# St John's Parish

# Primary School



May 29, 2017 No. 13

#### **COMING UP AT ST JOHN'S**

JUNE 3 Saturday Confirmation Enrolment & Year 6 Level Mass, 6.00pm 4 Sunday Confirmation Enrolment & Year 6 Level Mass, 6.00pm

5 Monday School Assembly, 8.50am

6 Tuesday Education Board Meeting, 7.00pm

12 Monday Queen's Birthday Holiday - No School

Click here to access St John's Parish Newsletter

#### Dear Parents,

Last Tuesday some of our students attended The Long Walk at Aquinas College to show solidarity with the Indigenous people. Charlotte and Ashley share their recount of the day.

#### The Long Walk By Ashley and Charlotte

On the Tuesday 23 May Ashley, Charlotte, Molly, David, Jeremy and Penelope went to Aquinas for the Long Walk. We learnt about different things like how the Indigenous Australians were classified as flora and fauna until 1967, which was also called the Referendum. At Aquinas we heard speeches from Nova Peris and Michael Long who talked about their life stories as Aboriginals.



#### **Nova Peris:**

Nova was the first Indigenous Australian to ever win a gold medal at the Olympic Games, she played in hockey. She was also one of only two Indigenous Australians to win a gold medal after becoming a mum.

#### Michael Long:

Michael is the founder of the Long Walk that he created after walking from his home in Melbourne, all the way to the Parliament House in Canberra (about 650 km.) This year marks the 30th anniversary of the Long Walk. Michael is also one of the most recognisable Aboriginal players in the AFL. He played for Essendon from 1989 -2001

We also heard a song called 'Took The Children Away' by Archie Roach and performed by some members of the Aquinas choir. The song is about the Stolen Generation which was when the government took Indigenous Australian children away from their families.

Overall, we all had a great time learning about the Indigenous Australian history and we hope to learn more soon.

#### **UNIFORM SHOP**

Open first Tuesday of each month 8.30 -9.00am Multi Purpose Room

#### **CO-ORDINATOR**

Kathleen Spicer

#### LUNCH ORDERS

Every Tuesday Lunchtime To order register online: www.flexischools.com.au

#### **CAMP AUSTRALIA**

Before & After School Care 1300 105 343

#### **CO-ORDINATOR**

Cherry Manapol

HOURS: 7.00 -8.30 am 3.20 -6.15 pm

#### **SCHOOL OFFICE HOURS**

Monday -Friday, 8.30am -4.00pm

#### **PARISH CONTACTS:**

PH: 9873 1341

PARISH PRIEST

Father Dispin John

#### PARISH SECRETARIES

Mrs. Elisa Kelesidis Mrs. Martine Giles

#### PASTORAL ASSOCIATES

Mrs. Maree O'Keefe

Email: principal@sjmitcham.catholic.edu.au Web: www.sjmitcham.catholic.edu.au

#### The National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) is the new way of providing support for Australians with disability, their families and carers.

The NDIS will provide about 460,000 Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.

As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.

The NDIS gives all Australians peace of mind that if their child or loved one is born with or acquires a permanent and significant disability they will get the support they need.

The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

The NDIS helps people with disability to:

Access mainstream services and supports

Access community services and supports.

Maintain informal support arrangements

Receive reasonable and necessary funded supports

#### **Inner Eastern Melbourne**

The NDIS will become available in the Inner East Melbourne area from Wednesday 1 November 2017. A person may meet the access requirements to become a participant of the NDIS up to 6 months prior to this date The Inner East Melbourne area covers the local government areas of

- Boroondara
- Manningham
- Monash
- Whitehorse

Please see the flyer further in the newsletter regarding the 'Our Choice Expo' which will provide a summary of the National Disability Insurance Scheme (NDIS):

- · How the NDIS will work
- · Choices and options available through the NDIS
- · Services/supports available through the NDIS

The <u>Our Choice Expo</u> is a free expo and will be held in Wantirna South on Wednesday 7 June from 10.30am - 4.00pm.

