



ST JOHN'S

There's no
place
like St John's

St John's Newsletter

Term 2 , Week 2 - Wednesday 4th May 2016

HEAD OF ST JOHN'S

Ms Shannon Rosewood



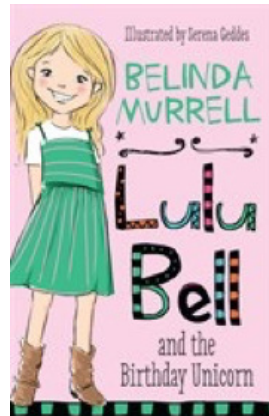
I would like to thank the Year 6 girls and boys and Ms Pracy for the quality of the Anzac Service that was delivered on Tuesday morning. Mrs Evans' address explored how our students have the same qualities of courage, loyalty, friendship that were shown by ordinary Australians at war. She asked our students to consider their own courage and strengths. Accompanied by our parent morning tea, the day was one of reflection and pride; pride in our country and the legacy of the Anzacs, but also our school and the leadership of our senior students.

hospital. Belinda is also an author ambassador for Room to Read and Books in Homes.



St John's Reading Challenge

Next week our students will begin the next challenge of their reading adventures. All students from Transition to Year 6 will start the St John's Reading Challenge. A set number of books will need to be read by BOOK WEEK in Term 3!! Our younger readers will be required to share books in classrooms and their home readers. Our older students will need to read independently from a range of genres. Our amazing Librarian, Dr Fisher will share all the details with classes next week. We start our challenge with an author visit for our Years 3 to 6 students. Belinda Murrell is the author of the popular Lulu Bell series and various other works for children and your adults.



Tour de St John's!

At St John's we are developing a culture of giving, of being outwardly focused and contributing to a fully functioning community. This is especially so when we consider just how fortunate our families are in the main. It is with this philosophy of service that we will be asking families to donate to Tour de Rocks later in the term.



Belinda Murrell has worked as a travel journalist, technical writer, editor and public relations consultant. Her overseas adventures inspired her work as a travel writer for the West Australian newspaper and Out & About With Kids travel magazine. Her work has also appeared in the Sun Herald, Sunday Telegraph and Sydney Morning Herald. While Belinda studied Children's Literature at Macquarie University, her passion for children's books was reignited when she had her own three children and began telling and writing stories for Nick, Emily and Lachlan. Belinda's books include the Sun Sword fantasy trilogy, Scottish timeslip tale The Locket of Dreams, French Revolution timeslip tale The Ruby Talisman, Australian timeslip tales The Ivory Rose and The Sequin Star, and Australian historical tales The Forgotten Pearl and The River Charm. Belinda also writes the Lulu Bell series for younger readers, about friends, family, animals, and growing up in a vet

Last year we held a very special and exciting event called Tour de St John's. Students were asked to seek sponsors to support their participation in a rally around the school grounds on their bikes, scooters or walking. It was a fantastic day. Whilst developing fitness, working with Constable McCormack on bike safety, the students will be assisting a local organisation to make a difference in the fight against cancer. We also hope to work with Autumn Lodge and Ken Thomspson Lodge this term to support the elderly in our community. Look out for sponsorship booklets. Sponsorship can be per lap (BEWARE they can ride a long way!) or a donation.

Again, thanks to all the parents and grandparents who were able to attend our Year 6 Anzac Service. It was a special morning.

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

EXCITING EVENTS FOR TERM 2

4 May	St John's Reading Challenge begins!
5 May	Transition - Attitude of Gratitude Morning tea
10 – 12 May	NAPLAN (Year 3 and Year 5)
13 May	Assembly – K -2 presenting.
Week 4	Armidale Eisteddfod (Infants and Primary Choirs)
19 May	Transition NERAM excursion
26 May	St John's Biggest Morning tea
27 May	Assembly – Year 3/4 presenting
Week 6	Armidale Eisteddfod (choral speaking)
31 May	Parent workshop – Your child and cyber safety and social media
3 June	Tour de St John's
9 June	St John's Athletics Carnival
10 June	Staff Day
13 June	Queen's Birthday public holiday
17 June	St John's Public Speaking Competition (K-6)
23 June	End of Term Assembly – Year 5/6 presenting.
24 June	Staff Day

FROM THE HEALTH CENTRE

Jodie Jackson, Sister

GASTROENTERITIS EXCLUSION POLICY FOR NEGS & ST JOHN'S

Gastroenteritis is commonly caused by a virus, resulting in vomiting and diarrhoea. It easily spreads from person to person. Thorough washing of hands with soap and running water are vital to prevent spreading of the virus.

