



ST JOHN'S

There's no  
place  
like St John's

# St John's Newsletter

Term 1 Week 6 - Wednesday 2nd March 2016

## HEAD OF ST JOHN'S

Ms Shannon Rosewood

### CAMP WEEK 2016

Year 5 and 6 will be heading off to Canberra on March 14 for five days. Our students will visit Parliament House, National Art Gallery, Questacon and the Australian War Memorial. Year 3 and 4 will visit Coffs Harbour and enjoy various tourist attractions and outdoor activities. Our younger students will work with James Harwood Swim School to improve and develop their swimming skills. Year 2 will have their chance later in the year to have a one-night sleepover at the Dickens Boarding House at NEGS.

The Week 8 excursion education program achieves many goals both in the educational sphere as well as in the areas of personal, physical and social skill development. Coping with one's personal care and hygiene, organising clothing and belongings, sharing a room with a fellow student and eating food prepared beyond the home are all sound learning opportunities. For our younger students it is the difference of a day's learning outside the classroom that creates excitement and challenge. Students will return to school to write and reflect on their camp and daytime experiences.

### Helping your child prepare for camp

At St John's, our goal is to make school camps rewarding and enriching experiences for every student.

We know that for some children, being away from their families can be challenging and perhaps daunting. However, we trust that you understand these experiences to be an important part of our curriculum, which cater to the social, physical and emotional development of your child.

For most children, anxiety is quite normal. As a parent, you might welcome advice on dealing with your child's nerves. We have prepared some suggestions to assist you in preparing emotionally for camp.

### What parents can do

- Acknowledge your child's fears and worries. Don't dismiss or ignore them - but don't dwell on them either.
- Let your child know that it is normal to feel a little worried or anxious and that he/she may find many of the students in his/her class feel the same way.
- Try to connect this experience to another relevant, positive experience where a good outcome was achieved after initial worries.
- Gently encourage your child to try new activities that challenge them.
- Speak positively about the camp, both to your child and whenever you are within earshot. If you have your own concerns, don't hesitate to speak to your child's classroom teacher.
- Let your child pack their bag with your supervision so they know where to find each outfit and toiletry item. Prepare well in advance and tick each item off a list.
- If your child is feeling anxious, you may consider sending a keepsake of some sort, such as a soft toy or a special reading book.
- Debrief with your child on their return home to help them reflect on just how well he/she has managed with the challenges faced. Remember they will arrive home very tired and perhaps such conversations are best had over the weekend rather than Friday night.

### STUDENT ACHIEVEMENTS

Congratulations to all our students for their quality entries into The Armidale Show. Well done in particular to Year 3/4 (first place) and also Transition for a second place in the early childhood category.

Congratulations to these artwork prize recipients; Dimity Chalmers (first place), Jade Watkins (second place), Mohammed Almokhtar (second place), Felicity Chapman (first place in photography) and Eva Dabovich (second place in things made from wood). Lucy Pulkkinen St John's- HC 8yrs and under drawing, Sienna Alldis - HC 8yrs and under mixed media, Sophia Rutledge - Grand Champion Overall and 1st Junior Section 9-11yrs painting, Lilly Green - 2nd 9-11yrs painting.

*We hope all families had the time to visit the Show and enjoyed the fun of a local community event.*

### ST JOHN'S JUNIOR SCHOOL

Uralla Road, Armidale NSW 2350 Australia  
T +61 02 6774 8700 F +61 02 6772 7057  
reception@negs.nsw.edu.au | www.negs.nsw.edu.au

FB: NEGSarmidale Twitter: NEGSarmidale  
Registered Provider: NEGS Limited  
ABN: 31 122 393 702 | CRICOS: 02945A



## Congratulations

**ELOISE GOOCH** on her performance in Discus with an impressive 21.71m throw and first in Shot put at a recent Little Athletics competition. Well done also to **CHARLOTTE CLARIDGE** and **SOPHIE MASON** who have been selected in the Armidale District Netball Association U12 representative team.