#### **Parent Information Night on Reporting**

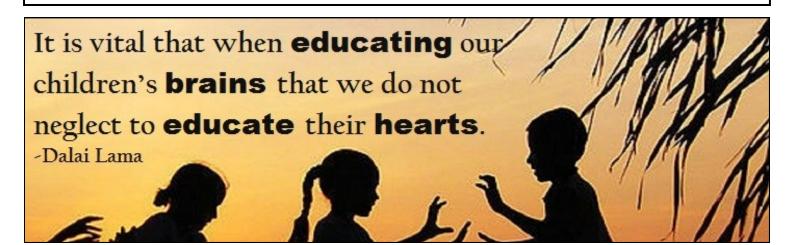
Please don't forget about the information sessions next Monday 5 June at either 2.30pm or 7pm. We strongly encourage all families to attend one of the sessions to share with you some changes to the format of this years reports. Please RSVP via email to Beth at <a href="mailto:bjohnson@sjmitcham.catholic.edu.au">bjohnson@sjmitcham.catholic.edu.au</a>

#### St John's Bush Dance

The Parents' Association BBQ and Bush Dance is next Thursday 8 June, 5.00pm -7.30pm. Please RSVP as soon as possible via your class parent rep or email <a href="mailto:yourpa.sjm@gmail.com">yourpa.sjm@gmail.com</a>. Children are still to be collected from school at the normal time, 3.20pm. We are looking forward to a great family night.

Have good week everyone,

Jacqui Marshall Principal



# Education in Faith News

#### Our Gospel Challenge this week is to: Follow Jesus and respect others

This week's gospel passage has become known as Jesus' Great Commission – his final instructions to his followers. After the events of Jesus' death and resurrection, the disciples probably wished they had listened more closely and carefully to what Jesus had to say. Undoubtedly, they were listening carefully by this time: and so should we!

Jesus challenged his disciples with a *commission*, kind of like a job assignment. The disciples were to spread Jesus' message to the entire earth, making *new* disciples. And the best part was, the disciples didn't have to go alone. The Holy Spirit would be with them all the way.

Jesus' Great Commission is our calling too. The message of God's love and forgiveness is for people of all nations. But we don't have to travel far – our jobs starts right at our front door with our friends, families, and neighbours. The job requirements? Someone who's willing to speak up about God's incredible love.

You have the message. Think of how it's changed your life. Jesus has also promised to stick by your side through everything. So what are you waiting for?

How have you been challenged to act on the good news in your everyday life?

GPBS 2017



Students attended community events last week to celebrate Reconciliation Week. Learning about Aboriginal and Torres Strait Islander histories and cultures is an important part of The Victorian Curriculum at all year levels. The knowledge and skills that students are expected to develop about Aboriginal and Torres Strait Islanders histories and cultures has a particular and enduring importance and assists students to understand the uniqueness of these cultures and the wisdom and knowledge embedded in them.

#### **Important Dates to Remember:**

May June	31 3 4 15	Wednesday Saturday Sunday Thursday	First Eucharist Breadmaking Day Confirmation Enrolment & Year 6 Level Mass, 6.00pm Confirmation Enrolment & Year 6 Level Mass, 9.45am Confirmation Reflection Day for Year 6 Students.
	18 20 23	Sunday Tuesday Friday	Confirmation Information Evening for Parents, 7.30pm William, Patrick, Cohen and Joshua's First Eucharist, 11.15am Ryan, Abbey and Jacob's Home Mass, 6.30pm. Jessica, Ebony and Gracen's Home Mass, 6.00pm

#### ITALIAN DANCE INCURSION

Students had a most enjoyable time last Tuesday learning the Italian folk dances, La Quadriglia and La Tarantella. Vincenzo is a Performing Arts teacher at Tintern Grammar and runs his Italian school Incursion Dance Focus on other days. He is a very experienced manager of large groups of students where they learn without realizing it as they have so much fun.

Feedback from students; Sally, "The guy, Vincenzo was really funny. He sneaked learning into a fun environment." Astrid, "I liked his games". Luke, "The dance was really fun. It was good to hear about the olden days in Italy". Sophie "He was really good at making the dance fun for everyone". Chloe, "He made it interesting by explaining where it came from in a joking way". George, "I liked the part where we got to go under the tunnel". Maeve, "I liked how we had partners and learned lots of fun dances". Patrick, "I liked how Vince went over the steps a lot. I didn't like being a girl." Harry, "I liked the dances, especially "Peeling the banapa". Jack, "I liked how complicated it was."







On Friday 26 May, Molly, Liv, MJ, Chrissy, Elizabeth, Beth, Julie and 17 year 4's went to the smoking ceremony at the Whitehorse Council Offices. It was really fun and interesting. We all walked through the smoke and the aboriginal elder talked to us about the days back when he was a young boy and what happened. He talked to us about his great, great grandpa and how things were for him. It was very interesting!

After the ceremony we were invited to afternoon tea that was really delicious. There was kangaroo, which we don't eat often, sausage rolls that had native garden herbs, desert and more. There were other primary schools and high schools such as Blackburn Primary, St James, Emmaus College, Our Lady Sion College and more.

