



St John's School & Catholic Community Kindergarten



"Nothing is impossible. The word itself says 'I'm possible!'" — [Audrey Hepburn](#)

Term 1 Week 6 – 28th February, 2024

Dear Parents,

Welcome to the second half of Term 1. The first five weeks of the school year have provided opportunities to settle into the rhythm of our days.

I wish to draw to your attention the amazing work being undertaken by our staff, in conjunction with Catholic Education Diocese of Cairns, to improve the educational outcomes of our students. We are currently preparing to implement a new **reading benchmark** package. This package will identify detailed areas for improvement which teachers can target to improve an individual's reading. We have a team working on our **Multi-Tiered Systems of Support and Engagement** (MTSS-E) project. This is a framework that provides schools with the systems and processes to support students and improve student engagement outcomes. We are also heavily engaged in supporting teachers with the implementation of the new **Mathematics curriculum**. This list is by no means exhaustive, and I pay tribute to all our staff for their ongoing commitment to improvement.

Recently, our Year 5 and 6 students met to elect a **Justice Squad committee**. Congratulations to Erin (President), Evelyn (Treasurer), Tilly and Sophia (Secretaries), Eden, Isis and Porsha (Promotions Officers). This team will lead our social justice projects throughout the year, with fundraising for **Caritas Project Compassion** first on the agenda. Sales from Pancake Tuesday kicked this off and St Patrick's Day will provide another opportunity to raise awareness of the wonderful work Caritas does for the disadvantaged in Australia and around the world.

Congratulations to the students in Years 4 - 6 who competed in the Rugby League and Netball Gala Day in Tully last Friday. Many of the students playing Netball started the day worried because their exposure to the game had been limited. By the end of the day, they had grown in confidence and were fully engaged. Well done to this group of students who took the brave step into the unknown. The students playing Rugby League faced their own challenges. The day was a muddy affair for them...but I don't think they were too disturbed about it. The next sporting event will be Touch Football on Friday March 8th at the Tully State High School. Students in Years 3 - 6 will attend this carnival.

This year, we introduced our After School Club which runs four afternoons a week, Monday to Thursday from 3pm to 5pm. Each afternoon has a different focus: Monday – Arts and Crafts, Tuesday – Board and Card games, Wednesday – Team and Individual sports, Thursday – STEM. These sessions have been embraced by the students attending. They provide an amazing opportunity for the students to join in activities with other students in a less structured environment and contribute positively to their overall well-being.

Peace be with you, Linda Gaia, Principal.



Diary Dates

Friday 1st March

- ◆ Assembly - Library 8.45

Saturday 2nd March

- ◆ Mass at Silkwood 6pm

Wednesday 6th March

- ◆ Playgroup at Kindy

Friday 8th March

- ◆ Touch Football Tully

Monday 11th March

- ◆ Bravehearts visiting Prep-2

Wednesday 13th March

- ◆ NAPLAN - Writing Years 3&5

- ◆ Playgroup at Kindy

Thursday 14th March

- ◆ NAPLAN - Reading & Language conventions Years 3&5

Friday 14th March

- ◆ Assembly - 8.45am Library
- ◆ NAPLAN - Numeracy Years 3&5

Monday 18th March

- ◆ St Patrick's Day-Free dress and green frozen cups on sale.

Monday 25th March

- ◆ Project Compassion boxes due back

CONTACT DETAILS

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www.stjohnssilkwood.qld.edu.au

www.facebook.com/StJohnsSilkwood

Always Reaching For New Heights 

Project Compassion

This year, Project Compassion brings you the stories of three resilient women from three different corners of the world. They are facing vastly different challenges, but are all united by one dream: to create a better tomorrow **for all future generations**.



Ronita from the Philippines. Ronita lives with her husband and two children in a barangay (local district) in Quezon City, which is situated in Metro Manila in the Philippines. She went back to school to finish her education so that she could earn income to support her children.

Leaia from Samoa. Not having access to a reliable source of clean water was very difficult for Leaia and her family. But, with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Memory from Malawi. Memory, the eldest daughter from a rural Malawian family, trained to become a carpenter and is now a trailblazer for future generations of women in her village.

St Patrick's Day

St Patrick's Day is on **March 17th** which, this year, falls on a Sunday. Students can come to school dressed in green on Monday 18th for a gold coin donation and our Justice Squad will be selling green frozie cups at break time for 50c

Cassowary Coast Southern Zone Netball and Rugby League Gala Day.

Last Friday students from Year 4-6 travelled to Tully to attend the Rugby League /Netball Carnival. It was a great day to develop skills, grow friendships and have fun!



Justice Squad

Congratulations to this year's Justice Squad. Our Justice squad help to raise money and bring an awareness to the community about social justice matters. This term they will be raising funds for Project Compassion.



