



# ST JOHN'S

There's no  
**place**  
like St John's

## St John's Newsletter

Term 4 Week 2 - Wednesday 14th October 2015

**Head of St John's** Ms Shannon Rosewood

An area of educational focus within the Junior School has been the growth of the students' mathematical understanding. Our commitment to this area has been seen in the allocation of professional development of staff and resources to build and enhance students' learning and engagement in mathematics. We have allocated additional time to mathematics within the timetable and have started to introduce our 'playground of the mind' with the provision of greater access to mathematical games such as Chess. We see this as essential to further developing numeracy skills and to show children that mathematics can be fun! We hope to continue to add to our playground and classroom programs.

When thinking about mathematics it is important to ask the question, 'Do we need to memorise'? I argue this on the grounds that firstly we need to ensure working memory is freed up, secondly to maintain this mental agility to service current daily needs and thirdly because true joy can be had in the ability to recall certain content. Working memory comes into play to enable us to hold multiple pieces of transitory information in our mind where this can be manipulated. Such action and manipulation enables higher order thinking such as critical and creative thinking and problem solving.

### **Fact-a-thon 2015**

This year we will be holding our first ever St John's fact-a-thon. We see this as a fun way to:

**better numeracy skills for individual students**  
**build House spirit within an academic forum**

Girls and boys are encouraged to focus on their personal best. Each class from Kindergarten to Year 6 has been given a number fact list appropriate for their year level. The students will then be tested on their number fact list over the course of Week 7 (commencing Monday 16 November). Testing will be done in class time by their teacher. The students' results will contribute to House points for Term 4 and the House with the highest average will participate in a House reward activity such as a Pool Party.

Class teachers will work in class with students but will also allocate some addition Homework time as fluency occurs through repeated practice on a daily basis. We hope that all students achieve their goals.

### **Term 4 uniform requirements**

Summer weather is here and I have been asked by parents and students to clarify uniform expectations. To ensure that blazers are kept in good condition it is best that they are left at school or at home when not required. The Parent Handbook 2016 will be adjusted to read this change.

Blazers are required for Chapel on Mondays, Assembly on Fridays and special events. They are not required on other days unless a jumper is being worn to school. All students must have a yard hat for the playground.

Girls are required to have their hair up with white ribbons and wear the NEGS white straw hat when wearing their formal uniform. Folded white ankle socks should be worn, not ankle socks at any time (including sports days). Girls are allowed to wear one set of silver studs. Year 6 girls are allowed to wear the NEGS sport socks.

Boys are required to wear their school cap to school and navy shorts and socks with a white shirt and tartan tie.

St John's striped polo shirt is worn on Tuesdays and girls and boys wear their coloured House shirt for Friday sport. Sneakers can be of any colour and the 2016 Parent Handbook will be adjusted to remove the 'mainly white' stipulation.

### **NATA Young Scientist of the Year Award 2015**

Tariq and Owen, Year 3/4 have entered an amazing construction in the NATA Young Scientist of the Year Award Competition based on the theme, 'Light Up Your Life'.

The NATA Young Scientists of the Year Award Competition encourages students to look at how science impacts on people's lives.

The aims and purpose of the competition are:

- to promote to children the benefits and value of science
- to provide students with the opportunity to participate in science on a national platform
- to encourage students to apply their creativity to scientific solutions
- to demonstrate the importance of good presentation skills in science

Tariq and Owen worked on a joint construction using Lego to make a light circuit within a tower that uses levers to activate lights within the building. Their construction demonstrates how electric circuits work.

They designed a specific slope for a Lego™ car to run through and hit a lever if propelled at different speeds. The pace of the car determines how many lights turn on. If the object is going at a slow enough pace only the top light activates. Increased speed activates both lights.

This project was made with 3 key components. The first key component is the Lego™ tower. They used an overlap technique to make the tower more stable. The second key component is the lever arm. For the contact point they added an extension to the arm to make sure the car comes in contact as powerfully as possible. The third and final key component is the lighting. We used Lego™ to secure the light bulbs.

We wish the boys all the best for the judging of this prestigious competition!



## Important dates for Term 4

- 23 November Assembly (K and Year 1/2 presenting)
- 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)

## Congratulations to Bronte

Year 6 student Bronte Dagg attended the Equestrian Australia Interschool Championships in the holidays where she was named reserve overall champion in the Primary Show Hunter division taking home a first, second and sixth in her individual classes on her horse Willowcroft Jester.

