



St John's School & Catholic Community Kindergarten



"When we strive to be better than we are, everything around us becomes better too!" Paulo Coelho

Term 1 Week 6 – 5th March 2026

Dear community members,

Welcome to the second half of Term 1. We have had a wonderful start to the school year. Our students are settled in classrooms and friendships are flourishing in the playground. Staff are supporting all students and collaborating with parents to ensure their children experience success. I feel a great sense of calm throughout the school.



Over the past few weeks, we welcomed **Luci Kenway** and **Keira Kuhnell** to our team. Luci has joined us on a part-time contract as a School Officer and will be supporting the P/1/2 classroom. Keira is completing a Certificate III in Education Support and is with us two days a week as part of her training. She is currently a student at Good Counsel College and is also a proud past St John's student. We are delighted to have both Luci and Keira with us and look forward to the valuable contributions they will make to our school community.

Student well-being is a priority at St John's. We understand that well-being influences learning outcomes. This year, we have been turning our focus to ensure we are addressing student well-being. We have longstanding initiatives such as offering students time in the library for reading, quiet play and Chess during playtimes. A new playtime initiative, Well-being Wednesday, is a time for students to focus on strength, stretching and breathing. Our new whole-school initiative is Power Hour, a period of time every Friday which provides students the opportunity to focus on what is important to them. Students choose from a variety of activities and engage in unstructured learning supported by staff. The chant on Fridays is "We love Power Hour!". Happy children make great learners.

I am please to announce our **P&F committee for 2026**:

- President - Joel Pappalardo
- Vice President - Jamie Faulks
- Secretary - Carmen Camilleri
- Treasurer - Belinda Bishop

All parents play a vital role in shaping the success and well-being of every students in our school community. By sharing ideas, supporting initiatives and engaging in school life, parents foster a strong foundation where students feel valued, motivated and connected. I am excited for the year ahead and look forward to the initiatives the new committee, and the whole parent body, bring to our school community.

Preparations are now underway for the **Feast of the Three Saints**, which will be held on **Sunday 3rd May**. This major event, hosted on our school grounds, attracts visitors from across Australia and provides a wonderful opportunity to showcase our beautiful school and community spirit. I encourage you to stay updated with the latest news and activities by following our Facebook page.

I am looking forward to the **Parish/School Mass** on Saturday. I hope to see you there.

Peace be with you, Linda Gaia, Principal.

Diary Dates

Saturday 7th March

- ◆ Parish/school Mass & shared supper

Wednesday 11th March

- ◆ Playgroup 9-11am
- ◆ NAPLAN - Writing

Thursday 12th March

- ◆ NAPLAN - Reading

Friday 13th March

- ◆ NAPLAN - Numeracy

Monday 16th - Sunday 22nd

- ◆ Harmony Week

Tuesday 17th March

- ◆ St Patrick's Day

Wednesday 18th March

- ◆ Playgroup 9-11am

Wednesday 1st April

- ◆ CCSZ Touch Gala Day
- ◆ Playgroup 9-11am

Thursday 2nd April

- ◆ Easter Presentation
- ◆ Last day of term 1

Friday 3rd April

- ◆ Good Friday

Monday 20th April

- ◆ Term 2 begins

Friday 24th April

- ◆ Interhouse Cross Country



CONTACT DETAILS

Phone: 07 4065 9530

Mobile: 0418 888 672

Harold St, Silkwood, Q. 4856

Always Reaching For New Heights

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

2026 – The year of St Francis of Assisi

Pope Leo XIV has proclaimed a Special Year of St. Francis running from January 10, 2026, to January 10, 2027, to mark the 800th anniversary of the saint's death. For our students it is a year to learn about his love for nature, his care for the poor, and his kindness to animals. St. Francis believed that all of God's creation were part of his community.



