



# St John's School & Catholic Community Kindergarten



*"Life doesn't come with a manual. It comes with a mother. Term 2 Week 3 – 7th May 2026  
Happy Mother's Day!"*

Dear community members,

Last week, I attended the Queensland Catholic Primary Principal Association Conference in Toowoomba. The theme of the conference was **Breaking Boundaries for Tomorrow**. We were invited to consider what it would be like to lead a team through winter in Antarctica, to imagine a world shaped by generative AI, and were challenged to find time in space for strategic thinking in our fast-paced work environment. The conference was a wonderful learning and networking experience.



At the conference, I was honoured to receive the **Daniel McDonough Award** for the Cairns Diocese. This peer-nominated award recognises an early-career principal's strong commitment to leadership and education in a Catholic rural and remote school. Hope for the future of the students in our care gives me daily motivation, and I felt humbled that my efforts were recognised and celebrated by my fellow principals. I sincerely thank them and the Cairns Catholic Primary Principals Association.

The **Feast of the Three Saints**, held on Sunday, was a vibrant celebration of faith and culture. We were blessed with a beautiful, sunny day as crowds descended upon our school for the festival. Congratulations to the Three Saints committee on another successful feast. Thank you to our parents and friends for your efforts in organising and running the BBQ and raffle, and to the community members who supported our fundraising efforts in the lead-up to and on the feast day. Our P&F is currently raising funds to install large industrial fans in the undercover area, so every contribution is gratefully received.

Today, we celebrated mothers and those who are like mothers to us, with a Mother's Day morning. We took time to reflect and thank God for the gift of mothers before engaging in activities, including craft, dancing and pampering. Gifts and cake rounded off our morning, and the buzz that filled the air was testament to the importance of spending time with those we love. **Happy Mother's Day** to all!

We currently have several **representative sporting events** taking place. Max, George, Gabby, Benson and Jorji will attend the Cassowary Coast Cross Country trials in Innisfail on Friday. Congratulations to Gabby, who will trial for the Peninsula Soccer team next week as well as the Cassowary Coast Touch Football team next week. I wish all students the very best in their events.

The next major sporting event for St John's is the Interhouse Athletics Carnival. The date will be set in the coming week.

Peace be with you, Linda Gaia, Principal.

*Always Reaching For New Heights* 

## Diary Dates

### Friday 8th May

- ◆ Peninsula Cross Country – selected students

### Sunday 10th May

- ◆ Mothers' Day



### Monday 11th May

- ◆ Gen Bryant concert 9.45 - 10.45 all welcome
- ◆ Premier's Reading Challenge begins.

### Thursday 14th May

- ◆ Assembly

### Tuesday 19th May

- ◆ Under 8's Day

### Wednesday 27th May

- ◆ P&F Meeting 5.00pm
- ◆ Newsletter released

### Saturday 6th June

- ◆ School/Parish Mass

### Thursday 11th June

- ◆ Reader's Cup - selected students



## 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](http://www.facebook.com/StJohnsSilkwood)

## Curriculum News

Whilst we eagerly await our official 2026 NAPLAN results, we have been given some preliminary data, which suggests that St John's School has done particularly well this year in all areas. This data now awaits appeals and checks, but formal results should not be far off. We utilise our school data to monitor progress from Y3 to Y5, fill any gaps in individual students learning, and plan instruction for the remainder of the year.



## Premier's Reading Challenge

The Premier's Reading Challenge is due to commence on the 11<sup>th</sup> of May and runs until the 28<sup>th</sup> of August. As usual, we will register all our students for this challenge. Please look out for their PRC Reading Log coming home over the next few days.



## Three Saints Play

Last Thursday, the Grade 5/6 class presented a well-rehearsed dramatisation of the Three Saints story at assembly. Well done to the students involved, for providing this opportunity for our younger students to learn about the history behind the Three Saints festival.

Mrs Zappala and Mr Tedesco judged the 3 saints colouring competition earlier in the day and at assembly, Mrs Zappala presented our winners from each year level with a special medallion. Congratulations go to Noah, Mayla, Thishi, Abby, Alessia, Victoria and Emily.

## A Prayer for Mother's Day

*Almighty God, we ask Your blessing on each mother today. Fill their hearts with laughter and joy.*

*Surround them with love from family and friends.*

*Grant them health, peace, and fulfillment as they pursue their calling.*

*Let them know their value and worth in Your eyes and ours.*

*In Jesus' name, Amen*

**Deborah Daly**, APRE. Leader of Learning & Teaching

## Class in Focus - Year 5/6

To kick off Term 2, our Year 5/6 students prepared a play celebrating the Three Saints. In the lead-up to the Three Saints celebrations students worked hard to learn their roles and share the stories of these remarkable saints with our school community. We hope everyone enjoyed the performance and felt inspired by the

students' hard work and creativity.

