



# ST JOHN'S

There's no  
place  
like St John's

## St John's Newsletter

Term 4 Week 4 - Wednesday 28th October 2015

Head of St John's

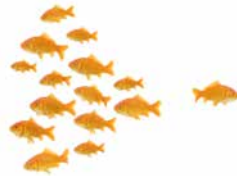
Ms Shannon Rosewood



October is Mental Health Month. Factsheets, educational events, and online resources about mental health and wellbeing are available on the Mental Health Association of NSW website <http://www.mentalhealth.asn.au>.

Last year at St John's we explored the theme Be Younique to acknowledge that everyone is different. All students (and adults!) have strengths and challenges and that is what makes each individual unique and special. In 2014, St John's students celebrated their individuality by sharing photographs that illustrated the theme – 'Be Younique.'

A photograph showcasing a gift or talent can be a fun way for students to consider what makes someone special. It is interesting to consider as adults – What make me different? Here is a great poem by Michael Rosen about special skills.



### I Know Someone by Michael Rosen

I know someone who can make their ears wiggle.

I know someone who can shake their cheeks so it sounds like ducks quacking.

I know someone who can throw peanuts in the air and catch them in their mouth.

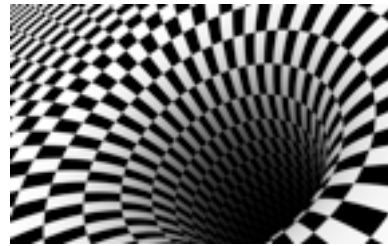
I know someone who can bend her thumb back to touch her wrist.

I know someone who can say the alphabet backwards.

I know someone who can wiggle her little toe.

And that someone is me.

This year the theme is 'Value your Mind.' We will start with some yoga sessions with Mrs Bell during daily fitness and also use puzzles and optical illusions to stretch our brains.



### THRASS Day in Infants

Kindergarten and Year 1 and 2 had a fabulous morning consolidating their knowledge of THRASS. Students were asked to dress up as a character on the THRASS chart. Mrs Packer and Ms Rosewood came as a queen and Mrs Oehlers came as rain. Throughout the morning students rotated around a range of activities based on THRASS. The students presented a THRASS video at the K/1/2 Assembly in Week 4. Several parents also attended the workshop held at St John's. Parents are encouraged to come and see THRASS in action in the classrooms.



## ICAS results

Congratulation to all the St John's students who entered the English, Science and Mathematics Competitions this year. We had fantastic results. A special mention to

### Mathematics Awards

Merit  
Delilah Layton  
Lilly Green  
Solomon Layton  
Isabella Gooch  
Hayley Whitehill

Sophie Mason  
Sophia Rutledge  
Sydney Rice.

Distinction  
Tariq Rahim

### English Awards

Credit  
Eva Dabovich  
Archibald O'Neill  
Eloise Gooch  
Owen Rice

Merit  
Eloise Gooch  
  
Credit  
Eva Dabovich

Archibald O'Neill  
Jade Watkins  
Lilly Green  
Sophie Mason

Distinction  
Tariq Rahim  
Sophie Mason  
Sydney Rice

High Distinction  
Owen Rice

### Science Awards

Credit  
Eloise Gooch  
Lilly Green  
Sophia Rutledge

Distinction  
Eva Dabovich  
Tariq Rahim  
Jade Watkins  
Owen Rice  
Sophie Mason  
Sydney Rice

The Mathematics Olympiad results have also arrived. Congratulations to Sydney Rice who was the St John's personal highest score winner (and achieved a result in the top 10%) and Owen Rice who achieved a result in the top 20% of candidates.

## Baseball Clinics

St John's have loved having Mr Alldis work with us on our Baseball and Softball skills. Learning how to use a mitt, slide into Home, hit a 'home run' and sprint between the bases has been a lot of fun. We hope to continue to develop our skills over the coming weeks and hopefully have a Year 3/4 versus 5 and 6 challenge competition.



## Homework Centre

Now that Homework Centre is established for Term 4, we would like parents to remember to pack some afternoon tea, a drink bottle and a hat.

After a full day at school the children are generally quite hungry by the afternoon.

