a happy and holy Easter and a safe holiday. Easter Mass times at St John's church are:

Good Friday—7th April—The Lord's Passion at 3.00 p.m.
Holy Saturday—8th April—Easter Vigil at 6.00 p.m.

I pray God gives you joy and light this Easter season and, until we gather together again, may God's blessings be with you.

Happy Easter!

Linda Gaia, Acting Principal.

Diary Dates

Thursday 30th March

- ◆ Easter Liturgy
2:00PM
All Welcome!

Friday 31st March

- ◆ Interhouse Cross
Country

Monday 24th April

- ◆ Community ANZAC
Ceremony at Silkwood
Easy Cenotaph,
9:30AM

Monday 17th April

- ◆ School resumes

Tuesday 25st April

- ◆ ANZAC Day Public
Holiday—St John's
marching at Kurrimine
Beach

DATE CLAIMER:

Sunday 7th May

- ◆ Feast of the Three
Saints

Saturday 9th September

- ◆ 75 Years Celebration -
St John's School.
Also celebrating 22
Years of Early
Learning!

CONTACT DETAILS

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www.facebook.com/StJohnsSilkwood

Always Reaching For New Heights 



Project Compassion

Project Compassion brings together Australian schools, parishes and supporters to raise funds for people in vulnerable communities across the world. This year, students have been introduced to the story of four inspiring people whose lives have been transformed with generous support from Project Compassion: Laxmi, Tereesa, Priscilla and Thu. Today, they are creating a better world for their families, their communities and for all future generations.



As we reach the end of term, I ask you to return the Project Compassion boxes sent home at the beginning of Lent. We thank you for your kind contribution.

Together with fundraising efforts of our Justice Squad we have now reached a total of close to \$600, this is a wonderful effort.



Easter Liturgy

Please join us for our Easter Liturgy which will be at 2:00PM in the school hall. The Prep class will enact Palm Sunday, Grade 1-2 The Last Supper, Grade 3-4 Good Friday and 5-6 Easter Sunday.



Mrs Daly
Acting APRE

Interhouse Cross Country

Our interhouse cross country carnival is this Friday 31st March.

Students from all grades will be competing in this event. Races on the day will be the following distances and will be run in this order.

- ◆ 11 and 12 year olds - 3 km
- ◆ 9 and 10 year olds - 2 km
- ◆ 7 and 8 year olds - 1 km
- ◆ 5 and 6 year olds - 700 m

Please send a spare set of home/plain clothes on Friday.

Our uniform shop stocks **MacKillop (white) and Francis (blue) shirts that can be worn for our Interhouse carnivals.** Shirts sell for \$18 each and can be purchased on Tuesday mornings between 8:15am and 8:45am from Amy, our uniform convenor.

P & F Meeting

The P&F have some projects happening over the Easter holidays to freshen up the nature play area. If you can lend a hand, even for a couple of hours, please call or text Linda on 0418 888 672.

Justice Squad News

We are doing so well with all our fundraising events this term.

◆ **Cross Country Fundraiser**

On Friday we will be selling Zooper Doopers for 50c at second lunch break.

◆ **Easter Raffle**

Also, we are holding an Easter Raffle which will be drawn on Friday. Tickets are 50c each and there will be 3 prizes drawn. Tickets are now available - just see the office or Justice Squad members.

All proceeds raised this month will go to Caritas Project Compassion.



Thank you so much to all the students and families who support us.

Tayla and Max
Justice Squad Media Officers

Birthdays

*Alec, Amanat, Piper,
Lara, Jake T.*



Second Step Awards

The social-emotional well-being of all St John's students is a high priority. Each week, **students learn skills** to help them get along with peers, manage emotions, and succeed in school and throughout their lives. Students who display these skills are recognised through our second step awards.

Prep - Kohen, Nathania

Year 1/2 - Rhyder, Cody

Year 3/4 - Erin, Jace, Eden

Year 5/6 - Claire, Oakley



Principal's Recognition

Justice Squad & Senior Leaders

Magic 100 Words - Tyler

Magic 300 Words - Kade, Harlee, Charlotte T.

