



# ST JOHN'S

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

## St John's Newsletter

Term 1 Week 2 - Wednesday 4th February 2015

Head of St John's Ms Shannon Rosewood

### Welcome to 2015

Last week we were very busy ensuring new students to St John's in 2015 were properly welcomed and orientated to our schooling context. We have new students starting in many groups and therefore all of our students had the opportunity to practise their social skills, demonstrate inclusiveness and model resilience.

Strong social skills are acquired and honed through practice, like any skill. At our Celebration of Learning evening I asked all parents to consider when was the last time they had to make a new friend? Children are asked to do this regularly! Could we learn from them? I congratulate all our new students for their bravery and courage at starting in a new school and our returning students for the ways in which they represented our school.

The growing population of St John's is of benefit to students, parents and staff. A thriving community is one that will grow, with increased opportunities for learning experiences and personal development. Parents are encouraged to make new friends by engaging with the Parents and Friends Association and with liaison parents. Thanks to all our volunteers who will happily answer questions and assist our new families.

Junior School P and F Representative:

Amy Layton – amy.layton@negs.nsw.edu.au

Transition - TBA

K: Alicia Aldis – acm1025@hotmail.com

Year 1/2: Nicole Killen - nickillen@gmail.com

Year 3/4: Rochelle Tubb - rochtubb@bigpond.net.au

Year 5: Cath Farrar – chook5@activ8.net.au

Year 6: Tracey Whitehill – tracey.whitehill@exemail.com.au

On behalf of the staff, welcome to the 2015 academic year. We hope you are as excited as we are about working with our students and families.

### Photo Day – 11th February

As you would all be aware, photo day is in Week 3. All families should have received envelopes for their child/ren. Please read instructions carefully and ensure envelopes are returned on or before this date. Family photographs – if these are required, please ensure an envelope is collected from St John's Reception (Mrs Smith).

***These photos will be taken before school on the 11th February, from about 8.15am. Please ensure your children are at school at this time for these photos.***

### Term 1

Assembly – held at 2:35 in the Senior School Assembly Hall, on the following dates:

6 February – Year 6 Leaders

20 February – Year 5

6 March – Year 3/4 (will be held in the Dr Jan Milburn Room)

20 March – No Assembly due to camp week and Infants Swimming

Final assembly Wednesday April 1 – Infants

***Note that this is the final day of Term not Thursday as previously advertised.***

### Important term dates:

- Wednesday 11 February Photo Day – Full school uniform.
- Friday 13 February Swimming Carnival
- Thursday 26 February Junior School Cross Country
- Friday 27 February Wellbeing Day
- Wednesday to Friday 18 – 20 March Year 3 to 6 Camp Week
- 16– 20 March Kindergarten to Year 2 Swim week
- 23 March Parent Interview Week
- Wednesday 1 April Term 1 concludes

## Junior School Garden

The summer rain has meant that the Junior School Garden project has gone wild! The students had to use a lot of muscle and grit to weed and pick the enormous vegetable plots. Anyone for an enormous cabbage? The garden is a part of our Live Life Well @ School wellbeing project. The students are encouraged to spend time in our vegie patch, ride their bikes and work on their fitness for the upcoming Cross County Carnival. The students of St John's are mentally and physically prepared for the year ahead.



## Life Education Van

The Life Education Van will visit St John's on the 10th and 11th February. Students from Transition to Year 6 will be working with their experienced educators.

Life Education is the largest, independent, Australian, health education provider for school children aged 5-13 years. They are a non-government, not-for-profit organisation that works with partner schools to deliver essential curriculum-based lessons empowering children to make safe and healthy lifestyle choices that could impact on their futures.



Topics covered include:

healthy eating	alcohol
physical activity	drugs
positive communication	caffeine
relationships	medicines
problem solving	bullying
resilience	cyber-safety, and
smoking	personal safety

Parents can access a variety of resources and information on the Life education website - <http://www.lifeeducation.org.au/parents>

We look forward to working with Harold and the Life Education team in Week 3.

"The SportUNE Twilight Football (Soccer) Term 1 competition will commence on Tuesday 17th February 2015 and is open to U10's, U12's, U14's, U16's (Juniors) and Opens, Mixed and Women's (Seniors) teams. The competition will be six weeks and cost \$240.00 per junior team and \$300.00 per senior team.

For full details, registration and payment log onto <http://www.unisport.com.au/sportune/Pages/Home.aspx>.

Registrations close 11th February 2015.

Any further information, please contact Ariane Mazzei – Sports Administration Officer at SportUNE on 6773 3744 or [amazzei@une.edu.au](mailto:amazzei@une.edu.au)."

## St John's Music Mrs Rowena Tall

We love Music at St John's and we are excited about the opportunities we will have this year to make music together. Most of the classes have begun their class music lessons and ensembles will be commencing in Week 2.