By Molly,Liv and MJ



What is a good learner? Our school has been on a journey of exploring this concept through our participation in the Visible Learning project. We have seen a change in professional practice, grounded in research and professional learning, which has seen a shift in how teachers, students and families understand learning and the language they use to do this. We no longer ask - What is a good learner? We ask - What is an effective learner?

An effective learner is a learner who values, strives for and displays the following:

Is their own teacher

Articulates what they are learning and why

Talks about how they are learning - the strategies they are using to learn

Articulates their next learning steps

Is assessment capable (understands the assessment tools being used and what their results mean and can self-assess)

Seeks, is resilient and aspires to challenges

Sets mastery goals

Asks questions

Sees errors as opportunities and is comfortable saying that they don't know and/or need help Positively supports their peers' learning

Knows what to do when they don't know what to do

Actively seeks feedback

Has metacognitive skills and can talk about these (systematic planning, memory, abstract, thinking, critical thinking, problem solving, etc.)

We describe these as our learning dispositions. The term 'learning dispositions', sometimes called 'habits of mind' or 'dispositions to learning', refer to the way in which learners engage in and relate to the learning process. Learning dispositions affect how students approach learning activities and, potentially, the outcomes of the learning. Our school has been specifically focusing on the learning disposition words curiosity, independence, resilience, bravery and persistence as a shared language.

Our reports this semester will reflect some of these learning dispositions to unpack what has traditionally been 'Classroom Behaviour' and 'Effort' on the report. The intention of this is to give students and families a shared understanding of what an effective learner is and how your child is going with these. Setting goals for the next semester around the learning dispositions will support each student in flourishing in all aspects of their learning and is an important part of the family/student/ teacher conversations in week 11.

#### REFLECTION ON HOME MASS

We had a home mass at Patrick's house last week. Father Dispin came and told us stories and asked us questions about the Last Supper. Father Dispin told us about the washing of the feet and that it was a service and that we should be of service to others, especially those that are lonely and sick. Father Dispin asked two of the children to read stories from the Bible and then he read us a Gospel from the Bible. Father Dispin talked to us about the bread and wine and what they represent in church. He told us that they represented Jesus body and blood. After mass we all ate dinner together and then got to go outside and play.



Above: Fr Dispin and families at home mass last week

#### DISTRICT CROSS COUNTRY

Last Wednesday the 24th of May, 21 students from St John's Primary School competed in District Cross Country at Westerfolds Park in Templestowe.

#### Results:

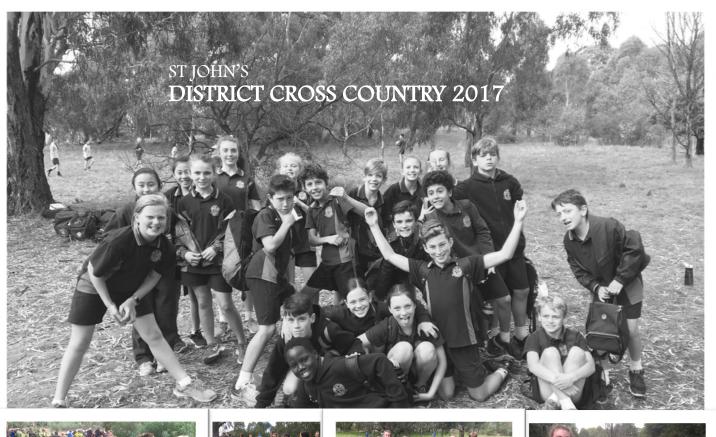
9/10 yr girls		9/10 yr boys	
Amity Carter	<b>20th</b>	LeBron Gencarelli	48th
Sienna La	<b>51st</b>	Will Citerelli	41st
Abbey Leyden	<b>30th</b>	Will Taylor	4th
•		Jesse Horvat	7th

11 yr girls	11 yr boys
Tahlia Crawley <b>29th</b>	Hamish Gill 2nd
Astrid Harkin 37th	Jude Carter 22nd
Frances Wang 22nd	

12/13 yr girls	12/13 yr boys
Jade Iacuone 16th	George Molnar 22nd
Megan Smith 18th	Jeremy Sniegowski 21st
Sally Spicer 14th	Callum Layden 26th
Anabelle Taylor <b>7th</b>	Ryan Werikhe <b>30th</b>
•	Josh Jenkins 5th

The day was really fun and a great experience. We had 5 people from St John's qualify for the next round and lots of people beat their personal best from the previous year.

