



St John's School & Catholic Community Kindergarten



"Tell me and I forget, teach me and I may remember, involve me and I learn!" Benjamin Franklin **Term 1 Week 2 – 31st January, 2024**

Dear Parents,

Welcome to the 2024 school year. It is wonderful to have our returning students back. I extend a warm welcome to our Prep students, Ellie, Rhyker, Skigh, Matteo and Rehmat and to our new families. I also welcome Lincon who is returning after an extended adventure last year. I look forward to working with staff to provide the **best learning experiences** for each of our students.



Also on my welcome list is Miss Bruschi, our Year 5/6 teacher. Miss Bruschi is a first year teacher who comes with experience in the education sphere. All who speak of her hold her in high regard. She is described as being enthusiastic, genuine and fully engaged with students. Miss Bruschi places great importance on **relationships** and **meeting the individual needs of students**. Ms Bruschi and Mrs Vujcich worked tirelessly in the week leading up to Week 1 to ensure they were well prepared for the students' return.

The remainder of our staff continue to dedicate themselves to the learning and well-being of our students. Our Prep, Year 1 and Year 2 students have settled in with **Mrs Parisi** and **Ms deBuck**, supported by **Miss Priscilla** and **Mrs Zammit**. Year 3 & Year 4 are in the capable hands of **Mrs Daly** and **Mrs Williamson**, supported by **Mrs Strano** and **Mrs Freeman**. **Miss Jo** will return as our School Counsellor. She will be with us on Wednesdays and Thursdays. **Mrs Sendra** and **Miss Tammy** will be our friendly faces in Administration. I will take on the role of P.E. teacher and I am looking forward to working across the whole school in this capacity.

I am pleased to say that stage one of our flood clean-up is nearing completion. I am grateful for the messages of support I have received from our sister schools. I acknowledge the work completed by the clean-up crew in our school and in various schools across our diocese, especially at St Augustine's in Mossman where there was significant damage. Please keep this community in your prayers.

In regard to Captains, we are in a unique position this year, with only two students in Year 6, who are in the same colour house! After consulting with these students, the decision was made to name a School Captain and a Sports Captain. The Year 5 students will share the responsibility of leading their colour house. The Sports Captain will take on the responsibility of supporting the Year 5 students of **both** colour houses in the lead up to and during sports carnivals. The Year 6 students were still required to deliver a captain's speech, which they did with great confidence yesterday. **Congratulations** to **Wyatt Kelly** (School Captain) and **Oliver Jensen** (Sports Captain). These boys will be formally recognised at the **Opening School Mass** next Monday at 9:00am when they will be presented with their leadership badges and seniors shirts. All parents are invited to join us for this Mass, which will be followed by a **Meet and Greet**.

Peace be with you,
Linda Gaia, Principal.

Diary Dates

Wednesday 31st February

- ♦ Playgroup at Kindy
- ♦ **Monday 5th February**
- ♦ Opening School Mass 9:00am
- ♦ Meet & Greet 10:00am
- ♦ P&F Meeting 1:30pm

Tuesday 6th February

- ♦ 3:10pm P/1/2 Parent Info session
- ♦ 3:40pm Year 3/4 and Year 5/6 Parent Info Session

Tuesday 13th February

- ♦ Pancake Tuesday

Wednesday 14th February

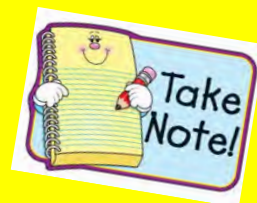
- ♦ Ash Wednesday
- ♦ Playgroup at Kindy

Saturday 17th February

- ♦ Parish School Mass hosted by Year 5/6

Friday 23rd February

- ♦ Rugby League and Netball Gala Day



CONTACT DETAILS

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Mobile: 0418 888 672

Harold St, Silkwood, Q. 4856

www.stjohnssilkwood.qld.edu.au

www.facebook.com/StJohnsSilkwood

Always Reaching For New Heights



Beginning of Year School Mass

Our first school Mass for 2024 will be held on Monday 5th

February at 9:00am. Please join us as we pray for God's blessings this school year and commission our 2024 school leaders.

We also welcome all our new students at this Mass. A Meet and Greet cuppa for parents will follow Mass.



Parish/Whole School Mass

Our first Parish/Whole School Mass will be held on **Saturday 17th February at 6pm**. The Mass will be hosted by our Year 5/6, with a shared cuppa afterward. Please bring a plate.