Reading Awards 50 Nights

Prep - Logan, William, Abby

Year 1/2 - Harlee, Cody, Tess, Alessia, Rhyder, Alec, Scarlett M.

Year 3/4 - Charlotte D., Baylen, Emily P., Lara

Year 5/6 - Wyatt, Claire, Luke, Ned, Sean, Scarlett S.

Well Women's Clinics

◆ Tully Hospital, Wednesday 12th April 2023, for appointments phone 4226 4812

◆ Innisfail Hospital, Monday 17th April 2023, for appointments please phone 4016 1312 / 4016 1435

Service includes Cervical Screening Tests (Pap Smears), Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, etc. All services are provided by a specially trained Women's Health Nurse.

These clinics are available to Medicare eligible clients

Mobile Women's
Health Service



From your School Counsellor.....Miss Jo.



Healthy Screentime Habits

With the School holidays upon us, screentime can become a challenge for some of us. Living in a digital age has benefits and risks for children and parents. Devices can be fun and an important tool for learning, but the challenge is to manage our children's screentime and to keep them safe on line.

What is a healthy amount of screentime?

There is evidence that more than 2 hours of screentime per day is linked to depression in some children (University of Queensland, 2022). However some screentime is necessary for children to feel socially included, particularly when they can't see their peers in the holidays. It's up to every family to decide how much screentime to allow at different ages. Parents should set limits that take account of their child's needs for sleep, exercise, creative play and time with others. These are all important for healthy development.

Steps to prevent problems with screen time include:

- ◆ Be a good role model and use devices responsibly.
- ◆ Have some rules and responsibilities around screentime and how devices are to be used.
- ◆ Keep up to date with new technology.
- ◆ Be conscious of child safety.
- ◆ Put away devices at mealtimes and bedtime.
- ◆ Set some digital-free areas and times.
- ◆ Keep track and praise responsible behaviour.
- ◆ Show an interest and talk with your child.
- ◆ Check content is appropriately regularly.
- ◆ Encourage your child to take a break every 20 minutes.
- ◆ Use logical consequences if rules are broken.
- ◆ If problems continue, hold a family meeting.
- ◆ Talk about the problem and why it's happening.
- ◆ Develop a plan to promote healthy habits.

For further advice or information review at-

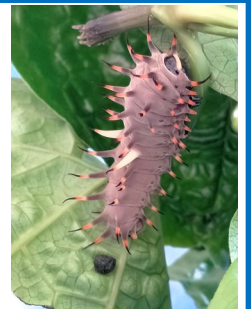
- ◆ <https://www.triplep-parenting.net.au/au/hot-parenting-topics/kids-using-technology-the-screen-time-dilemma/>
- ◆ <https://www.esafety.gov.au/parents>

For alternative options to screen time. There are lots of wonderful activities to do in our region over the school holidays which are added to this newsletter. Take time together, get outside, explore our region, make memories and enjoy each other.

Regards, Miss Jo

Kindy News

Over the term, our life cycle exploration has widened to include the beautiful Cairns Birdwing Butterflies. We have been able to observe the egg, baby caterpillar, growing caterpillar and a chrysalis. The children are getting really good at understanding and verbalising the process and have enjoyed watching the caterpillars eat and eat – just like in the story 'The Very Hungry Caterpillar'. We were also lucky enough to receive some seeds from the vine that these caterpillars love to eat. We have planted these as part of our long term ongoing garden project and are watching to see if they sprout!



Over the last few weeks, we have continued our world travel – first to Ireland for Saint Patrick's Day where we discussed shamrocks, the colour green and had a go at Irish Dancing! We then moved on to Germany, with our friend Olen helping us to learn how to say body parts in the German language, which we use to sing 'heads and shoulders', (or 'Kopf and Schultern'). Lastly our friend Camden gave us a glimpse of snowy Canada which had us all wishing for a snowy day here at Silkwood! Exploring countries and cultures opens our minds to the wonderful diversity of the world.



We wish everyone a safe and fun Easter Break. See you all for Term 2 at Kindergarten starting 18th April!

Have a wonderful break, Miss Cheryl

HAPPY DAYS at St John's!



