



# St John's School & Catholic Community Kindergarten



*"Success doesn't come from what you do occasionally - it comes from what you do consistently!" M Forbes* **Term 1 Week 6 – 1st March, 2023**

Dear Parents/Careers,

It is difficult to believe we are already half way through Term 1. The weeks seem to be flying by. Teachers have set their classroom expectations and students have settled into their learning. It is a wonderful experience to walk into a classroom and see students who are fully engaged and happy to talk about their learning.

This week, students in Years 3 and 5 began preparation for NAPLAN. This year, NAPLAN testing will be conducted in Term 1 rather than Term 2. This will mean students' results will be returned earlier in the year, enabling teachers to integrate this data into their support programs. Mrs Daly has included this year's test schedule in this newsletter.

This year marks 75 years since the founding of St John's School. On Saturday, a group of parents, staff members, parishioners and community members met to begin plans for a celebration. This event will be held on **Saturday, September 9th**. Mark this date in your calendar. A Facebook event will also be set up. I invite you to register your interest and share the event to spread the word.

On Monday, we held the P&F AGM. Congratulations to our position holders for 2023:

- ◇ President - **Mr Brett Gaia**
- ◇ Vice-President - **Mr Kevin Tanti**
- ◇ Secretary - **Mrs Helen Belbin**
- ◇ Treasurer - **Mrs Ainsley Tanti**

Our P&F works in partnership with the school to support the learning opportunities of our students. At times, this support is clearly evident, for example the P&F were instrumental in the construction of the Nature Playground and the Games Corridor. for example. More often though, the support provided goes unnoticed e.g. paying for buses to school events, and working on smaller behind the scene projects. School life is definitely better for our students because of the work our parent body does, and children love to see their parents at school.

The next event the P&F will be preparing for is the Three Saints Festival. This year the festival falls on **Sunday 7th May**. Add this event to your calendar. At this event, the parent body run the BBQ and drinks stall. I have started approaching parents for help in organising this event. If you can spare some time and I haven't approached you, please let me know. Most of the tasks that need to be carried out require little effort, and I would love the opportunity to work with you. We will also be calling on parents/carers over the coming weeks to book their preferred time to volunteer on the day, and if families are in a position to donate a prize for our raffle, or can suggest a possible business willing to donate, please contact our office. It is important to note that the festival does not fall on the long weekend this year. Consequently, St John's has been granted a **pupil free day on Monday 8th May**. This will ensure the clean-up of the school can happen without concern for student safety.

May God's blessings be with you,  
**Linda Gaia**, Acting Principal.

*Always Reaching For New Heights* 



## Diary Dates

### Wednesday 1st March

◆ Sports Spectacular  
Year 3 & 4 classes

◆ Playgroup at Kindy

### Thursday 2nd March

◆ Rugby League and  
Netball Gala Day  
Tully Year 5 & 6

### Monday 6th March

◆ Fr Hillary visiting  
classes

### Wednesday 15th March

◆ NAPLAN - Year 3 & 5

### Thursday 16th March

◆ NAPLAN - Year 3 & 5

### Friday 17th March

◆ NAPLAN - Year 3 & 5  
◆ St Patrick's Day

### Friday 31st March

◆ Interhouse Cross  
Country



### DATE CLAIMER:

**Saturday 9th  
September**

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

### CONTACT DETAILS

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[www.stjohnssilkwood.qld.edu.au](http://www.stjohnssilkwood.qld.edu.au)

[www.facebook.com/StJohnsSilkwood](http://www.facebook.com/StJohnsSilkwood)



### Sacramental Program

Exciting news – we have been given the go ahead to open up our sacramental program to students in Year 3 and older that are baptised in the Catholic Faith. Rest assured that Year 3 students who do not wish to complete the program this year will be offered it again in Year 5. Please contact the office if you wish to have your child added to the program. An information session for interested families has been scheduled for Monday 6th March at 3:15pm. If you are unable to attend this meeting, please let me know.