**Viva Saint Alfio!**



## Did you know.....

⇒ **Sleep Matters: Helping Children Learn, Grow and Thrive**

Sleep is one of the most powerful yet underutilised ways we can support children's learning, emotional wellbeing and healthy development. For primary school-aged children, sleep is not simply "rest time." During sleep, the brain is highly active — strengthening memory pathways, processing emotions, supporting attention, and helping the body grow. Quality sleep is one of the key foundations for school success and positive mental health. For most children aged **5–12 years**, the recommended amount is **9–11 hours of sleep each night**.

⇒ **Sleep and the Developing Brain:**

Children's brains are still rapidly developing, especially the areas responsible for attention and concentration, memory, impulse control, problem solving and emotional regulation. During sleep, the brain consolidates what children have learned during the day. This means that new literacy, numeracy, social, and motor skills are more likely to "stick" after a good night's sleep. Without enough sleep, children may find it harder to focus in class, follow instructions, retain new information, manage frustration and transition between activities.

Continued..



- ⇒ **The Link Between Sleep and Learning:** Sleep plays a direct role in memory consolidation, language development, processing speed, sustained attention and motivation to learn. Children who sleep well are better able to engage in classroom discussions, persist with challenging tasks, organise their thinking, solve problems calmly and demonstrate creativity. Even one or two late nights can affect learning, mood and classroom confidence the next day.
- ⇒ **Social and Emotional Learning:** Sleep is closely connected to **self-regulation**, which is a major focus in primary school social-emotional learning. Poor sleep can make children more emotionally reactive, tearful, irritable, or quick to anger. Over time, chronic tiredness may affect resilience and confidence in social settings.
- ⇒ **Sleep, Mental Health and Wellbeing:** Good sleep supports children's mood, resilience, stress management, self-esteem and overall sense of wellbeing
- ⇒ **Family Habits That Support Healthy Sleep:** Parents and carers play the most important role in helping children develop healthy sleep routines. Helpful habits include:
- ♦ **Keep a Consistent Bedtime:** Aim for roughly the same bedtime and wake-up time each day, even on weekends. Consistency helps the brain and body know when it is time to wind down.
  - ♦ **Switch Off Screens Early:** Try to turn off TVs, tablets, phones, and gaming devices at least 60 minutes before bedtime. Blue light and stimulating content can make it harder for the brain to prepare for sleep.
  - ♦ **Create a Predictable Wind-Down Routine:** A simple 20–30 minute routine can help calm the mind and body, increase melatonin, and prepare for sleep. The predictability of routines helps children feel calm and safe.
  - ♦ **Create a Sleep-Friendly Environment:** A supportive sleep space is dark, cool, quiet, free from devices, and associated with rest.
  - ♦ **Model Healthy Sleep Habits:** Children learn strongly from what they see. When adults prioritise sleep, reduce evening screen use, and model calm bedtime habits, children are more likely to follow. Simple family messages such as *"Sleep helps our brains grow strong"* can reinforce the value of rest.

Sleep is one of the most effective ways families can support children's brain development, school learning, emotional regulation, friendships, mental health, and resilience. A calm, predictable bedtime routine is a gift that supports children far beyond the classroom. Please feel welcome to reach out to the school if you would like support around routines, emotional regulation or wellbeing concerns related to sleep.

## Kindy News

Welcome back to Term 2 of Kindergarten. The beginning of this term is quite busy so please keep an eye

on the term calendar which is on the Xplor app. We started off with ANZAC Day learning, then explored the Feast of the Three Saints. Next up we joined in with the school for a Mother's Day morning.

This term we have started off discussing the children's morning routine; what they should do when they first arrive at Kindergarten every morning. Through our discussion we came up with a Kindy morning job list including putting lunchboxes and water bottles into the fridge, bags

in the bag rack, hats and sunscreen on and then finally saying goodbye to mum, dad, grandma etc. The aim of this is to support the group to be independent in readiness for starting school, and also to help those children who find that last step – saying goodbye – a bit tricky. Building up confidence and resilience is a really important part of Kindergarten.

We are looking forward to utilizing our herb and vegetable garden this term. We have planted basil, parsley, chives, cucumber and zucchini, with everything growing so well. Once we have produce we will use these in cooking experiences; a great, yummy lesson in healthy eating and sustainability for our Kindy group.

Regards

Ms Cheryl & Mrs Greco



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 Mother's Day

# Cross Country Age Champions