Thank you for your help.

## Assembly Awards @ St John's

Congratulations to the following children who received awards in the Week 3 Assembly:

### Personal Best Awards

K - Bailey Harvey-Lynn  
1/2 - Christopher Bower  
3/4 - Owen Rice  
5 - Chloe Moore  
6 - Isabelle Chandler

### St John's Star

K - Oliver Sutherland  
1/2 - Claire McAlary  
3/4 - Jade Watkins  
5 - Lydia Farrar  
6 - Hannah Rahim

### Homework Star

Charlie McCulloch

## Important dates for Term 4

27 November Year 1/2 Aboriginal Keeping Place excursion  
29 November Sports photos  
30 November – 3 – 6 Swim and Survive (ongoing throughout Term 4)  
Week 5 and Week 6 – K – 2 Swimming  
5 and 6 November – Year 7 Orientation  
5 November - K/T Orientation  
5 November – Year 3/4 Night walk  
6 November – Year 5 Science in the Bush  
6 November – Year 1/2 Sleep out!!!  
20 November – Assembly (Year 3/4 and 5 presenting)  
24 November – Transition Celebration of Learning  
24 November – Equestrian Challenge  
26 November – K – 6 Celebration of Learning  
TBC Year 6 Luncheon  
30 November – Activities Day  
1 Dec – Assembly (Year 6 presenting)





## A Friendly Visitor!

Year 5 had the pleasure of welcoming Bridgette Cadzow into our classroom for two weeks. It was wonderful to work with her and we can't wait to see her again next year!



## ART GOES POP!

Year 5 have explored the art movement 'Pop Art' and had a great deal of fun making our class artworks.

# YEAR 5



## IT'S ELECTRIFYING!

We are getting a real 'buzz' from studying electricity. The students have been exploring how batteries work and are now starting to make electrical circuits that light up our room!

# St John's Sport News Mrs Jess Oehlers

I hope everyone has enjoyed the first fortnight of sport for Term 4.

Indoor Hockey commenced on Friday. Please find listed below the equipment and uniform students will need on Fridays:  
St John's PE uniform. Girls wear hockey skirt, boys wear PE shorts. St John's/NEGS hockey socks, shin guards, mouth guard  
Hockey stick Years 3-6. If your child has an indoor stick could they please bring it. The Junior team will be supplied with a stick which they need to return to school at the end of term.

## Touch Football

Thank you to everyone for playing so well over the last two weeks. It is hot, so please remember your St John's cap and drink bottle. 4pm each Thursday.

**Basketball:** 5pm every Monday

## TERM 4 Swimming

Kindergarten and Year 1 & 2

Tuesday 3rd, Wednesday 4th and Thursday 5th November

Tuesday 10th, Wednesday 11th and Thursday 12th November

Years 3-6 Swimming

Friday 30th October

Friday 13th November

Friday 27th November



## FOR SALE

\$1,500 Bates 16'5 Dressage Saddle with changeable gullet. It only costs \$40 to have a Professional Saddle fitting & have this saddle adjusted to your horse.

This black leather saddle was bought for my daughter when she was an 8yr old beginner & taught her to sit beautifully. She was able to hack, sport, low level jump & trial ride in it. Unfortunately, she has now grown out of it.

It's perfect for Pony Club, dressage or a parent that would like to see their child in a stable saddle that offers a little extra support in the knee roll.

Contact Emma c/- St John's Junior School

# BE BUS AWARE

Buses can't stop quickly



1-7 November 2015  
bebusaware.com.au



Transport for NSW

## Good for Kids good for life

### Cool & Healthy Summer Snacks

The weather is warming up so here are some healthy snacks to keep you cool this summer:

- Frozen fruit such as berries, orange quarters and fruit kebabs
- Use moulds and low fat yoghurt to make frozen yoghurt shapes
- Make your own icy poles using 99% fruit juice and fresh pieces of fruit
- Make your own 'ice cream' using mashed up bananas (it's deliciously creamy!)
- Use fruit, vegetables and low fat milk or water to make a delicious smoothie and top with plenty of ice. There are heaps of different combinations to try!



Health  
Hunter New England  
Local Health District

PHONE 4924 6499