APRE
News



Lent

On **18th of February, we celebrated Ash Wednesday** with a liturgy in the church. The students carried out their roles with great competence and the singing of the whole school was very uplifting. The parishioners who attended the liturgy commended our students for their participation. I would also like to thank the parents who donated ingredients and helped with the cooking of pancakes for Shrove Tuesday.



Parish/Whole School Mass

Our first Parish/Whole School Mass will be held this weekend - **Saturday 7th March at 6pm**. The Mass will be hosted by the 3/4 and 5/6 classes with P-2 singing a hymn. We really would love to see all families and students attend. Following mass we will host a shared supper. Please bring a plate to share.

Project Compassion

Project Compassion boxes have come home with the students and this year we are raising money to help villages in Fiji to have solar street lighting, helping children to study and walk safely. Every \$100 raised will light one village, and we will represent our progress with a lightbulb on our library window for every \$10 donated.

NAPLAN

NAPLAN begins next week and our students are very well prepared. We had an online practice session last week without any hiccups. The purpose of this test is to ensure our technology works well, and that the students are familiar with question styles, and how to login into their test, as well as to give them a feel of how to pace themselves during the test. Next week we ask that parents support our NAPLAN week by minimising any absences, as doing catch-up tests the following week is not as fun as doing the tests with friends.



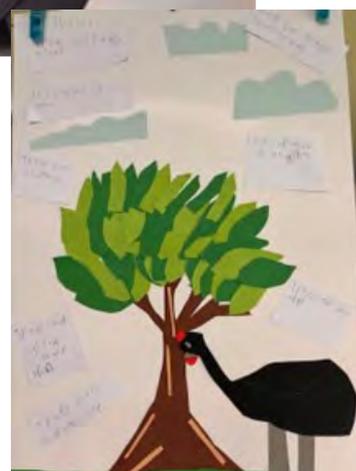
Deborah Daly, APRE. Leader of Learning & Teaching

Class in Focus - Year 3/4

With the season of Lent being upon us, the Grade 3-4 students have thought hard about what Lenten promises they can make. Ideas ranged from keeping their rooms tidy at home, helping others at school, and showing love and kindness to siblings. A few even thought that giving up sugar for Lent would be a good idea!

It was such an exciting surprise to find that all our students have brand new ipads. In the upper classes, we also have keyboard cases replacing our old Bluetooth keyboards. These are such a pleasure to work with.

In English, our students have been learning about how amazing trees are and have begun using the facts they have learned to help craft persuasive texts about tree conservation.



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

Helping Your Child Embrace the "Learning Space": A Guide to Understanding & Navigating the Frustration of Learning.

Learning isn't always smooth. In fact, true growth often happens in the **Learning Space** - the gap between what your child already knows and what they are trying to master. When your child feels frustrated, their brain is actually working hard to build new neural pathways.

1. The Frustration Continuum: Finding the "Healthy Middle" Frustration is a normal part of the learning process, but it needs to be managed to remain productive.

- **Intolerance (The "I Give Up" Zone):** A child stops trying as soon as it gets hard. They may feel overwhelmed.
- **Healthy Tolerance (The "Productive Struggle"):** A child feels the challenge but stays engaged. They recognize frustration as a sign of growth, not failure.
- **Over-Tolerance (The "Stuck" Zone):** A child persists in a way that is no longer useful, potentially leading to burnout or extreme distress

2. At Home Strategies to Build Resilience When your child hits a wall, during homework or other tasks they are learning:

- **Label the Emotion:** Simply saying, "I see you're feeling frustrated because of this task," helps a child identify and regulate the feeling.
- **The Stoplight Technique:**

STOP: Take a few deep breaths to calm the physical response.

THINK: Identify the specific hurdle. Can we break this into smaller pieces?

GO: Try one small step forward.

- **Model a Growth Mindset:** Use phrases like, "I will have a go," or "I can do hard things," to show that you also value the process over the final result.
- **Avoid the "Quick Fix":** Instead of doing the work for them, ask open-ended questions like, "What part is the trickiest right now?" to encourage independent problem-solving.
- **Celebrate/Praise Persistence and Grit:** Try and praise the effort of continuing, rather than the completion of the task, this will encourage your child to focus on their ability to keep going when challenged and this resilience is more easily transferred to other learning areas in the future.

