



St John's School & Catholic Community Kindergarten



"In order to succeed, your desire for success should be greater than your fear of failure!" Bill Crosby Term 1 Week 2 – 5th February 2026

Dear community members,

Welcome back to a new school year! It is a genuine pleasure to see our students, staff, and families return, bringing with them renewed energy and enthusiasm. Being back at school reminds us of the joy of learning together. I am looking forward to the year ahead as we work together to create a supportive, engaging environment where every student can grow, learn, and succeed.

I would also like to extend a very **warm welcome** to Billy, Archer, Noah, Mayla, Max and Angad and their families. I am delighted that you have chosen to be part of our community, and I look forward to getting to know you and working with you.

Each year, we establish clear goals that guide our improvement efforts across the school. In 2026, our goals have a **strong focus on strengthening student wellbeing and learning outcomes**. Prior to the commencement of the school year, teachers participated in professional learning and collaborative discussions to explore these goals, reflect on current practice, and plan consistent, effective approaches to support all students. This shared preparation has provided a strong foundation for the year ahead and ensures a united focus on continuous improvement. Ongoing monitoring of the goals throughout the year will allow us to make informed adjustments as needed and celebrate successes as they arise.

At St John's, the safety and wellbeing of our students is a priority, and we are committed to responding to any student protection concerns with care and respect. Students are encouraged to speak with any trusted staff member if they have concerns or feel unsafe, and **Mrs Daly and I** serve as the school's designated **Student Protection Contacts**. In this role, Mrs Daly and I are available to receive concerns and to support students, staff, and families in promoting and maintaining a child-safe environment. If you have any questions or would like to discuss student protection matters, please do not hesitate to contact me or Mrs Daly.

There are several **important events** scheduled over the next two weeks. Check the Diary Dates (adjacent). We also encourage families to stay informed by regularly checking the weekly **Parent Flyer**, and by following our school's **Facebook** and **Instagram** pages. I hope to see you at next week's events.

Peace be with you, Linda Gaia, Principal.



Diary Dates

Tuesday 10th February

- ◆ Prep/1/2 Parent information sessions 3:15pm

Wednesday 11th February

- ◆ **Opening School Mass** 9:00am followed by **Meet and Greet Morning Tea**

Thursday 12th February

- ◆ Year 5/6 Parent Information Session 3:15pm
- ◆ Year 3/4 Parent Information Session 3:45pm

Friday 13th February

- ◆ Netball/Rugby League Gala Day Tully Yrs 4-6

Tuesday 17th February

- ◆ Shrove Tuesday

Wednesday 18th February

- ◆ Ash Wednesday
- ◆ P&F AGM meeting 5:00pm

Thursday 19th February

- ◆ Assembly 2.30pm

Thursday 2nd April

- ◆ Last day of term 2



CONTACT DETAILS

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www.stjohnssilkwood.qld.edu.au
www.facebook.com/StJohnsSilkwood



Beginning of Year School Mass

Our first school Mass for 2026 will be held on **Wednesday 11th of February at 9:00am**. All parents and parishioners are

welcome to join us. This mass will be followed by a meet and greet morning tea.

At this mass we will pray for God's blessings for this school year and commission our 2026 school leaders. We also welcome all our new students and their families.

Shrove Tuesday

Shrove Tuesday will be **Tuesday 17th February** and we will be looking for donations of self-raising flour, eggs, milk, caster sugar, cream, jam and maple syrup – please catch me or email me if you would like to contribute: ddaly@cns.catholic.edu.au. A reminder and pancake order form will come home closer to the time.

Ash Wednesday 18th February – we will have either a mass or a liturgy on this day and are waiting for confirmation of this from Innisfail Parish Office.

Parish/Whole School Mass

Our first Parish/Whole School Mass will be held on **Saturday 7th March at 6pm**. The Mass will be hosted by our senior classes with P-2 singing a hymn. Please stay for a shared supper afterward. Please bring a plate to share.

Project Compassion

Caritas' Project Compassion is held during the Lenten season. Project Compassion raises much-needed funds to help alleviate poverty, promote justice and uphold dignity in the most vulnerable and marginalised communities in the world. Students will bring home their Project Compassion boxes in **Week 4**. Families can use these boxes to save spare change for Project Compassion. We are looking forward to a great year of fundraising for, and support of Caritas, through Project Compassion, St Vincent de Paul and Catholic Mission.

Deborah Daly, APRE. Leader of Learning & Teaching

**CARITAS AUSTRALIA
PROJECT
COMPASSION**

Class in Focus - Year 5/6

Grade 5/6 have had a fantastic start to the school year. Students have been busy setting their learning goals for 2026 and getting ready for their first science experiment.

Wednesday was a particularly exciting day for our Year 6 cohort as they presented their leadership speeches to the school community.

We are incredibly proud of each student for the confidence, preparation, and effort they demonstrated.

They should be very proud of themselves.