Thank you to those parents and family members who came along to show support on the day, a special mention to Kathleen Spicer who joined us on the day to assist as a marshall.











#### INTERSCHOOL SPORTS UPDATE - ROUND 4

After a bye in round 3, on Friday 26 May, year 4, 5 and 6 students competed in Winter interschool sports matches against Beverley Hills Primary School. Students played in one of the football, tee-ball or netball teams.

The footballers played against Beverley Hills at Walker Park and won their match by 87 points with a final



score of 101 to 14. It was a lot of fun and we all showed great sportsmanship. Great job to all of the team and especially Daniel, Max, Frank and Ryan for having a go in the ruck and giving it their best! The goal kickers were Callum Leyden (3),and George Molnar Andric (9) Lebron (1) and Hamish(1). Next week we are playing St Phillips and we hope to win again! (George)

Both netball teams did very well in their games against Beverley Hills but unfortunately the open mixed team lost with an overall score of 2-17. The girls team won with a score of 29-9. Congratulations to both teams for trying their very best and showing great sportsmanship. Everyone did a terrific job and we all played with some good throws and catches. We would like to thank the teachers and parents who supported our teams and a special thanks to Monica and Ange for being awesome coaches!! (Talia)

Both the open mixed and girls Tee-ball teams didn't win our games this week against Beverley Hills PS but we tried our best, with the open team losing by 7 points (7-14) and the girls team losing by 7 points as well (17-24). Both games were very close! The whole team showed excellent teamwork and effort! This week we thank John Kelly for supporting the open mixed tee-ball team and we thank Ms. Buis for supporting and scoring for the girl's tee-ball team. Everyone showed their best game and maximum effort!! (Sareana)

We look forward to the rest of the season ahead! Next week our teams will be playing at home again against St Phillips PS.

#### Marathon Club

Tuesday and Thursday Mornings Check the St John's Skoolbag App for updates.



### A note from your PA .....

Each family will have received a box of Cadbury Chocolates last week and each box contains 50 bars which are \$1 each.

#### Total box value \$50.00

We encourage you to support this fundraising activity and return your envelope (with money enclosed) to school in the coming weeks. Please ensure you complete your child's family name and class group as well as the amount enclosed on the envelope provided in the box.

Any unsold chocolates need to be returned as soon as possible so they can be reallocated to another family.

With thanks in advance, St Johns PA

### ST JOHN'S SCHOOL UNIFORM

#### WINTER UNIFORM



#### **UNIFORM SHOP**

**Time:** 8.45 -9.15am

The Uniform Shop is open in the Multi Purpose Room on the first Tuesday of each month during school term.

For your convenience all items on the uniform list are able to be ordered and collected from the school office.

#### CO-ORDINATOR

Kathleen Spicer

The next scheduled Uniform Shop day will be next Tuesday 6 June.

Student should be wearing Winter uniform now, until fourth term.

Please note the correct uniform as listed above. - Thank you!



# **Our Choice Expo**

Community and Disability supports available to people with disability, families & supporters



10.30am - 4.00pm Wednesday 7th June 2017

#### Free Visitor Entry

Search for VALID Inc. Find us on:



Share your comments on the Expo using #OurChoiceExpo

We would to thank the City of Knox & Harts Party Hire



#### PIZZA SPECIAL FOOD DAY Friday 2<sup>nd</sup> June

Thank you to Jackie Harkin and the PA for organizing the Pizza Day. No further orders can be accepted

#### Italian Phrase of the Week

Week 7:

Cresciamo nello spirito Kray-sharmo-nello-spee-ree-toh) We are growing spiritually

My apology for incorrect pronunciation last week



#### **Nunawading Netball Club**



#### The Nunawading Netball Club is looking to recruit new players for the 2017 Spring Season

Want to play a team sport, learn new skills, make new friends and have lots of fun?

The Spring Season commences August 2017, so contact us now to be part of it. Our experienced coaches guide all age groups from Under 9's Net Set Go through to Open age.

We also offer an introduction to Netball Program for very young eager netballers, to help them learn the basics before they take the court.

Games are played on Saturdays at the HE Parker Reserve in Heathmont and training is held weekly on the outside courts at Mitcham Primary School. School aged Girls (and Boys up to 11 years) are welcome to join us EXPRESSLY LOOKING FOR U9 AND U11 PLAYERS FOR SPRING 2017

TO EXPRESS YOUR INTEREST OR IF YOU WOULD LIKE TO KNOW MORE, WE WOULD LOVE TO HEAR FROM YOU!