Key Dates for the Lenten Season

- ♦ **Shrove Tuesday** - 13th February
- ♦ **Ash Wednesday** - 14th February
- ♦ **Good Friday** - 29th March
- ♦ **Easter Sunday** - 31st March



God's Blessings for a wonderful 2024

Deborah Daly – Assist Principal Religious Education

Welcome Miss Bruschi

Miss Bruschi is our Year 5/6 teacher. She is a true local, growing up in Innisfail and attending both primary and secondary local schools. She is very passionate about reading and when the weather is not so hot, she enjoys going for walks. Her previous roles include an events manager, lab technician and teacher aide. Please make Miss Bruschi feel welcome and say hello if you meet her at school.



play matters Affiliated

Join us at Playgroup

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

Tea/Coffee provided

Please bring morning tea for your child/ren

For further details call Vera 40659530 or the Kindergarten on 42525755

Spread the word and join us for a relaxing and friendly get-together at Playgroup. Every Wednesday Miss Tammy will be helping out with our playgroup sessions popping in and out and joining in on a cuppa, if time permits.

Term 1 Sport

Our P.E. focus this term is skills in throwing and catching as upper school students (Years 4-6)

prepare for the **Rugby League and Netball Gala Day in Tully on Friday 23rd February**.

This day is used as a selection trial for U11 and U12 teams. Additional after school training sessions are being offered to these students in Weeks 3 and 5. Check your parent flyer for details. Mr Leon will also provide tackle training during school time for those students opting to play Rugby League at the gala day.



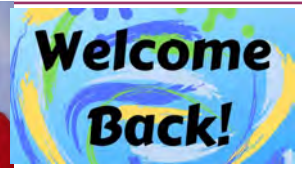
I have listed the 10-12 years Southern Zone Cassowary Coast Sports overview, as well as a list of sports where nomination is via paper form. If your child is interested in being considered for representative duties in any of these sports, please contact me so I can pass on details.

SPORT	DATE	VENUE	TIME	Trial Type
Volleyball 12-15	21 Feb	Babinda SS	All day	Cass Coast
Netball	23 Feb	Tully SS	All day	Zone
Rugby League	23 Feb	Tully SS	All day	Zone
Netball (Boys)	28 Feb	Tully SHS	After school	Zone
Touch	15 Mar	Tully SHS	All day	Zone
Basketball	18 Mar	Mission Beach SS	After school	Cass Coast
Rugby Union 11-12	17 Apr	Calendar Park	After school	Cass Coast
Cross Country	30 Apr	Warrina Lakes	All day	Cass Coast
Football	10 May	Caster Park	All day	Cass Coast
Softball	13 May	Tully SHS	After school	Zone
Rugby League 11-12 (Girls)	29 May	Tully SS	After school	Cass Coast
Cricket (Boys)	11 Jul	Tully Cricket	After school	Zone
Athletics (800m, Discus)	17 Jul	Tully SHS	After school	Zone
Athletics	19 Jul	Lower Tully	All day	Zone

Sport	Paper Nomination Date	Peninsula Date
Swimming	19 Feb (direct to Peninsula)	19 Feb
Squash	14 Feb	6 Mar
Golf	27 Feb	11 Mar
Tennis	28 Feb	12 Mar
AFL	13 Mar	16 Apr
Hockey	27 Mar	17 Apr
Cricket (Girls)	9 Aug	25 Aug
Aquathlon	25 Oct	3 Nov
Baseball	TBA	TBA

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

Welcome to all new and returning families to the St John's School Community. I am happy to confirm that I will be your School Counsellor for 2024, available every Wednesday and Thursday this year.



It was wonderful to see all the students bright and bubbly the first week back and I was inspired by the resilience of staff and teachers considering the temporary change of environment due to flooding during the holidays. It was evident that shouldering this resilience is a strong sense of belonging and connection that the students have with their peers and educators. At its core, connection and belonging can be found in positive relationships and research such as the Harvard Study of Adult Development (2023) continue to inform us again and again the **importance of positive relationships being key to health, wellbeing and longevity.**

(www.adultdevelopmentstudy.org).

Another core requirement to functioning well is sleep. Alongside relationships, sleep is core to our survival. Insufficient sleep in childhood and adolescence can lead to difficulty concentrating, poor memory, depressed mood and poor emotional regulation, as well as long-term health problems (AIFS, 2021). The Australian Department of Health recommends between nine and eleven hours of uninterrupted sleep for young people aged 5–13 years and between eight and 10 hours of sleep for those aged 14–17 years.