St John's Vocal Ensemble is a non-auditioned choir for Year 4-6 that rehearses from 8.15-8.55am every Wednesday morning and Saumarez Strings, for all children who play a string instrument, rehearses every Thursday morning from 8.10-8.55am. Both ensembles rehearse in the Foster Music Block which is located to the right of the Equestrian Centre.

St John's undertakes a whole school musical every 2 years and the music staff are currently poring over musical scripts to select the musical for this year. The performances will be at the very end of Term 3 and all St John's students will be involved.

Finally, we have a number of peripatetic music staff who visit the school to provide private instrumental lessons covering all orchestral instruments, guitar, recorder and voice. If you would like your child to enrol in private lessons please complete a Specialist music lesson application form (available on the website) and return to the Music department.

We also offer a bus service to NECOM on Tuesday and Wednesday afternoons for any children who are involved with the various instrumental and choral groups offered. If you would like your child to use this service then please let me or Ms Williams know.

Starts 17th Feb

# TWILIGHT SOCCER

**PRIZES FOR 1<sup>ST</sup>/2<sup>ND</sup> PLACE**  
 10's, 12's, 14's, 16's, Women's, Mixed & Open's  
 Teams: Juniors: \$240 Seniors: \$300  
 6 Week Comp

Register today [www.unisport.com.au/sportune](http://www.unisport.com.au/sportune)  
 or phone 02 6773 3744

## Welcome to Term 1 Sport!

We have an extremely busy term ahead and notes have been sent home regarding Summer Sport and permission notes for the Swimming Carnival.

Summer Sport notes were due back to Mrs Oehlers last Friday. Touch Football and Basketball will commence Week 2.

Winter Sport nomination notes will be sent home in the next week or so in order to get teams organised and registrations in on time.

**SWIMMING CARNIVAL:** This year, Years 3-6 will be attending the carnival. Kindergarten to Year 2 will stay at school and will have the opportunity to earn house points during their swimming week later in the term.

If your child is in Year 2 and is turning 8 years old this year and can swim 50m please speak to Mrs Oehlers about your child attending the carnival.

Thank you to all of the parents who have offered their time on the day to help with various jobs and with the P&F BBQ. We really appreciate your support once again.

On Friday 13th February Transition to Year 2 will have a visit from an NRL Development Officer. The Presentation will be designed to be fun and interactive and fits perfectly into our Junior School Wellbeing Program. The presentation aims to push healthy eating, physical activity and healthy relationships as important contributors to overall wellbeing.

## TERM 1 SCHOOL SPORTING EVENT DATES

- St John's Swimming Carnival: Friday 13th February, Armidale Aquatic Centre
- PSSA Swimming Carnival: Thursday 19th February: Armidale Aquatic Centre
- St John's Cross Country Carnival: Thursday 26th February: St John's & NEGS
- IPSHA Swimming Carnival: Wednesday 4th March: Sydney Aquatic Centre
- K-2 Swimming Program: Monday 16th March- Friday 20th March: TAS Pool

If you have any sporting queries please email Mrs Jess Oehlers at [jess.oehlers@negs.nsw.edu.au](mailto:jess.oehlers@negs.nsw.edu.au)

I look forward to seeing our students shine in sport this year.

Jess Oehlers  
Sport Coordinator



## Good News & Achievements

### Little Athletics Regional Championships

#### *Congratulations to the talented Gooch girls!*

**Isabella** and **Eloise** achieved incredible results at the Little Athletics Regional Championships last weekend. Isabella won a gold medal for 1500m and silver for 800m and 400m. Eloise achieved gold in discuss and a bronze medal for shot-put. Amazing!

### Uralla Show - 31st Jan/1st Feb

St John's kids had a great day out at Uralla Show on the weekend. **Caitlyn Croft** and **Bronte Dagg** competed on their horses and did a great job and **Bella J** also did an amazing job stewarding in one of the rings. Caitlyn won her district rider and was highly placed in many of her galloway classes. Bronte was junior champion girl rider, overall junior champion rider and reserve champion open pony.



**Welcome to the 2015 school year to all students and families from Transition to Year 12! In the Wellbeing Program this year, your daughters and sons will be given opportunity to increase their resilience skills and ability to deal with stressors and relationships.**

NEGS is a MindMatters school which provides a framework for our Wellbeing teaching program and lessons. All academic staff recently participated in a training session on MindMatters, enabling them to be familiar with current research in the field of Mental Health and strategies to assist students. The NEGS community are also encouraged to participate in MindMatters training and can also complete the training modules on the MindMatters site, [www.mindmatters.edu.au](http://www.mindmatters.edu.au)

Another exciting relationship that we have in the wider education community is our membership to Positive Education Schools Association (PESA), [www.pesa.edu.au](http://www.pesa.edu.au). The patron is Dr Martin E P Seligman, founder of Positive Psychology in the school setting. Our program at NEGS is strongly based on his current research in this area. You will see our NEGS logo proudly displayed on this website. The book promoted, "Better than OK- helping young people to flourish at school and beyond" can be found in our school library.