President: Erin

Secretaries: Tilly and Sophia

Treasurer: Evelyn

Promotion Officers: Isis, Porsha & Eden



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.



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



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



I hope your family have found rhythm and are settling into the predictabilities of being back at school. For those children who are struggling with back-to-school anxiety there are things you can do to help and reduce the impact on their mental health, learning and wellbeing.

1. Observe the physical and emotional signs and name them to help children tame them. E.g. *"I can see your hands are tight and you're feeling scared this morning. Let's shake out those hands together and remind you how brave and capable you are."*
2. Create time and space to talk with your child about what's on their mind. Even a couple of minutes in the car on your way to/from somewhere can help. In fact, if your child doesn't usually like talking about their feelings, sitting side-by-side in the car and not having to make eye contact with you can help them to feel more comfortable.
3. Get organised together. E.g. Getting the school bag ready, making lunch together. Build their capacity and confidence so they can do things for themselves.
4. Help your child to come up with a list of ways to manage their anxiety and support them to practise these strategies both when they're feeling anxious and when they're not. Physical activity is a great way to burn off excess energy, release tension and feel calmer, so help your child find activities that they enjoy doing. Remember, everyone's experience of anxiety is different, so figuring out which strategies work for your child and family might take some time. Keep encouraging your child to try new things until they find what works for them. This is something to trial / experiment with after school or on weekends—not in the morning when we are all on a time schedule.
5. Find ways to help your child feel excited about going to school. Talk to children of all ages about some of the fun activities that they'll do at school. You could even play games on the way to school, or let your child choose the music or radio station and have a sing-along. Having something to look forward to can help to distract your child from their worries about school.
6. Acknowledge your child's efforts and praise them for doing something they were anxious about. Talk about how they managed their feelings and if possible, be specific in your praise to reinforce the skills and strategies they used. For example, *"I know you were really nervous about doing your speech in class today, but I heard you doing your breathing exercises in the car and I'm proud of you for getting through the day."* After the first term, if you feel like things aren't improving, or your child's anxiety is affecting their day-to-day life, please speak with your classroom teacher and then your school counsellor. For further information or guidance please follow the following links:

<https://emergingminds.com.au/resources/8-tips-to-help-your-child-manage-back-to-school-anxiety/?audience=family>

<https://raisingchildren.net.au/school-age/health-daily-care/school-age-mental-health-concerns/anxiety-in-children>

Kindy News

Our Kindergarten group have hit the ground running and already explored so many interesting concepts in their time here. Our Term 1 Kindergarten goals include settling in, getting to know one another, our daily routine and expectations, exploring the concepts of print; recognising our names; counting in order and learning some AUSLAN signs. We are doing lots of reading, and based on the imaginative and curious nature of our group, are predicting and questioning as we read. On our fridge we have a 'who is here today' chart for the children to work on their name recognition. Each morning they find their name and add it to the tree. We have also started exploring our world – observing and then creating our own Dragon parade for the Chinese New Year. While we have our set goals that we hope to achieve during the term, the learning of the children is always unique and based on the individual interests of the group. As such the concepts we engage with varies. So far, we have explored ocean animals, maps and life cycles. The group are also enjoying our new playground and equipment which has been installed in the back area of our Kindergarten yard. It is a wonderful addition to our Kindergarten to ensure that we can use this area all year around for fun and physical play. Please remember to always pack a few changes of clothes for your child, and to keep their Kindy wet bags in their school bags at all times.

Regards,
Ms
Cheryl
and
Mrs
Greco



Enquires call: 42 52 5755 Mobile: 439 924 736

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

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



Fun in and out of class!



JOIN THE CLUB

Queensland

NQ SIGN ON DAY
10 March 2024 10am-2pm

Scan for more info

Spent time with your loved ones, connect with new people and learn new things all whilst at the beach...

Find out about the fun, friendship, fitness and personal development you can enjoy as a member of Surf Lifesaving.

Meet new people, start giving back to your coastal community and make surf lifesaving everything you want it to be.

Grab some more info at nqlifesaving.com.au

@nqlifesavingqueensland

EVERY FAMILY

RESPONDING TO BEHAVIOUR
An informative workshop with new strategies to try!

BOOKINGS ESSENTIAL
CONTACT KATE
0488 321 605
kate@vpginc.com.au

Tues 5 March 2024
10am - 11.30am
Online - Zoom
FREE for families on the Cassowary Coast, Atherton Tablelands & Mareeba

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

COMMUNITY NEWS

Junior Netball

9-10 YEARS
Monday 4:00-5:20pm
Skills & modified game play
Girls and boys welcome

10-12 YEARS
Monday 4:00-5:20pm
Skills & fixture competition
Girls and boys welcome

COST: \$175

Starts Monday 18th March

Register Now!

TULLY Netball Association