



# St John's School & Catholic Community Kindergarten



***"Winning doesn't always mean being first. Winning means you're doing better than you've done before!" Bonnie Blair***

**Term 3 Week 6 – 14th August, 2024**

Dear Parents and Carers,

You will have heard the news of **Father Hilary Flynn's** passing by now. Many in our community are feeling a great sense of loss. Fr Hilary met people where they were at on their faith journey. He welcomed all, and he was welcomed by many. Fr Hilary was farewelled at a beautiful funeral service at St Monica's Cathedral in Cairns on Monday. **May he rest in peace.**



I often comment on our staff's **dedication and commitment** to your children. Recently, a school officer was recounting a success story. She described how she had found a way to motivate the students she was working with. The delight she felt as she told the story filled the room, and her joy and excitement were shared by those present. Amid the joy, we were fully aware that this same strategy could be null and void the next time she worked with this group, but I know that she will try other strategies to get the same outcome from the children. This is one of the things I admire about our educators - they never give up on our students. They want **every child to be 100% successful**. I admire them greatly for that.

Recently, Mrs Daly, Leader of Learning and Teaching, and Mrs Parisi, Leader of Diversity, underwent an appraisal process. Middle leaders are focused on whole school practices, including administration and building staff capacity. The appraisal process sought feedback on the impact of the middle leaders from staff and consultants from Catholic Education Services who work closely with them. The leaders also completed a self-reflection to clearly articulate how they have met the requirements of their roles. From these sources, commendations and areas for development are identified. I congratulate Mrs Daly and Mrs Parisi, who were both **successful** in their appraisals.

In Week 9, we will host our **Prep Open Morning** for parents who have children commencing Prep in 2025. This year, I will also offer a **Twilight Tour** for parents interested in finding out more about St John's. Please spread the word about these events and **"Like"** and **"Share"** when you see the flyer on Facebook. Families are reminded to keep up-to-date with other events through Facebook and our weekly Parent Flyer.

Our big event, being held in Week 8 this term, is the Dance Showcase, which focuses on **Bush Dance**. This year, for timing reasons, we will celebrate our **fathers and grandfathers** on the same evening. On arrival, children can enjoy playing games with their guests. We will join in a shared meal before the commencement of the dance. The evening will conclude with a tribute to the men of honour followed by cake, tea and coffee. The dance night and our Father's Day celebrations are events the children enjoy immensely, and joining the two will add an extra level of excitement. We look forward to welcoming you and your family and friends.

Finally, I will be taking Long Service Leave in Week 10 of this term and Week 1 of next term. I thank Mrs Daly for filling my position in my absence.

Peace be with you, Linda Gaia, Principal.

## Diary Dates

### Thursday 15th August

- ◆ Feast of the Assumption Mass 9am
- ◆ Bishop's Ordination livestreamed 6pm

### Friday 16th August

- ◆ Science Assembly

### Friday 23rd August

- ◆ Premier's Reading Challenge concludes
- ◆ Book Week Dress up

### Thursday 29th August

- ◆ Bush Dance Night & Father's Day celebrations 5:30pm

### Friday 30th August

- ◆ Pupil Free Day

### Sunday 1st September

- ◆ Father's Day

### Tuesday 3rd September

- ◆ Prep Open Morning 9am

### Thursday 5th September

- ◆ Twilight Tour 5pm

### 2nd to 6th September

- ◆ Parent/Teacher interviews

### Friday 13th September

- ◆ Term 3 concludes

## Important Dates



## CONTACT DETAILS

Phone: 07 4065 9530

Mobile: 0418 888 672

Harold St, Silkwood, Q. 4856

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

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

*Always Reaching For New Heights*



## APRE News

On Monday I was blessed to attend the funeral of **Fr Hilary** at St Monica's Cathedral and say goodbye on behalf of our staff and students. Many parishioners from Silkwood were also there. It was a beautiful service lead by Fr Kerry, with well over a dozen priests taking part, including Fr Joe Caddy – Bishop Elect. Many family members and close friends of Fr Hilary were also present. His sister spoke of his early years as a child and loving brother. Fr Kerry spoke of his 60 years of service as a dedicated priest. His life was a blessing to many and now a treasured memory. **Rest in Peace, Fr Hilary.**



This month has some significant feast days in our Catholic calendar. The Feast Day for **St Mary McKillop** was on the **8<sup>th</sup> of August**. She was the first Australian beatified by the Roman Catholic Church and the first Australian to be recognised as one of its saints.