**CAITLIN CROFT** has again been doing amazing things with her horse at the Guyra Show, achieving;

- 1st Pony Club Mount U17
- 2nd Educated Galloway Hack
- 2nd Pleasure Galloway Hack
- 2nd Pair of Riders U13

St John's loves to hear about all the exciting community events that our students are involved in. Make sure to let us know.

## UNIFORM

There has been a huge improvement in student responsibility for hats and blazers. Well done everyone. Ensuring the current owner of uniform is clearly marked helps with the return of lost property. Currently a blazer marked E.K is looking for an owner.

Please note that ankle sports socks are not part of the St John's sports uniform and students are asked to wear white school socks. Sneakers can be any colour because that makes the students love their shoes and run faster. Just kidding, we want our students to feel sporty and active and if a lovely pink pair of sneakers makes them feel this way then we are all for it.

## AUTUMN FESTIVAL PARADE

On Saturday (19 March), the annual Autumn Festival Parade will be held. St John's children are invited to participate with the NEGS girls, details are as follows:

<b>Meet:</b>	<b>12 noon</b>
<b>Where to drop off:</b>	<b>Park opposite TAFE in Beardy Street</b>
<b>Finish:</b>	<b>1.15 pm</b>
<b>Where to pick up:</b>	<b>Opposite the Belgrave Cinema in Dumaresq Street</b>

All children must wear full school uniform with hats and they may carry water bottles. Unless the weather is cool, blazers do not need to be worn. Please ensure you are at the finish point promptly.

## DATES

- 2 March IPSHA Swimming Carnival
- 4 March – St John's Wellbeing Day
- 4 March – Assembly Year 3/4 in the Jan Milburn Room
- 14 March – Camp and Swim week (No Assembly)
- 19 March – Autumn Festival Parade
- 24 March – Note this is a PD day for NEGS but a school day at St John's
- 24 March – St John's Triathlon
- 1 April – Assembly – K -2 presenting
- 2 April – IPSHA Cross Country
- 7 April – Last Day of Term 1
- 8 April – Staff Day – (Care will be provided with Ms Moore for interested parents. \$50 per family)

## Cross Country Carnival

The Junior School had a very hot run on Friday 26th February. We are very proud of every child for their efforts on the day. Thank you to all the parents once again for your assistance and support to ensure the carnival ran smoothly.

Our champions for this years carnival were:

AGE	CHAMPION	RUNNER UP
12yr	Jack Cassidy	Sophie Mason
11yr	Solomon Layton	Ashley Knight
10yr	Arabella Dagg	Arlie Tanner
9yr	Felicity Chapman	Charlie McCulloch
8yr	Lara McAlary	Delilah Layton
7yr	Anastasia Anderson	Finlay Pulkkinen
5/6yr	Jesse Aldis	Tom Lorimer

Students qualifying for IPSHA Cross Country carnival will receive a note when event information is available.

## Swimming

On Thursday 18th February, the following students represented St John's at the PSSA Swimming Carnival, Eloise Gooch, Sarah Skipper, Isabella Rutledge, Sophia Rutledge and Chloe Moore. These girls represented our school admirably and achieved personal bests on the day.



The relay team consisting of Sarah, Isabella, Sophia and Chloe came 2nd in the small schools event and Eloise received a 1st in 50m Freestyle and 200m Individual Medley, and 3rd in 50m Butterfly and Backstroke.

These girls have been selected to represent St John's at the IPSHA Swimming Carnival on Wednesday 2nd March and we wish them all the very best in their qualifying events.

## Athletics Achievement

It is wonderful to be able to report on our students' achievements in the sporting arena outside of school, so please email any achievements to [stjohns.sport@negs.nsw.edu.au](mailto:stjohns.sport@negs.nsw.edu.au).

## Sporting Reminders

It is wonderful to see so many parents in attendance on the sideline at many of our sporting events. The children are always excited to have such wonderful support. Please keep in mind that coaching staff (often senior school students) need to be given the opportunity in which to coach without interference. If you have any concerns please speak to the team manager.

