



"The more that you read, the more things you will know, the more that you learn, the more places you'll go" Dr Seuss

Term 2 Week 4 – 10th May, 2023

Dear Parents/Carers,

What a fantastic day Sunday was! Congratulations to the Three Saints committee and workforce for pulling together another great celebration. It was wonderful to see so many people gather to commemorate the Feast of the Three Saints. This religious festival draws people from across Australia and across cultures to our beautiful part of the world. The story of the saints is a remarkable one; three young men who believed in Jesus, martyred because they refused to denounce Jesus, knowing full well the consequences of not doing so. At the English Mass, Father Aurelio Fragapane from Melbourne wondered how many of us would do the same today.



Apart from showcasing our amazing school, the Three Saints Festival provides our school community with a unique fundraising opportunity via our BBQ and drinks stall. Our stall was once again well supported by patrons of the feast, and our raffle was well received. I send an enormous **thank you** to all who helped make our part in this event possible. Your contribution is an investment in the education of our students, and for that I am grateful.

Last Friday, Mr Shane Knuth, Member for Hill in the Queensland Parliament, visited the Year 5/6 classroom to give the students insight into life inside the parliament room. I caught up with Mr Knuth again on Sunday at the Feast, and he expressed his gratitude for the opportunity to speak to the class. He was impressed with the questions they had prepared for him, and he was able to tackle some tough topics because of the students' preparedness. When I entered the room, their engagement with him was palpable and I knew their pre-visit excitement had not been in vain. Thank you, Mr Knuth, for taking the time to share your real life experiences with us.

On Wednesday, 24th May, Michael Mangan will present a whole school concert at St John's. Michael is a composer, teacher, performer and liturgist who is based in Brisbane. He travels extensively each year performing to students, teachers and parish musicians. His songs are known for their "singability" and suitability for liturgical celebrations, especially with children. Our students love many of Michael's songs including: Hearts on Fire, Turn Back to God, Stand Up and One Body, One People. Parents are invited to attend this concert from 11:20AM to 12:35PM.

We end this week with two special events. On Friday afternoon, we will celebrate our mothers and those who are like mothers to us. We will hold our assembly at 12:30PM, with our **Mother's Day afternoon** beginning at 1:00PM in the hall. The children love having their mum join them for the afternoon, so I hope to see you there. If you have any questions about the afternoon, please call the school office.

On Saturday night, at 6:00PM, the Year 3/4 class will host the **Parish / School Mass**. This is always a special celebration and all families are invited to attend. A shared supper will follow the Mass. Please bring a plate to share.

To all mums and those who are like mothers to us: **you are amazing**. Wishing you a happy Mothers Day.

May God's Blessings Be With You,
Linda Gaia, Acting Principal.

Diary Dates

- Friday 12th May**
 - ◆ 12:30PM Assembly, followed by Mother's Day celebrations
- Saturday 13th May**
 - ◆ Parish/School Mass 6:00PM
- Sunday 14th May**
 - ◆ Mother's Day
- DATE CLAIMER:**
- Thursday 29th May**
 - ◆ P & F Pie Drive finishes
- Tuesday 20th June**
 - ◆ Athletics—High Jump Finals Selection and 800m Races
- Thursday 22nd June**
 - ◆ Interhouse Athletics Carnival
- Thursday 22nd June**
 - ◆ P & F Pie Drive Pies arrive at school
- Saturday 9th September**
 - ◆ 75 Years Celebration - St John's School. Also celebrating 22 Years of Early Learning!




COMMUNITY NEWS

Well Women's Clinics

- ◆ Tully Hospital, Wednesday 24th May 2023, for appointments phone 4226 4812
- ◆ Mission Beach CHC, Tuesday 30th May 2023, for appointments please phone 4016 1447

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

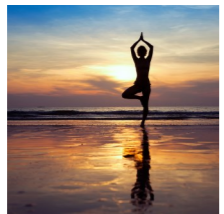


BE THE BEST PARENT YOU CAN

'Looking after yourself as a parent'


A free workshop to support parents and caregivers to learn strategies to manage stress as a parent.

When: Friday 26th May
Time: 10:00AM to 11:30AM
To register: 4043 8400
Location: Community Support Centre Innisfail; 13-17 Donald Street, Innisfail



Circle of Security

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting Program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

- Learning Objectives of the Training**
- ◆ Understand your child's emotional world by learning to read emotional needs
 - ◆ Support your child's ability to successfully manage emotions
 - ◆ Enhance the development of your child's self-esteem
 - ◆ Honour your innate wisdom and desire for your child to be secure
- Presented by:** Community Support Centre Innisfail
Location: 13-17 Donald Street Innisfail (big orange building)
When: Weekly: 4 X Friday from 9th June to 30th June 2023
Times: 9.30AM – 11:30AM
Cost: Free (light snacks provided)
To Register: 40438 400
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Upcoming Feast Day – The Ascension



The Church will celebrate an important feast day next weekend. On Sunday 21st of May we will celebrate the Ascension of the Lord; Jesus' last bodily appearance on Earth before he was taken up to heaven. Christians believe that after Jesus rose from the dead, he did not die a second time. Instead, 40 days after his resurrection, Jesus left the Earth by being taken up, body and soul, to Heaven to re-join God the Father.

This event is called The Ascension, and it was witnessed by Jesus' eleven remaining apostles. The Gospels of Matthew, Mark and Luke, as well as the Acts of the Apostles, recount the event which occurred on the Mount of Olives near Bethany outside the walls of Jerusalem. The Gospel of John often offers a different perspective on the events in Jesus' life, thus in the Gospel According to John, the glorification described by The Ascension story seems to have taken place immediately after the Resurrection. In Australia, the feast is commemorated on the Sunday that follows the fortieth day after Easter.