The **Transfiguration of the Lord** was **6<sup>th</sup> August**. The Transfiguration of Jesus is an event described in the New Testament (specifically in the Gospels of Matthew, Mark and Luke), where Jesus is transfigured and becomes radiant in glory upon a mountain. In the Gospel accounts, Jesus and three of his apostles, Peter, James, and John, go to a mountain top to pray. Jesus begins to shine with bright rays of light. The Old Testament figures Moses and Elijah then appear, and he speaks with them. Jesus is then called "*Son*" by the voice of God the Father, which also occurred in the Baptism of Jesus.

**Tomorrow** we celebrate the Feast of **The Assumption of the Blessed Virgin Mary**. This significant feast day recalls the spiritual and physical departure of the mother of Jesus Christ from the earth, when both her soul and her body were taken into the presence of God. **Mass will be held at 9:00am** and everyone is welcome to join us.



A reminder that our SVDP Winter Appeal continues. Donations of clothing, blankets, toiletries and non-perishable food items are being collected.

***Deborah Daly, APRE, Leader of Learning and Teacher***

## Bookweek 2024 - Reading is Magic!

Next week is Book Week. This week encourages students to celebrate the love of books and reading. Classes participate in activities that promote our Australian authors and illustrators, highlighting the importance of reading. It is always a fun week at St John's and concludes with a **dress-up** on **Friday 23rd August**. This year our theme is "**Reading is Magic**". Students are encouraged to come dressed in their favourite book character or something related to this year's theme.



## Premier's Reading Challenge

Students are encouraged to continue reading to complete the Premier's Reading Challenge by next **Friday 23rd August**. They must read the number of books allocated to their level to complete the challenge. Students who complete the challenge will receive a participation certificate from the Premier's Office.

## Bush Dance Night & Fathers' Day Celebrations

On **Thursday 29th August** commencing at 5:30pm, St John's will be hosting a **Bush Dance Night which incorporates our Father's Day celebrations**. This promises to be a fantastic family afternoon/night where families can enjoy some entertainment and fun with their children. The afternoon will commence at 5:30pm with games set up for students to play with their dads and grandads. This will be followed by a shared meal at 6:30pm, Bush Dances, Father's day celebrations, cake, tea and coffee.

***Wishing all the Dads, Grandads, Nonnos, Pops a special day on Sunday 1st September.***  
***Happy Father's Day!***



## Pupil Free Day

A reminder that St John's School will have a pupil free day on **Friday 30th August**. This day will allow teachers to gather for a day of professional learning focused on assessment of students' work.

## After School Club!



**Join  
the  
Fun!**

**3pm–5pm**





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

I hope you are all enjoying time outdoors with your family and let's hope the sunshine continues to support the remainder of the harvest session. Weather is an unpredictable part of life.

Whilst our school environment is predictable and consistent, changes outside of our control can, and will happen in life and this can impact us differently. From a child's perspective, it's not the change itself, but how the adults in their world react to adjustments that is most significant. Change tests individuals and communities, but managing it well builds resilience and emotional development. Australian Psychologist Michael Grose (Positive Parenting 2017) acknowledges that while change is not easy for everyone, there are some things we can do as adults to help children cope and hopefully grow from those changes.

1. **Acknowledge, validate and normalise feelings:** Feelings of anxiety, stress, fear or excitement are common in times of uncertainty and change. It's ok and very normal. Give presenting emotions names, that will help with expression and management of consequent behaviour.

2. **Look after yourself** and role model healthy stress management (and your partner). Self-care is essential in times of change. Prioritise sleep, exercise, maintain support networks (talking about difficulties is therapeutic), get some relaxation and pursue at least one interest that you enjoy (fun and play is an antidote to low mood and depression).

3. **Stay optimistic:** Optimism is characteristic of resilient people. Project the attitude that the current situation may be difficult or that life at the moment may be difficult, but you will get through this. *"This too shall pass"* is a powerful resilience concept for kids to experience and learn.

4. **Maintain consistency, routine and predictability** with what is in your circle of control. Where we can't control your environment, we can control our thoughts, actions and responses.

Should you require School Counsellor input for your child, please discuss with their classroom teacher or leadership. Enjoy these cooler months and pray more blue skies visit us this term!