3. When to Reach Out Occasional frustration is healthy, but constant distress may indicate a need for more support. Please contact the school if you notice:

- Sudden school refusal or extreme anxiety before classes.
- Persistent "giving up" across multiple subjects.

Intense emotional outbursts (shouting, shutting down) that don't improve with a break. **Your School Support Team is Here to Help!** We believe in your child's ability to "do hard things" with the right support and mindset.



Kindy News



Over the last few weeks, the Kindergarten group has started exploring our world. Our main aim with this type of learning is to develop an understanding and respect of the many different ways of living and being that there is, and to appreciate and celebrate this.

We started with **Chinese New Year** – exploring how it is celebrated by families and by the community, the meaning behind hanging lanterns, how to say a greeting in Chinese, ('Ni Hao!') and as a group we refreshed our existing dragon's head with paint and collage items, got out our musical instruments and performed dragon dances.

Following this we looked at our globe and all of the different continents and countries. Our current world map is quite small, so together we crafted a big version to hang on our wall. As the year progresses and we continue to explore different parts of the world, we will add photos and mementos to this map as a reminder of what we have learnt.



This week we are heading over to the library for a visit, and to borrow some books. This is our first trip over to the school for the year, and a valuable start to building on our sense of community.

Mobile: 0439 924 736

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

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

Regards Ms Cheryl &
Mrs Greco



Pancake Tuesday Yummo!!!



play matters Affiliated

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

FEAST of the SENSES

26-29 March 2026 Innisfail

Thursday 26th March
 Paronella Park open daily from 9am www.paronellapark.com
 Gone Troppo Trivia Night Innisfail RSL Club 7pm \$2.00pp
 Book your team on 40611601

Friday 27th March
 Trans North Northern Food Trail 8.30am-5pm \$85.00
www.trybooking.com/DJKWC
 'Tropical Fun Friday' at Innisfail RSL Club from 5.30pm
 Tropical menu, cocktails & live music 4061 1601

Saturday 28th March
 Southern Food Trail 8.30am-5pm \$85.00
www.trybooking.com/DJKWC
 'Taste of the Tropics' Brothers Leagues Club Bistro from 6pm
 Tropical menu & live music 4061 7199
 Music Bingo with a Tropical Twist
 Innisfail RSL Club 7pm 4061 1601

Sunday 29th March
Australian Bananas River Feast 9am-3pm
featuring:
 Rare & tropical fruit display, free tastings, rare fruit auction
 Market stalls & fresh produce for sale
 Tempting & tasty eats and treats all day
 Cooking stage demonstrations & free tastings
 Feast of Fun Kid Zone with inflatable rides & fun free stuff for kids to do
 Live entertainment on the river
 Historical Society Museum open in Canecutter Court

FREE ENTRY
 Food trail tickets, event info & stall bookings:
www.feastofthesenses.com.au

Babinda Munro

PICTURE THEATRE

FUTURE SCREENINGS

Fri 6, Sat 7, Sun 8 Mar	7.30pm Adults at Kids price	M
Wuthering Heights More Information		
Fri 13, Sat 14, Sun 15 Mar	7.30PM Adults at Kids price	M
CRIME 101 More Information		

Community Embedded Learning hub

JOIN OUR 9-WEEK TRAINING PROGRAM

Start your journey to a Certificate III in Individual Support

Start your career in aged care with confidence. Centacare FNQ, in partnership with Ageing Australia, Skills Generation and Benchmark Group, is delivering a 9-week training program designed to support you on your pathway to a Certificate III in Individual Support.

The course is free and includes training and employment support to assist you in finding work. Spaces are limited so please apply today!

Reegan 0428 975 609 or Penny 0418 537 310

Enquire Now