### Project Compassion

We begin our annual Lenten Project Compassion journey by learning about Laxmi, a 16 year old girl living in Jajarkot, a remote district in Nepal where almost half of the population live below the poverty line. Tragedy struck when Laxmi was 10 years old and her father passed away. Her father worked hard to pay for his children's education and, after losing him, Laxmi was at risk of falling further into extreme poverty.



With the support of our partner Caritas Nepal, Laxmi joined a child's club at her school where she was encouraged to resume her education. Through the child's club, Laxmi developed the skills and confidence to become a leader, advocating for clean water taps at her school.

Laxmi is now excelling in her studies and working towards her dream of becoming a civil engineer. She continues to be involved in the child's club, serving as an advisor and mentoring the next generation of young leaders at her old school.

Watch a short film about Laxmi's story here [www.caritas.org.au/project-compassion](http://www.caritas.org.au/project-compassion).

Please support Project Compassion:  
*Debbie Daly, Acting APRE*

### Justice Squad

Many thanks to all helpers who donated ingredients, mixed batter or flipped pancakes for Shrove Tuesday. There were a whopping 200 pancakes made and \$115.00 fundraised for Project Compassion. It's wonderful to see the school community supporting those less fortunate.



**NAPLAN** is fast approaching and we need to ensure that the students are ready. On Monday the students of Year 3 and Year 5 completed a **practice test**. This test was to ensure that St John's is technically ready for these tests and that all students have the required working headphones. They learnt how to login to the NAPLAN app and how to navigate through the tests.

This is a great website for practising the test at home: <https://www.nap.edu.au/naplan/public-demonstration-site>

Our **NAPLAN schedule** for the real tests is as follows:  
Wednesday 15th March: Writing 9:00am - 10:30am  
Thursday 16th March: Reading 9:00am - 10:30am  
Conventions of Language 11:15am - 12:30pm  
Friday 17th March: Numeracy 9:30am - 10:45am

### Mrs Murphy - Student Prac Teacher

Last Friday saw Mrs Murphy's first practicum draw to a close. It has been wonderful having her with us this term. We look forward to her return next term when she will complete her final practicum. Thank you to Mrs Daly and Ms Irvine for supervising Mrs Murphy. St John's School is a willing participant to supporting student teachers entering the teaching profession.



## Birthdays

Harley, Kelsea, Alessia



# Second Step Awards

The social-emotional well-being of all St John's students is a high priority. Each week, **student 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 - Abby, Logan

Year 1/2 - Harlee, Alec

Year 3/4 - Tilly, Baylen

Year 5/6 - Gurnoor, Wyatt, Audrey



Principal's Award - Piper

Magic 100 Words - Amanat, Kade

Magic 200 Words - Harlee, Isabella, Kade

Magic 300 Words - Isabella, Rhyder





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

### **The role of self-control in emotional intelligence**

Teaching our children **self-control and respect for themselves** are key factors to their success at school, in friendships, relationships and as healthy contributing members of our community.

**Self-control is about being able to manage behaviours and emotions** to get to a longer-term goal.

This means delaying gratification, controlling impulses, pushing through frustration, persevering with a challenge, waiting patiently for their turn, and controlling emotional outbursts. Developmentally most children can master self-control by the time they are ten-years old.

Self-control (one part of emotional intelligence) is particularly important in predicting achievement and success. A landmark study, conducted over four decades, found that the level of self-control in children is **one of the greatest predictors of their success as adults**, not one's IQ level as previously believed. **Those children with high self-control, were healthier, made more money, had long term well-functioning relationships** and were less likely to have criminal records or trouble with alcohol and drugs as adults. Knowing how to increase self-control in children can help them on a path that sees them thrive.