Gastroenteritis can be caused by different strains of virus, regardless of this our school policy requires any student or staff member who has had gastroenteritis symptoms to be excluded from school for a period of 48 hours after their last episode of vomiting or diarrhoea. We appreciate your assistance with this to help reduce the incidence of this highly contagious illness within the school.

Any queries or concerns please contact the Health Centre - 6774 8716.

Good for Kids good for life

HEALTHY LUNCHBOX INSPIRATION

When packing lunchboxes it's easy to fall into a routine. It can be difficult to think of new, interesting and healthy options to include.

Why not try some of the following healthy ideas in your child's lunchbox?

- Pita pockets with tuna/corn/mayo mix
- Sushi rolls
- Rice cakes with low fat cheese and tomato
- Savoury muffins packed with vegetables
- Vegetable fried rice
- Mini pizzas from dinner leftovers
- Triple decker sandwich fingers
- Cheesy tomato vegetable pasta



For more healthy lunchbox ideas visit the 'Packing Healthy Lunchboxes' section of the Good for Kids website:

www.goodforkids.nsw.gov.au



Winter Sport

Last Saturday 30 April saw the beginning of our winter sports season. This year St John's is able to field 3 hockey teams and one soccer team. Thank you to the wonderful senior students who are volunteering their time to coach our teams, hockey - Mikaela Ball (Under 11 and 13's), Lucy Haynes and Eliza White (Under 9's) and soccer - Georgia Lowry. It was great to see the enthusiasm and commitment that the students are already bringing to their games.

If your child is unable to be at training or a game, please ensure that Mrs Nixon is notified by Wednesday at the latest on stjohns.sport@negs.nsw.edu.au. This enables the coaches to be informed of their team in plenty of time for the weekend game.

Under 13's hockey team have been given a rule guide by their coach. Students are encouraged to read the booklet before next Saturday's game as there are many new rules and plays that are different to the previous hockey level played.

If you have any questions regarding St John's sport, please direct them to Mrs Nixon.

St John's sport code of conduct

Players' code of conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents' code of conduct

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Spectators' code of conduct

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their results.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Athletics Skills Sessions

This term we are fortunate to have Mr Jay Stone run sessions with K-6 students every fortnight during PE to further develop their athletics skills in preparation for the Athletics Carnival. The students will participate in all areas of athletics such as running, long jump, shot put, discus, high jump etc.

The St John's Athletics Carnival will be held in Week 7 on Thursday 9 June.

ANZAC Service

On the first day of term two year 6 organised an ANZAC service to commemorate ANZAC day and the Gallipoli landing. The service paid tribute to all those who have fought and died and those who have served or are currently serving to protect our nation and our freedoms.

Year 6 did a wonderful job of planning and preparing for the service and it was impressive to see that all students conducted themselves in a respectful and professional manner.

Isabella welcomed all guests to the service and we began with an ANZAC speech presented by Jack, Solomon and Constanza. These students spoke about the Gallipoli landings and the 35,000 Australian and New Zealand soldiers who were killed or wounded during the campaign. They spoke about the importance of remembering the ANZAC legend and acknowledging the service and sacrifice of so many men and women, past and present, in the Australian Defence Force.

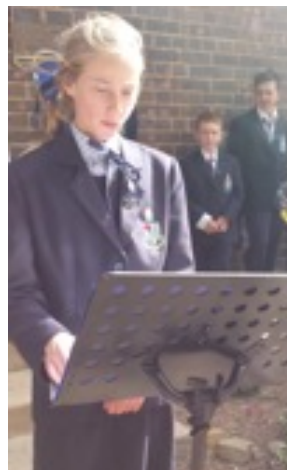
Sophia and Sophie then recited the poem 'In Flanders Fields', written by John McCrae in May 1915. This poem tells of the tragedies of war and is a simple but evocative encapsulation of the horror of the trenches.

Lilly and Alex then read a prayer for the ANZACs, our school and our community. This was followed by an address from Mrs Evans, who spoke about the inspiring qualities of our ANZACs and the reflection of these qualities in our own school community.

In memory of all of those who have given their lives in war, Nikita and Caitlin laid a wreath at the Australian flag, which was maturely lowered to half mast by Eliza and Chloe. After Lydia recited The Ode, Charlotte C introduced Zoe Reed who did a wonderful job of playing The Last Post and The Rouse for the service.

Charlotte J and Miranda concluded our assembly with the Australian Anthem and by inviting parents for morning tea with Mrs Evans.

It was a lovely service and all students showed great respect and pride not only for our nation, but also our school and community. Thank you to everyone who could join us on the day.



