



# St John's School & Catholic Community Kindergarten



**'Self-awareness and self-love matter. Who we are is how we lead.' – Brene Brown**

**Term 4 Week 2 – 9th October 2024**

Dear Parents and Carers,

Welcome to Term 4. It was wonderful to return from leave this week to see the students and staff again. Although I was separated from them by distance, they were never far from my thoughts. For the past four weeks, I have been in America with my family ticking off some of our bucket list items. We were not disappointed. We spent days at theme parks going from ride to ride, we explored cities and the man-made features within and around them, and we marvelled at the sheer scale and beauty of nature. By the grace of God, we remained well and safe during our travels, returning excited to reconnect with those we had left behind and ready for the term ahead.

And a busy term it will be. Next week, our Year 5/6 class will head off to camp. This year, they will visit **Herberton Historical Village, Hartley's Crocodile Adventures and St Monica's Cathedral** to learn about the world renowned stain glass windows. I thank Mr Gaia for giving his time to drive the bus for this camp. Mr Gaia will also take on the role of head cook, which he has taken in his stride in past years. School camp is always very exciting, and the children are looking forward to it with great anticipation.

Next week we will celebrate **World Teachers Day**, a day when we celebrate our teachers (and school officers) and thank them for all the work they do to educate, inspire and empower our students. Later in the term, we will hold our **Book Fair** as well as our water safety program which culminates with our **Swimming Carnival**. Naturally, as the year comes to an end, we will host our traditional **Christmas Concert, End-of-year/Farewell Mass** and take time to celebrate our Year 6 students who will move on to secondary school next year.

This week we welcome **Elfie** (Year 6), **Elinsah** (Year 1) and **George** (Year 3) and their families to St John's. We are happy to have you as part of our community and we hope you will make many happy memories while you are with us.

With the upcoming state election, the Bishops of the five Queensland dioceses have prepared a statement that reminds voters (as well as those who are standing for election) of the importance of our democratic principles and institutions. The bishops conclude, "In such a world and at this time, we would ask of those seeking election and those who will elect them that, beyond the seductions of the lie, they tell the truth, that they resist the pressures of polarisation and work for the good of all." A complete copy of the statement will be sent with the electronic version of this newsletter. If you would like a paper copy of the statement, please contact the school office.

Peace be with you, Linda Gaia, Principal.



## Diary Dates

### Thursday 10th October

- ◆ Good Counsel College Year 7 Orientation

### Friday 11th October

- ◆ Assembly 8.45 in the hall

### Wed 16-18th October

- ◆ Year 5/6 Camp

### Wednesday 23rd October

- ◆ Fear less with Miss Jo
- ◆ Crazy Sock Day

### Friday 25th October

- ◆ Assembly

### Saturday 26th October

- ◆ School Parish Mass

### Wednesday 30th October

- ◆ Fear less with Miss Jo

### Monday 4– 8th November

- ◆ Book Fair

### Wednesday 6th November

- ◆ Fear less with Miss Jo

### Monday 11th November

- ◆ Remembrance Day

### Wednesday 13th November

- ◆ Fear less with Miss Jo

### Tuesday 19th November

- ◆ Pre prep morning

### Tuesday 26th November

- ◆ Whole school swimming

### Thursday 28th November

- ◆ Christmas Concert
- ◆ Whole school swimming



## CONTACT DETAILS

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*Always Reaching For New Heights*



[www.stjohnssilkwood.qld.edu.au](http://www.stjohnssilkwood.qld.edu.au)  
[www.facebook.com/StJohnsSilkwood](https://www.facebook.com/StJohnsSilkwood)

## APRE News

This term, we have a **Parish School Mass** on **Saturday 26th of October** at 6pm. As this is our last parish school mass of the year, it would be wonderful to see as many of our families as possible. We will have a shared supper afterwards with activities for students and siblings.



**October is World Mission month.** To raise money for Catholic Mission, we are having a **Crazy Sock day** on **Wednesday 23rd of October**. We would appreciate a gold coin donation and look forward to seeing all the students' wild and crazy socks on this day.



The justice squad is selling **Zooper Doopers** for 50c every Tuesday this term at second break to raise money to go towards our Christmas donations to St Vincent de Paul.



The month of October is also dedicated to the **Holy Rosary**, one of the best known of all Catholic devotions. October includes the **Feast of Our Lady of the Rosary on October 7**. This week students are helping each other make their own rosary key chains which they will be able to bring home.

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



## 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!**

# Halloween

Is it ok to celebrate Halloween? This is a question that many Christians ask at this time of year. For many teachers in our catholic schools, it is easier just to focus on the Christian observances of All Saints and All Souls day and ignore Halloween. Far better, is to acknowledge the popular traditions of Halloween, and educate our students on the differences and overlap between the religious and secular aspects of this time of year.