Mission Beach Aquatic Centre

STRANGE WORLD (PG)
A legendary family of explorers embark on a journey to a mysterious land inhabited by surreal lifeforms, in order to save a miracle plant that is their society's source of energy.

MBAC DIVE-IN MOVIE

WELCOME TO

FREE!

Snacks, Soft drink, Alcohol for sale
BYO family picnic!

Scan QR Code for tickets, or follow this link:

<https://www.trybooking.com/CGAVJ>

Tweens Craft

AGES 10-13

JOIN US THESE SCHOOL HOLIDAYS FOR CRAFT AND GAMES

Wednesday 5th April from 1:00pm-3:00pm - Jewellery Making

Wednesday 12th April from 1:00pm-3:00pm - Tie-Dye Tote Bags

SIGN UP AND REGISTER NOW!

Community Support Centre Innisfail
13-17 Donald St, Innisfail
Contact: 4043 8400

COMMUNITY NEWS

Join us at Playgroup

Where: Community Kindergarten Sirkwood
When: Every Wednesday (School Weeks)
Time: 9:00am to 11:00am

Please bring morning tea and a hat for your child/ren.
Coffee/tea provided for parents/carers.

For more information contact Vera / Helen: 4065 9530 or the Kindergarten on: 42 52 5755

Share your experiences! Make new friends. Have fun with your children!

Come Play!!

School Holidays at the Library

Innisfail Thursday 6 April 10.30-11.30am Must Be Magic Ages 5+	Mission Beach Tuesday 4 April 10.30-11.30am Magic Art Ages 5+
Tully Tuesday 4 April 2.30-3.30pm Optical Illusions Ages 5+	Cardwell Wednesday 5 April 2.00-3.00pm Escape Artist Ages 6+
Wedge Island Wednesday 12 April 10.00-11.00am April Fool's Eyeglasses Ages 5+	Wedge Island Wednesday 12 April 10.00-11.00am April Fool's Eyeglasses Ages 5+
Wedge Island Wednesday 13 April 2.00-4.00pm MOVIE "Strange World" Rated PG	

Bookings Essential PH: 1300 366 616

MAKERSPACE & other fun activities available all holidays

Community Support Centres Libraries

FAMILY 102 THINGS TO DO on the Cassowary Coast SCHOOL HOLIDAY EDITION

MISSION BEACH	INNISFAIL	CARDWELL	TULLY
<ul style="list-style-type: none"> Dunk Island - camp and swim Reef and island trips Fishing at Perry Harvey Jetty Mountain biking at Licalua Get dunked at the Splashpad Swim and play at Aquatic Centre BBQ at Bingil Bay Walk and swim at Lacey's Creek Fresh fruit/smoothies at Lenny's Walk or ride the local trails C4 Arboretum and Visitors Centre Check out the school holiday events at the Library! 	<ul style="list-style-type: none"> Swim/BBQ picnic at Etty Bay Picnic with the ducks at Warrina Lakes BBQ at Fitzgerald Esplanade Local fish and chips at the river Croc spotting on Johnstone River Australia Sugar Heritage Centre Count the animals on the Innisfail Library mural Innisfail Art Deco and Heritage Buildings Games, movies and craft activities at the Innisfail Library Walk/cycle the bridge to bridge pathways Geocaching 	<ul style="list-style-type: none"> Pioneer tour at Historic Precinct Play at all three playgrounds Foreshore bike ride Cardwell Skatepark Have a fish off the jetty Day trip to Hinchinbrook Island Cardwell Forest Drive - have a dip at a swimming spot Walk the Dalrymple Track Art classes at Cardwell Gallery Swimming at Five Mile Marine life spotting from the Jetty Camp or swim at Murray Falls 	<ul style="list-style-type: none"> Go rafting! Swim or BBQ at Alligators Nest Camp, picnic and swim at Tully Gorge Tully Heritage walk Grab a book or attend activities at the Library Climb the Tully Gumboot Nature Play Passports Camp or swim at Murray Falls Skateboard at the bowl Try some tropical fruit Picnic at Ponytail Falls Stroll the Butterfly Walk at Tully Gorge Go fishing!

ASK A LOCAL. For more information on any of these experiences, visit a local accredited Visitor Information Centre. tropicalcoasttourism.com.au