APRE Conference

Last week I was fortunate to be able to attend an Assistant Principal – Religious Education retreat which was led by the Identity and Outreach team, assisted by Fr James McEvoy. The focus was on Church Life, Culture and Tradition, The Identity of Catholic School and our Call to Action. I returned energised and inspired to continue to work towards the goal of our diocese: To offer every student a world class education that is enriched by their lived encounter with the Catholic Faith.

Sacramental Program

Please continue to keep our sacramental candidates in your prayers as they continue to journey towards completing the Sacraments of Confirmation and First Eucharist this term.



Parish School Mass this Saturday 13th May - hosted by 3/4 - all welcome.

Deborah Daly

Acting APRE, Leader of Learning and Teaching

It is Cane Train Season Again...



Crushing for 2023 commences on Tuesday, 23rd May. There will be increased presence on the cane rail network, particularly the crossing at Bruce Highway/Euramo due to the closure of the Main Cane Railway Bridge for repairs this year.

A simple safety message for all of us to bear in mind as we go about our daily activities whether it be going to work or school, playing, fishing, riding our bikes, or just out to collect the mail is:

“Play it safe, stay away from cane trains”

Tom Peaty,

Cane Supply & Transport Manager, Tully Sugar Limited

P & F Spotlight!

St John's School Pie Drive

On Wednesday last week parents received our annual Pie Drive order forms. Please support the P & F and order some delicious Tully Pies from the St John's School families.

Tully meat pies are 800g each. Beef pies are made with meaty chunks and mince, and they only use chicken breast in the chicken pies. All ingredients are locally sourced.. Mmmm yummo-

- ◆ Plain Beef- \$16.00
- ◆ Bacon & Cheese- \$16.00
- ◆ Creamy Garlic Beef- \$16.00
- ◆ Coconut Beef Curry- \$16.00
- ◆ Beef Stroganoff- \$16.00
- ◆ Roast Chicken & Bacon- \$17.50
- ◆ Lamb Shanks & Country Vegetables- \$19.00
- ◆ Apple & Blueberry Crumble Pies- \$16.00
- ◆ French Apple & Custard Tart- \$16.00
- ◆ Apple Pie- \$14.00

A handy addition to have in your freezer for those “What’s for dinner?” nights.



Interesting May Birthdays

Plato, David Attenborough, Mark Zuckerberg, Audrey Hepburn, Florence Nightingale, Salvador Dali, Kylie Minogue



District Cross Country

Congratulations to all our District Cross Country runners for their efforts!

We are very proud of you all!



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 – Logan, Tayda
 Year 1/2 – Cody, Alessia
 Year 3/4 – Benson, Jake T.
 Year 5/6 – Ned, Scarlett S.

Principal's Recognition— Clayton, Claire

Reading Awards 50 Nights

- Year 1/2 – Piper
 Year 3/4 – Porsha, James, Cooper
 Year 5/6 – Tayla,

Reading Awards 100 Nights

- Year 1/2 – Alec, Alessia, Rhyder, Tess, Cody
 Year 3/4 – Charlotte D., Baylen, Emily P.



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



I hope everyone had a wonderful time at the Feast of the Three Saints Festival this weekend. It is a wonderful opportunity to celebrate our heritage, faith, food and remind ourselves of the importance of connection to community. It is through relationships we develop a healthy sense of self and events like the Feast of the Three Saints remind us that even in our busy, driven (and often isolated lives), we are all interdependent and connected with one another. As a result, there is fun, relational fulfilment, safety and hope in coming together.

As social animals, humans are dependent on healthy relationships. In fact, our children's survival, wellbeing, and future outcomes are linked to the quality of relationship with their primary care giver (Dr Tina Payne Bryson, 2022). This is a powerful reminder of how important your role is as parent and what messages of value do you want to impart with your children that can have generational impact.

If we reflect on the last two years, our children have received societal messages that have been dominated by fear. Fear of getting sick, fear of being with other people, fear of hurting our loved ones (particularly our elderly), fear of not being clean enough, fear of falling behind at school... the list could go on. It is no wonder mental health services are seeing spikes of stress and anxiety presentations throughout the world, particularly in our children (Dan Siegel, 2023).

Our children's nervous system may have developed cues to be on guard, and our protective centre of the brain could be miscuing messages resulting in our children exhibiting fear or anxious reactions such as fight, flight, freeze or faint, in times when there is no threat. The power and influence of our relationship with our child is more important than ever. We can teach our children how to manage such fears, reconfirm messages of safety and community connection (such as celebrations like the Three Saints Festival) and to prepare our children to thrive now and in the future.



Triple P have released online support to guide parents to support their children with fears and anxiety. For more information and support please refer on line to <https://www.triplep-parenting.net.au/qld-en/free-parenting-courses/which-course-is-right-for-me/fear-less-triple-p-if-your-child-is-anxious/>. Or for further support and information regarding attachment parenting or support in nurturing a healthy relationship with your child, you are welcome to contact me.

Yours in Counselling, Miss Jo



Kindy Corner...

The setting up of the Feast of the Three Saints always excites the kindergarten group and gets them thinking and developing their understanding of our wider St John's community. We took our first walk of the year over to the school and the church so the children could learn more about the Three Saints Festival.



We looked at the big food tents, the carriage that transports the Three Saints statues for the procession, inside of the church and the paintings and other artworks depicting the Three Saints. We noticed on the floor of the shrine there was a painted volcano! We told the children a simplified version of the Three Saints story and how the statues came to be here in Silkwood.

Learning about and exploring our community is so important to help the children to develop a sense of belonging to the wider community.

Have a wonderful week, Miss Cheryl