## Dates to remember:

2nd March	IPSHA Swimming Carnival
24th March	3-6 Triathlon event
2nd April	IPSHA Cross Country Carnival

# CROSS COUNTRY



**Good for Kids** good for life

## SCREEN FREE QUIET TIME

Some families have a daily quiet time where everyone takes a break. Do your children watch movies during their quiet time?

Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active!

- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden



Adapted from: Murrumbidgee Local Health District Quick Bites



PHONE 4924 6499



# Growing future scientists!

Join Science staff from New England Girls' School for a fun day of Science activities designed to ignite and inspire a love of Science.

Where: New England Girls' School

When: Friday 22nd April 2016

Time: 9am - 3pm

Cost: \$50 (includes morning tea, lunch and four activities)

Age: School Grades 4 - 6

Hurry!! Limited places available. For more information or to make a booking, please email Belinda Stone on [belinda.stone@negs.nsw.edu.au](mailto:belinda.stone@negs.nsw.edu.au)

### Attention: New families to NEGS/St John's Junior School

### Private Vehicle Conveyancing (PVC) applications – NSW day and boarding students

PVC subsidy is available for eligible NSW school students, where there is no public transport available for all or part of the journey. An example of this is if families live more than 1.6km from the nearest transport pick up point. For further information re eligibility please telephone the Ministry of Transport on 1800 010 123.

Please note: for families who are not registered, to be subsidised for Semester 1 (Terms 1 and 2) the cut off date for applications is the 23rd June.

It is now possible to apply online at the following address: <https://appln.transport.nsw.gov.au/stms-parent/application/download>  
If you are unable to apply online or have any questions, please contact me.

Helen Smith ([helen.smith@negs.nsw.edu.au](mailto:helen.smith@negs.nsw.edu.au)). 6774 8751

## SCHOLASTIC BOOK CLUB NEWS

All children should have received their book club orders this week. Thank you for your orders, by buying your children's books via our book club we earned \$87 for the school to spend on in-class resources. We had the pleasure of spending \$400 on extra books last month by using reward dollars earned last year, THANK YOU!!!

Issue number 2 will be sent home soon. 80% of our orders are now being done by parents using the Scholastic online order and pay platform. It is a great option that means you don't need to find spare change to send to

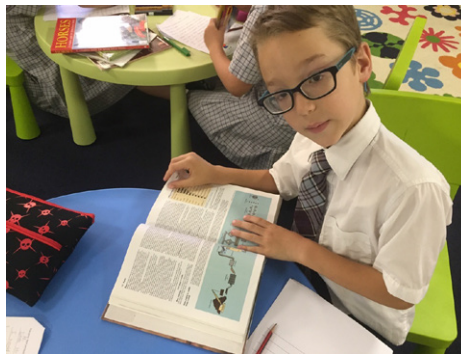
school. We will continue to accept cash and online orders.

Happy reading!! Jodi McAlary  
(Book Club coordinator and Mum to Lara, Airlie and Claire)



## Adopt-a-shelf/encyclopaedia at NEGS Library

Year 3 and 4 have been lucky enough to again join the Adopt-a-shelf program at the NEGS Library. Year 4 have been asked to select their favourite volume of the World Book and Year 3 their favourite shelf or series. These students are so responsible that they can be trusted to tidy, organise and promote the amazing books or book on their shelf. Each student has signed an agreement to care and nurture their special part of the Library. Year 3/4 will be persuading Mr Logan to visit their shelf or encyclopaedia and will be encouraging other Junior School students to borrow from their selection. Here are our amazing Adopt-a-shelf/encyclopaedia recipients:



Next time you are at the NEGS Library, ask Eva about the A volume of the World Book, Archie can direct you to the physics, palaeontology, planets and plants section of the P World Book, Charlie loves W,X,Y and Z and Arabella can tell you all about dogs, drama, dances, deer and dogfish! Khushi will make you laugh with a Roald Dahl novel, Andrew will astound you with his Science shelf about dinosaurs, Caitlin and Dee are horse mad, Christopher loves fiction, Felicity will share a picture book and Polly can recommend a cute Junie B. Jones.



We love the Library!