Bronte was 7th overall in the Primary Show Horse section with her other pony she qualified for Nationals - Smithfields Toy Dancer. Bronte was also one of the top four scoring primary Show Horse riders to be named in the overall NSW Champion Show Horse team. Over 400 horses and riders from all over Australia qualified to compete at this National event, the largest equestrian event held at the Sydney International Equestrian Centre since the Olympics.

Thank you to everyone who returned their Indoor Hockey notes on the first day back. It is very exciting that we will have a Junior and a Senior Indoor Hockey Team this term.

Indoor Hockey commences in Week 3 and more information regarding the draw and venue will be sent out closer to the time.

Touch Football games commence next Thursday. Please be aware of the change in venue. In Term 1, teams would normally meet at the club house at the Rologas Fields. This year, teams are being asked to meet across the road on the opposite fields near Rologas. We will be instructed where we are playing and if on the lower set of fields near Kirkwood St, we will walk as a team across the road. Please note this road is extremely busy and dangerous. All students must be accompanied by an adult. You will be notified of next week's time via email and in your child's diary.

Basketball information will be sent via email as soon as we are notified.

## TERM 4 Swimming

Term 4 swimming commenced last Friday for Year 3-6. Thank you to Harwood Swim School once again for providing a fabulous swimming service. I hope all students from Kindergarten to Year 6 enjoy the swimming program this term.

## Sporting Schools Funding

Last term, St John's were lucky enough to gain funding from 'Sporting Schools Program'. This enables us to provide high quality sport equipment and coaching to the students. In Term 3, we gained the knowledge and skills of Hockey NSW representative, Blair Chalmers, as a coach for students from K-6. We hope all students really enjoy the opportunity to learn more about Hockey throughout their PE lessons.

This term, we have gained more funding from Sporting Schools and will be providing students from K-6 with coaching from our local Baseball Association. Baseball is a fun and competitive sport and we hope students enjoy learning all about it.

As well as providing top quality coaches for students throughout PE lessons, we will be purchasing equipment for students to use throughout lessons and during training sessions for their respective sports.

I hope students take the opportunity now that the weather is warmer to go outside of an afternoon to practise their skills and have fun.

Have a fabulous Term 4!

## Good for Kids good for life

### Active as a Family

Busy lives and long work schedules can mean that many families spend time apart during the week and exercise on their own.

Here are some ways to connect as a family, revive energy levels and feel fit and healthy:

- A simple walk after dinner
- Join an all ages group like a fun run or cycling group
- Play touch football or cricket in the backyard on weekends
- Go for a hike or bike ride around local walking tracks
- Spend the day at the beach or your local swimming pool.





# Stepping Stones Triple P Parenting Seminars Series

## Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

## What is a Stepping Stones Seminar?

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It's an informal presentation, a little like a public forum. There are three seminars that each last 90 minutes and cover a different topic. We encourage parents to try to attend all three.

- When:** Seminar 1 – Positive Parenting for Children With a Disability  
**Wednesday 8<sup>th</sup> October 9.30am -11.30am**  
Seminar 2 – Helping Your Child Reach Their Potential  
**Wednesday 8<sup>th</sup> October 12.30p.m – 2.00p.m**  
Seminar 3 – Changing Problem Behaviour into Positive Behaviour  
**Wednesday 4<sup>th</sup> November 9.30a.m – 11.30a.m**
- Where:** **Cerebral Palsy Alliance** 124a O'Dell St Armidale  
**Light refreshments provided.**
- Cost:** FREE as part of a research project
- Who:** Any parent/caregiver of a child with a disability age 2-12 years
- How:** RSVP by contacting the NSW Stepping Stones Triple P Project Team  
Call (02) 9114 4106 or email [fhs.steppingstones@sydney.edu.au](mailto:fhs.steppingstones@sydney.edu.au)

For more information contact:

Stepping Stones Triple P Project Team NSW - (02) 9114 4106 or [fhs.steppingstones@sydney.edu.au](mailto:fhs.steppingstones@sydney.edu.au)

Shiva Otim Senior Social Worker 02 9975 8816 or [sotim@cerebralpalsy.org.au](mailto:sotim@cerebralpalsy.org.au)