This PESA membership provides opportunities for further professional development for the staff, together with being able to share resources and ideas in the teaching of Positive Education in our school.

We keep our Wellbeing Program current and pertinent to the students' needs through participating in surveys intending to identify areas that need further development. Last year our students in Years 9-12 participated in the Youth Mission Survey. We received data in January specific to NEGS as well as the National findings ([www.nationalsurvey.com](http://www.nationalsurvey.com)).

The NEGS data revealed that the top issues of concern for them are: school or study problems, body image, coping with stress and depression. The findings showed that you as parents are an important choice for where young people go for help (more so than asking a teacher or a friend). To this end, we will continue to send through articles and websites that may help you to assist your children.

This week in Years 7-12 we start looking at the 24 Character Strengths in Tutor Time, and in Junior School these strengths are investigated in Wellbeing lessons. Each week, a different character strength will be investigated and your child will have a chance to build upon this strength through a variety of activities.

This week is Creativity. If you would like to be part of this conversation with your children, a good site to go to is <http://www.characterstrengths.co.uk/> All students at some stage will complete the Penn University VIA Character Strengths survey to identify their own strengths (<https://www.authentic happiness.sas.upenn.edu>)

The importance of individuals knowing and using their strengths is central to positive psychology because they relate to understanding and building each individual's psychological health and wellbeing. Greater wellbeing in turn enhances learning, the traditional goal of education.

We are also preparing for the annual Wellbeing Day (Friday 27th February). In the Secondary school, we have two presenters from Hunter New England Health engaged for the day, with the theme being Relationships. Students will have opportunity to participate in workshops and activities including looking at the effectiveness of Mindfulness. Junior School will participate in some exciting art activities at NERAM. We finish the day with a production from "See Sharp"- Lorin Nicholson is a blind guitarist who presents his strong message of resilience through song.

Enjoy the 2015 school year with your daughters and sons!

Kind regards,  
Angela Sole, Wellbeing Coordinator.

Multi ARIA-Award winning vocal group

THE IDEA OF NORTH  
Live in Concert



"One of Australia's brightest cultural treasures." Sydney Morning Herald

NEGS Chapel - Uralla Road, Armidale  
5pm, Sunday 22 February 2015  
Drinks on the lawn from 3:45pm  
Tickets: \$45

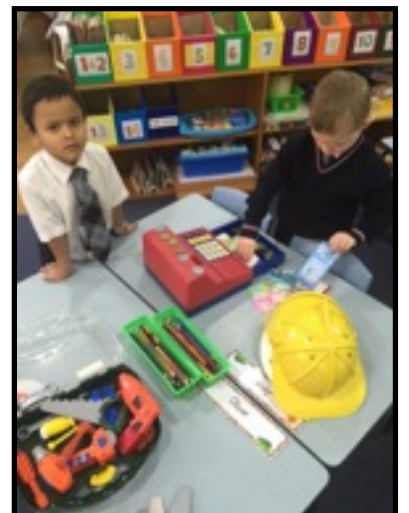
VIP \$110 includes an exclusive  
after-show supper with The Idea of North

Bookings: [trybooking.com/111736](http://trybooking.com/111736)  
Enquires: 6774 8744

# Our first week in BIG school!

## Kindergarten 2015

Kindergarten have started the year off working amazingly hard! We have been sequencing numbers, handwriting, painting and creating. Our room is already looking beautiful with our hard work going up on the walls. We love Kinder!



## Private Vehicle Conveyancing

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

Private Vehicle Conveyancing (PVC) applications – 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 12th June.

It is now possible to apply online at the following address: <https://apln.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 8700



## 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 10<sup>th</sup> April 2015

Time: 9am - 3pm

Cost: \$30 (includes morning tea, lunch and four activities) + bring a plain white/light grey t-shirt that can be painted

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)

## Scholastic Book Club News

Dear Families,

You will soon receive the first Scholastic Book Club Catalogues for 2015. These orders are due back on 15th February and books are normally returned well within 2 weeks. Your child can return orders to their Teacher or Reception at St John's or NEGS. Please notify me if you prefer to collect an order from Reception at Akaroa (e.g. gifts) otherwise orders will be sent home with your child via Junior School as normal.



I would like to thank you for your support of Book Club last year. Your orders earned St John's almost \$600 in rewards! Some of this has already been spent and will continue to be put towards valuable resources for the classrooms. This year, Scholastic endeavors to reduce their impact on the environment as well as simplify the distribution process for Coordinators. Hooray! Each child will receive just one catalogue, tailored to their age group. There is also a new 'LOOP' platform to submit an order and pay online if you would like to try it out (see below). I'm happy to continue to receive your orders and payments by cash, cheque or your credit card receipts from your telephone or online payment. Happy Reading!

Amy Layton

Scholastic Book Club Coordinator

Contact me as listed on the catalogues or alternatively you can SMS 0429 029 162 or email [amy.layton4@bigpond.com](mailto:amy.layton4@bigpond.com)

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for Parents

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