The first piece of emotional intelligence in harnessing self-control is **awareness and understanding of emotions**. Basically, children need the experience of feeling these emotions and practise in tolerating them to develop self-control and emotional intelligence. By understanding and accepting these feelings we can learn control and how to express ourselves appropriately. Emotions are not an inconvenience, but rather a piece of human evolution that serves a purpose. Core emotions such as **happiness, sadness, anger, fear, and shame** have evolved to serve distinct purposes, which motivates our behaviour and impacts our relationships. *How were you taught to express and manage these core emotions? How do you want to teach your children to express themselves so they can develop confidence and resilience with their self-control ?*

The Australian Childhood Foundation outline a five step approach to helping children manage strong feelings:

#### **1. Listen to the child's feelings with your whole body**

- A. Stop what you're doing and get down to their level.
- B. Look at the child (their focus is on the expression on your face).
- C. Speak using a calm voice (their focus is on the tone of your voice).

#### **2. Put your child's feelings into words**

E.g. *"It looks like you're pretty angry / sad/ scared/ embarrassed etc. about that"; "you sound pretty cross"; "I hear your voice is happy".*

#### **3. Help them notice what is happening to their body.**

E.g. *"How does that feel in your tummy / head ?"; "I see your fists are clenched."; "Your arms look stiff and tight."; "I see your face is red and your eyes have tears in them."*

#### **4. Empathise (We have all been there!)**

E.g. *"It's tough when..."; "I can understand that you might feel annoyed when..."; "If my friend did that, I'd feel angry too..."*

#### **5. After a breather to calm down re-approach with help to solve their own problem**

E.g. *"What could you do about that?" "What could you do next time that happens?"*

All children will get frustrated and impulsive from time to time. This is all part of them growing up and finding their place in the world. **Self-control is built over time**, and there's no hurry for them to become experts. It is a quality that can be strengthened, whatever their age. **Building small humans into healthy, capable, bigger ones takes time**. The important thing is to provide the opportunities that will nurture them and guide them to be the remarkable humans they are all capable of being (Karen Young, Hey Sigmund, 2016).

For further tips on teaching children self-control, please contact your School Counsellor Miss Jo or visit the Australian Childhood foundation for further information <https://www.childhood.org.au/>

## **Kindy News**

At Kindergarten we really value embracing our natural environment and engaging children in play and learning in this area. We have a garden project that runs continuously. In our garden at the moment we are picking dragon fruit and passionfruit to have for our morning snack. Yum! We are also working on building up a seed bank, and started the year off looking at amazingly fluffy desert rose seeds, as well as long bean seeds that originated in Ms Cheryl's Nanno's garden! The children are engaged with this process, with lots of seeds being collected from fruit snack, or coming in from home. So far we have planted seeds from lettuce, nectarine, honey dew melon and pumpkin!



We have also had the opportunity to explore animals in nature and how their life cycles work. We have had baby chickens in for show and tell and watched our own apple snails lay and hatch eggs.

Developing an understanding and respect for nature is so important for our children, so they learn how to care for it, to be sustainable and to protect their future.

*Ms Cheryl.*



**CAC**  
CHILDHOOD ADVOCACY CENTRE  
Nurturing your joy  
Childcare | Kindergarten | OSH/Care

# Join us at Playgroup

Where: Community Kindergarten Silkwood  
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!!



2023

TRANSFORMATION

MODE ON

Get fit // Have fun  
St John's School Silkwood

Move + Groove Fitness Class  
TUES 3:30-4:30PM

Adults \$10 / Kids join in FREE



## Chess Club

Chess is proving to be very popular at St John's. It's great to see students building skills such as concentration and problem-solving as they play. We are very grateful to Mr Belbin who continues to share his expertise with us.



## NAPLAN results 2022

Our Year 5 students were scored 8th out of all Far North Primary Schools and one of only two in the top 10 from the Cassowary Coast with 100 per cent participation.

A big thank you to all the teachers and staff who work tirelessly to give our students the best education possible. We feel very proud of you all.



# Way to Go St John's!