Wishing you wellness and sunshine. Warm regards, Miss Jo



## Kindy News



Over the last few weeks at Kindergarten we have been **exploring the Olympics**, and extended this to also include the country of France. We discussed how many different sports there are at the Olympics and looked online to get a good idea of some of them! We saw amazing skateboarding, high jump, swimming and gymnastics. Of course, we had to try a few out for ourselves, so we set up a basketball hoop, soccer net, balance beam and totem tennis in our outdoor space. We discussed what we would like ourselves to do in the Olympics and had some great answers.

*"I would ride horses and do jumps."* ; *"I can play a football game. You kick the ball to the net"* ; *"I would do everything! The horses and go around on the bikes. I might see you there!"*

While exploring France, we learnt to say *"Bonjour"* and saw the Eiffel Tower which impressed us all. We tried to make our own replica towers using playdough and sticks, and then some of the children worked on a larger version of the Eiffel Tower in our craft area – even adding the French flag to the very top! This was a wonderful display of teamwork, planning, creativity and engineering from our Kindergarten group!



Please keep an eye on our Term calendar and your emails to keep up to date with things we have on. This week we will head over to St John's to engage in some **science fun** with Mrs Gaia and the P/1/2's. The following week we have **Book Week dress up day** on Friday and will again visit with St John's School to show off our dress ups and see school children dressed up. Regards, Ms Cheryl and Mrs Greco



Enquires call: 42 52 5755 Mobile: 0439 924 736

Email: [kindy.silkwood@cclc.catholic.org.au](mailto:kindy.silkwood@cclc.catholic.org.au)

Web: [www.cclc.catholic.org.au/community-kindergarten-silkwood/](http://www.cclc.catholic.org.au/community-kindergarten-silkwood/)



# Happy Primary Principal's Day Mrs Gaia

**WOW!**



PIC•COLLAGE

Join us  
for our

**PREP OPEN MORNING**  
TUESDAY 3RD SEPTEMBER 9AM TO 10:30AM  
OR  
**TWILIGHT SCHOOL TOUR**  
THURSDAY 5TH SEPTEMBER 5PM TO 6:30PM



**\$150  
TERM FEES  
CONTINUE  
IN 2025**



Serviced by buses from  
Mission Beach, El Arish,  
Kurrimine Beach, Silkwood &  
Japoonvale



07 4065 9530



secretary.silkwood@cns.catholic.edu.au



Harold Street, Silkwood



www.facebook.com/StJohnsSilkwood



www.stjohnssilkwood.qld.edu.au



Help them break free  
from anxiety

FREE IN  
QUEENSLAND!

## How does anxiety affect children & teens?

Some children are more prone to worrying than others. When children or teenagers become extra-worried, these anxious feelings can start to affect everyday life. They may even feel "sick with worry". But parents and caregivers can help kids gain confidence and learn to break free from the stress and anxiety cycle. With your help, they'll develop their own toolkit of coping skills - skills to help them now, and in the future.

## FEAR-LESS TRIPLE P HELPS YOU SUPPORT YOUR CHILD'S OR TEENAGER'S COPING SKILLS

Over 6 sessions, this FREE group program introduces you to practical steps you can take to help your child or teenager (aged 6 to 14) to feel calmer and more capable. Fear-Less Triple P will help you:

- Understand more about child and teenager anxiety (and how to reduce it)
- Know which responses are most helpful when your child is anxious or upset
- Support your child to develop skills to cope with challenging situations and solve problems
- Learn more about a range of strategies based on proven principles

In fact, research shows that Fear-Less Triple P can help the whole family break free from the stress and anxiety cycle. And it's part of the Triple P - Positive Parenting Program! Your Triple P provider may also offer individual Fear-Less Triple P sessions or a 1-day Fear-Less Triple P Workshop - ask them for more information.

Group Fear-Less Triple P (for parents of children in primary school)

Venue: **St John's School, Harold Street, Silkwood**

Dates and Times: **Wednesdays - October 23<sup>rd</sup> to November 27<sup>th</sup>, 2024.**

**3:00pm - 4:30pm**

Session 1 - October 23<sup>rd</sup>: **Understanding Anxiety**

Session 2 - October 30<sup>th</sup>: **Promoting Emotional Resilience**

Session 3 - November 06<sup>th</sup>: **Setting a Good Example and Encouraging Realistic Thinking**

Session 4 - November 13<sup>th</sup>: **Overcoming Avoidance**

Session 5 - November 20<sup>th</sup>: **Responding to Children's Anxiety**

Session 6 - November 27<sup>th</sup>: **Constructive Problem Solving and Maintaining Gains**

**To register, call St John's School on 40659530. Limited spaces available!**