The origins of Halloween are complex, some historians say the tradition originated in northern Europe, with the ancient Celtic festival of Samhain (Summer's end), when people would light bonfires and wear costumes to ward off ghosts. People at this time believed the veil between the living and the dead was so thin that, just for a short time, the dead could return to the realm of the living. This was also a time of anxiety as people were harvesting their crops ready for the long harsh winter. Any damage from bad weather was attributed to bad spirits misbehaving. On May 13, A.D. 609, Pope Boniface IV dedicated the Pantheon in Rome in honour of all Christian martyrs, and the Catholic feast of All Martyrs Day was established in the Western church. In the eighth century, Pope Gregory III designated November 1 as a time to also honour all saints. In A.D. 1000, the church made November 2 All Souls' Day, a day to honour all the dead. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, the Vigil of All Saints' Day on Nov 1. The name derives from the Old English 'hallowed' meaning holy or sanctified and is when Catholics remember those who have gone before us to enter our heavenly home. Later this was simply called Halloween. Over time, Halloween evolved into what it is now; a day of activities like trick-or-treating, carving pumpkins, festive gatherings, wearing costumes and eating treats, with many people not knowing why! So in class, we prioritise teaching about honouring and praying for the souls of the dearly departed and the Saints, of which there are many! And remembering those early Christians that were martyred for their faith, such as our own Three Saints: Alfio, Filadelfo and Cirino. There is nothing wrong with a few pumpkins up in our classrooms and Halloween word searches being done for a bit of fun, as long as we, as a Catholic school, teach our students about the importance of All Souls and All Saints day which immediately follow Halloween.





### FUTURE SCREENINGS

Fri 11, Sat 12, Sun 13 Oct	7.30pm Adults at Kids Price	PG
<b>RUNT</b>		<a href="#">More Information</a>
Fri 18, Sat 19, Sun 20 Oct	7.30pm Adults at Kids Price	M
<b>The Fabulous Four</b>		<a href="#">More Information</a>





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

Welcome back to school and the last school term for 2024. The weather is heating up and this is a busy time of year for many families and farmers. To be our functional best, keeping

our selves healthy is important and a key part of that is sleep quality. A few parents have shared their concerns about children's sleep being impacted by screen use, in particular students connecting with their peers via devices at nighttime. While it is important for students to socialise and connect with their peer group in safe settings, technology before bed impacts negatively on sleep quality (National Library of Medicine, 2024), which in turn impacts on our ability to function at our best. As adolescence approaches, it is common for students to experience a shift in their internal clocks that predisposes them to prefer later bedtimes and later waking times. Therefore, it is helpful to:

- **Set Realistic Bedtimes:** that is practical yet allows for 9-11 hours of sleep for children 5-13yrs (Dept Health, Australia, 2024)
- **Create Tech-Free Zones:** Implement rules that limit the use of technology in the bedroom, such as no screens an hour before bed, to help children wind down.
- **Encourage Physical Activity:** Promote regular exercise during the day, which can help advance sleep times and increase sleep duration and quality.

For further information on how to reduce risks and encourage healthy sleep habits check out Raising Children's Network page on 'Reducing the effects of screen time and digital technology use on sleep'.

For any further information or support please do not hesitate to reach out on Wednesdays and Thursdays.

For those joining me for Fear Less Triple P, I look forward to that on Wednesday afternoons starting 23rd October 3pm.

Warm Regards, Miss Jo

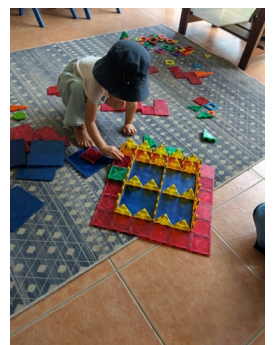
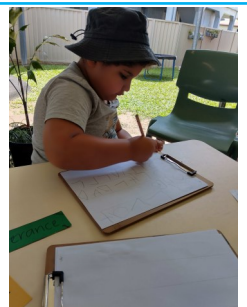
## Kindy News

Term 4 at Kindergarten is such a fun and busy time. It is a time that we return to thinking about transitions for our Kindergarten children and families, as the children really begin thinking about starting "big school" next year. If you haven't already, it is now time to enroll your child into Prep. It is really important that we do all we can to help the children move from Kinder to Prep as smoothly as possible. While many of the children are excited about this step it is such a big change, and we want them to start their first day of primary school as confident and ready as can be. Engaging in pre-prep programs is a really beneficial way to do this as it allows children to meet the teachers and aids at the school, explore their future classroom and see how their days will run.

At Kindergarten this term we will aid in the transition by discussing our wider community including the schools, where we all live and the different people and roles we see out in our community. We will discuss prep over the term, and turn our role play area into a school room, with uniforms, notebooks and desks. We are also working towards name writing and helping the children to strengthen their fingers and hands through playdough, manipulative construction and climbing equipment, all ready for their journey into writing next year.

Please check emails and OWNA for our Term calendar.

Regards, Ms Cheryl and Mrs Greco



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



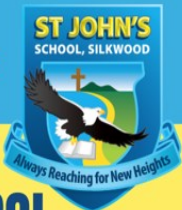
# School Days



## ST JOHN'S SCHOOL SILKWOOD

& St John's Community Kindergarten onsite

Continued school fee reductions for 2025



**ENROL  
ONLINE NOW  
FOR 2025**

After School Club  
available



Buses from Mission Beach,  
El Arish, Kurrimine Beach,  
Silkwood & Japoonvale

**QUALITY,  
AFFORDABLE  
EDUCATION FOR  
YOUR CHILD**

School Tours available

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

## Pre-Prep Transition Days

Tuesday 19th November  
9:00am - 10:45am

Tuesday 3rd December  
9:00am - 10:45am

Sign your child into school at the office.  
We will sign them back into the Kindy when our  
morning is done; or  
you can collect your child at the office at 10:45am

### What to bring

- ✓ Hat
- ✓ Water bottle
- ✓ Morning tea