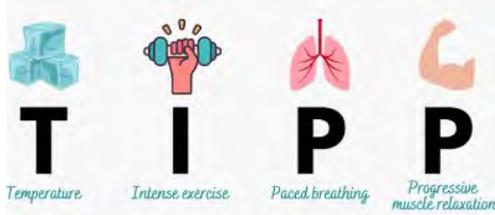


Monday
Tuesday
Wednesday
Thursday

3:00pm-5:00pm

From your School Counsellor.....Miss Jess.

As we begin a new year, returning to school can be a challenging time for children and their families. Re-establishing routines and schedules are essential for providing structure and boundaries within our lives, but this process can cause feelings of anxiety, anger, frustration, sadness, excitement, overwhelm, fatigue, or confusion for both children and adults alike. Normalising ALL feelings can take away the shame or stigma and teach children how to work through or manage them with healthy choices and strategies. We can then build resilient and independent children that are self-empowered to regulate and adjust both in their learning and lives. **A great strategy is using one of the TIPP skills.** They are:



- ◆ **Temperature:** Icy or cold water (icepack) applied to the face, this triggers an immediate response by slowing the heart rate and redirecting blood flow to the brain and heart.
- ◆ **Intense physical activity:** running on the spot, star jumps, push ups, etc. Brief bursts of vigorous activity release emotional tension. It can also increase endorphins and improve mood.
- ◆ **Progressive muscle relaxation:** Squeezing muscles tightly and holding, before releasing, isolating different parts of the body (legs, arms, face etc) or whole-body squeeze at once (think body builder flexing for fun). The contrast between tension and release reduces physical stress and increases body awareness.
- ◆ **Paced breathing:** This can be belly-breathing, finger breathing, figure eight breathing, dragon breathing, whatever slow and controlled breathing your child prefers that focusses on the practice of slow deep breath in and slow controlled breath out. Focusing on a slower exhale activates the parasympathetic nervous system, which promotes a sense of calm and helps regulate the body and mind.

I hope everyone has a wonderful start to the year and I look forward to watching and fostering emotional growth and resilience in our wonderful learners this year.

Regards, Miss Jess

Kindy News

Welcome to our Kindergarten group for 2026. We have had such a fantastic week reconnecting with friends and getting to know our newer children and families.



Our first few weeks at Kindergarten are all about developing a sense of belonging to our Kindergarten group. We have engaged in activities to support the children to feel part of the group, and to help them to learn each other's names. Come in and look at our puzzle faces displayed in the classroom. These were lots of fun to complete! When children are confident and comfortable in a space, they are going to engage, interact and learn, so these weeks of working towards that goal are very important to each child's journey at Kindergarten.



Thank you to the families for your patience as we transition over to our new online program Xplor. This program will be a great place to keep track of the things your child is experiencing and learning at Kindy, right from the comfort of your own home. Look in the 'post' section regularly for stories and photos of our Kindy group at work.



Over the next few weeks, we will also include posts which show the other varied ways you can view our Kindergarten programming.

We look forward to a wonderful term with the group. *Regards Ms Cheryl & Mrs Greco*

Mobile: 0439 924 736

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

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



First Day & Australia Day Activities



EVERY FAMILY CASSOWARY COAST TERM 1 2026 SCHEDULE

Healthy Eating Workshop - Babinda Library

Thursday 5th Feb - 9:30am - 11am

The Digital Parent Toolkit - Zoom

Wednesday 11th Feb - 12:30pm - 2pm

After Hours - Digital Parent Toolkit - Babinda SS

Thursday 12th Feb - 5:30pm - 7pm

Responding to Behaviour - Bartle Frere SS

Thursday 19th Feb - 9:30am - 11am

Triple P Fear-Less - Zoom

3 x Mondays 16th & 23rd Feb, 2nd March - 5:30 - 7:30pm

Circle of Security - Mission Beach

4 x Thursdays 19th, 26th Feb & 19th, 26th March - 9:30am - 11:15am

Triple P Positive Parenting Program - Innisfail

3 x Fridays 20th, 27th Feb & 6th March - 9:45am - 11:15am

Bringing Up Great Kids in the F1000D - Babinda

4 x Thursdays 26th Feb, 5th, 12th, 19th March - 9:30am - 11am

Bringing up Great Kids - Tully

4 x Tuesdays 4th, 11th, 18th & 25th March - 9:30am - 11:30am

Stepping Stones - Disability Informed Parenting - Zoom

Wednesday 5th March - 12noon - 1:30pm

Mindful Parenting and the Child Brain - Cardwell

Thursday 12th March - 10am - 11:30am

Mindful Parenting and the Child Brain - Innisfail

Friday 20th March - 9am - 10:30am

Library Visit: Cardwell (12 Feb)

FREE FOR ALL PARENTS/CARERS WITH CHILDREN AGED 0-12



Find us on

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BOOKINGS ESSENTIAL

CALL 6411

EVERYFAMILY@VPGINC.COM.AU

An Australian Government funded children and parenting initiative by VPG

www.vpginc.com.au/everyfamily

Join us at Playgroup

Where: St John's School, Harold Street, 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/Tammy on
40659530