> PLEASE EMAIL SECRETARY@NUNANETBALL.COM.AU

> > OR CHECK OUT OUR WEBSITE

NUNAWADING NETBALL CLUB

#### **BIRTHDAYS**

This week we congratulate Tristan Crawley, Jesse Horvat, Jack Swaine, Keira Butterworth, Joshua Jenkins, Sienna Godino and Archie Williams-McAllister.

We hope you have a "Happy Day!"



#### **ENTERTAINMENT BOOKS**

Have you paid for your Entertainment Book?

If not, payment is overdue. To pay for your book please go to www.entbook.com.au/184925h or send the envelope back with payment to the school office. There are plenty still available so don't forget to offer them to family, friends and work colleagues. If you have any questions contact Suzie Leyden (Callum 5/6MO/Abbey 5/6TJ) on 0448 223 966 or yourpa.sjm@gmail.com.







tablet to go online

Parental control tools are available for Apple's iOS & Android.

of teens play games online

Playstation, Xbox, Wii and Steam have parental controls.

of teens stream video on YouTube & TV

YouTube and YouTube Kids have a safety mode; YouTube Red offers ad-free videos. Netflix and Stan offer age-based settings.



of teens use a computer to go online

Microsoft Windows and Apple's MAC OSX offer family restrictions and monitoring.

of teens research and browse on the internet

Safe search settings are available for Google Safe Search, Google Chrome and Yahoo7.

Telstra Mobile Protect, Vodafone Guardian, Apple iOS and Android have safety options.



86 % have home broadband

broadband access

Telstra provides parental control tools and homework time blackouts; Optus and Vodafone provide guidance on tools.

#### Parental controls can keep kids safe on many screens

#### **THEY CAN**

- ✓ Block sexually explicit sites
- ✓ Set screen time limits
- ✓ Block in-app purchases
- **✓** Block numbers and SMS
- Allow or block websites
- Restrict chat features
- Allow parental monitoring



## REMEMBER

No parental control is 100% fail safe. Keep children's trust by using these tools openly at home

esafety.gov.au/iparent





# THURSDAY 8 JUNE, 5–7.30 PM BILLY TEA BUSH BAND

St John's Parents' Association invites you to
join us for our family event of 2017, beginning with a concert and
workshop for the children during the day*, followed by a BBQ dinner and
concert for the whole family from 5pm-7.30pm.
Where: St John's hall
When: Thursday 8 June, 5–6pm BBQ dinner
(\$2 for a sausage; \$1 for a can of soft drink); 6–7.30pm family concert
Questions?: Please see your PA class rep or contact <a href="yourpa.sim@gmail.com">yourpa.sim@gmail.com</a>
*Children to be collected from school at standard time, 3.20pm.
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ST JOHN'S PARENTS' ASSOCATION BUSH DANCE RETURN
SLIP
SLIP
SLIP Please return this slip to school no later than Monday 5 June 2017.
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SLIP  Please return this slip to school no later than Monday 5 June 2017.   The family ( adults; children) will be attending the St John's Parents' Association BBQ and bush dance on Thursday





# **About fears and worries**

### Everyone experiences fear

It is one of the most basic human emotions, helping to keep us safe by alerting us to danger. The fear response prepares us to flee or withdraw from threatening situations.

An important part of children's growth involves learning how to cope with the common fears of childhood. As children learn to manage their emotions and overcome everyday fears, their confidence grows for taking on new challenges. Parents and carers and school staff can play a critical role in helping children develop skills for managing feelings and coping with fear.

## How children experience fear

Fear reactions are made up of physical changes, feelings and behaviours. The body responds to fear by speeding up the heart rate and breathing so that we can act quickly to respond to danger. Along with this we may experience physical symptoms such as feeling tightness in the chest, getting shaky or sweaty, or having 'butterflies in the stomach'. Sometimes people turn pale with fear – usually when the fear is very strong. Children often simply describe the unpleasant feelings in the stomach as 'feeling sick'. These sorts of physical responses to fear are associated with psychological responses such as feeling scared, tense, nervous or worried.

Children who experience fear are more likely to show us than tell us that they are afraid. They may do this by seeking reassurance, by trying to avoid the situation that makes them fearful, by becoming agitated or by becoming upset. If the situation that makes them fearful is one they cannot avoid they may try to get a parent, carer or other trusted adult to deal with it for them. Some behaviours that adults frequently find annoying, like nagging and whingeing, result from children's attempts to avoid situations they are afraid of.

Children who experience fear are more likely to show us than tell us that they are afraid.