For some the holidays represented a time to relax and perhaps bedtime routines became non-existent as a morning sleep-in could happen. But now we return to a new school year, with a new rhythm to the day and night to be developed. This is supported by the Australian Department of Health (2021) that state consistent bed and wake-up times are important. For more support or information please refer to their website www.aifs.gov.au/resources/short-articles/promoting-adequate-sleep-young-people or <https://raisingchildren.net.au/toddlers/sleep/sleep-problems/sleep-problems-solutions> or you are welcome to contact me at school to discuss healthy sleep patterns for your children.

Wishing all families a smooth transition and return to school.

Warm regards, Miss Jo.

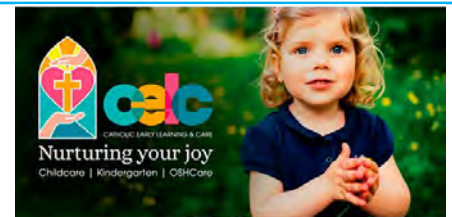
Kindy News

Welcome to all of our new children and families to our Kindergarten!

What a great first week we all had; getting to know one another better, forming friendships and of course engaging in lots of play and learning. The start of Term 1 is all about settling in and getting confident as a group. We will work on becoming familiar with the daily routine, understanding expectations, recognising our names and we will begin exploring our wonderful world through Chinese New Year. We can already see that this group love story times, crafting, water play, home corner role playing and group discussions.

Please make sure that every day the children have a hat, sunscreen, a few changes of clothing, water bottles, lunchbox and a fruit snack.

Regards, Ms Cheryl.



Enquires call: 42 52 5755 Mobile: 0439 924 736

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

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



Working in class

COMMUNITY NEWS

SEASON 1

7TH FEB - 5TH JUN 2024

Register at:

touchfootball.com.au/mysideline

- U10 MIXED
- U12 MIXED
- MENS
- WOMENS

JUNIORS \$30 - SENIORS \$60

**+ TFA \$22 INSURANCE FEE
IF NOT PAID IN THE LAST 12 MONTHS**

Please read following pages regarding new
TFA Fee Structure

- U10 & U12 players register to age division on 'My Sideline' (committee will make junior teams)
- MENS & WOMENS TEAM Captains register a team name on 'My Sideline'. Players register within their team on My Sideline.

Enquiries: tullytouch@hotmail.com



BE your BEST
Little Athletics

The Cassowary Coast Athletics Club is holding their annual sign up day!

The club is for children from 5 to 16 years. Little Athletics promotes that it is important to "Be your Best". The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity.

The motto of Little Athletics is 'Family, Fun and Fitness'.

See our Facebook page for further information:
Cassowary Coast Athletics



**Castor Park, Mourilyan
5:30pm**



Please bring your Child's Birth Certificate for proof of age and your Blue Card

Confidential Helplines, Webchats, & other useful stuff

Child and Youth Mental Health Service : CYMHS

Cairns 4226 2700 Atherton 4091 0213 Mareeba 40929 171 Innisfail 4016 1327

1300 MH CALL 1300 64 2255

24 hour specialist mental health care and access to acute phone support



Lifeline

Support and advice in a personal crisis (all ages)

13 11 14
www.lifeline.org.au



To talk to someone about anything that's going on in your life (5 to 25 years) (24hrs/7 days)

1800 55 1800
www.kidshelpline.com.au



Providing information and support for anxiety, depression and suicide prevention for everyone in Australia

1300 22 4636
www.beyondblue.org.au



Support if you, or someone you know, is suicidal (15 years and over)

1300 65 94 67



A free confidential phone, webchat & messenger service for 12-25 year olds to access mental health support from 8:00am-12:00am, 7 days a week.

1800 650 890



Focusing on supporting anyone who has been bereaved or impacted by suicide at any stage in their life

1300 727 247



National Sexual Assault, Domestic & Family Violence, Counselling service

1800 737 732



Monday to Friday 8am - 8pm
Saturday, 10am - 4pm

1800 050 321
www.familyrelationships.gov.au



Australia-wide anonymous, LGBTIQ+ peer support and referral 24/7 to 24/7

1800 184 527
www.qlife.org.au



We're here for anyone in Australia concerned by eating disorders or body image issues

1800 33 4673
www.butterfly.org.au



Support for young people and their caregivers

www.parents.au.reachout.com



Carer support services assist individuals who may be affected by their role caring for someone with a mental health issue or disability

1300 111 500
www.wellways.org