St Johns & NEGS Liaison Parents 2016

St John's Representative & Liaison Parent Co-ordinator 2016:

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

Parent Liaison List - 2016

Transition: Rebecca Moore – rebecca.moore@negs.nsw.edu.au; Amanda Kennedy - akenne21@une.edu.au

Year K/1: Alicia Alldis– acm1025@hotmail.com and Georgie Lynn - georgielynn7@yahoo.com

Year 2: Jodie McAlary - odes888@hotmail.com

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

Year 5: Collette Gooch – collette.gooch@gmail.com

Year 6: Cath Farrar – chook5@activ8.net.au and Sarah Mason sarah.mason@hspr.com.au

2016 Snr School Liaison Parents

Senior School Liaison Parent Coordinator: Libby Parry libparry@gmail.com

Year 7:

Sally Strelitz: sally@millyhill.com.au

Georgie Scott: georgie_scott@yahoo.com.au

Jo Finlayson: jofinlays@gmail.com

Year 8:

Trudy Hancock: trudyhancock@bigpond.com

Michelle Bookallil: mbook@cluny.net.au

Cindy Clonan: alfoxtan@bigpond.com.au

Year 9:

Etoline Galbraith: aegalbraith@bigpond.com

Jacqui Mitchell: Mitchell.jacqui@outlook.com

Year 10:

Sarah Edmonds: sopast1@bigpond.com

Rose Meehan: rose@agbis.com.au

Heather McPhie: mcphie5@bigpond.com

Year 11:

Sally White: easternplains@activ8.net

Lisa Haynes: shop@conceptsofarmidale.com.au

Libby Parry: libparry@gmail.com

Year 12:

Nicole Hamparsum: Nicole@hifarms.com.au

Organ Scholarships 2016

Congratulations to our successful 2016 Organ Scholarship applicants Tariq Rahim, Hayley Whitehill, and Stephanie Clarkson. These students have begun lessons with renowned organist Mr. Warwick Dunham. All students are progressing well and we look forward to seeing our beautiful NEGS organ being played by NEGS/St John's students in the future.

Twilight Concert - May 18 AND June 8

Due to the overwhelming success of our Twilight Concert in Term 1, the Music Department will be hosting two Twilight Concerts in term 2!

The dates for these concerts are:

May 18 - 6:15 PM in the Jan Milburn Room

June 8 - 6:15 PM in the Jan Milburn Room

Our Twilight Concerts provide a supportive and friendly environment for students to practice their performance skills and air their pieces.

FRIENDS, FAMILY, AND STAFF OF NEGS ARE WELCOME TO ATTEND!

Students wishing to perform are advised to speak with their peripatetic music teachers and sign up at the Music block.

Eisteddfod - Performance and Composition

The 2016 Armidale Eisteddfod begins May 19 and NEGS is well represented across all areas. The Eisteddfod provides students with an opportunity to practice performance, ensemble, and composition skills while receiving valuable feedback from distinguished adjudicators. The Eisteddfod runs from May to June.

ANZAC Day

NEGS and St John's held ANZAC services on the first day of term. Both were moving services organised by students and staff. Year 8 student Zoe Reed played the Last Post and the Reveille for the St Johns' service. Well done to Zoe and the other student organisers.

Musicianship Awards

The following students have achieved success in recent AMEB Musicianship, Music Craft and Theory exams:

Hayley Whitehill
Zoe Reed

Alexandra Rose
Stephanie Clarkson

Hannah Rahim
Nichola Clarkson

Tariq Rahim





Department
of Industry
Resources & Energy



2015-2016 Family Energy Rebate



\$150*
**TOWARDS
ENERGY
BILLS**

Apply before 11pm
16 June 2016

TWO MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

**APPLY
ONLINE
NOW!**

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps NSW households with dependent children to cover the costs of their energy bills. In 2015-16 the rebate gives:

- up to \$150 credit on energy bills for eligible applicants who hold an account with an electricity retailer
- up to \$165 direct payment to nominated bank accounts for eligible applicants who live in an on-supplied residential community, retirement village or strata scheme and receive electricity from the on-supplied operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- be a resident of New South Wales; and
- be an account holder of an electricity retailer, or a long term resident of an on-supplied residential community, or a resident of an on-supplied retirement village, or a resident of an on-supplied strata scheme; and whose name appears on the electricity account for supply to her or his principal place of residence; and
- have been assessed by the Federal Department of Human Services as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-15 financial year, and have received a payment in respect of that eligibility.

WHAT DO I NEED TO DO BEFORE I APPLY?

You'll need to have:

- lodged your tax return for 2014-15 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you're not required to lodge a tax return; and
- received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2014-15.

HOW TO APPLY

- **ONLINE** - it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** - download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the on-supplied residential community, retirement village or strata scheme where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

If you have a DHS Health Care Card, you may also be eligible for the Low Income Household Rebate. Visit our website for more information.



New England Illustration Prize

An exciting brand new award for illustrators residents in New England, both emerging and experienced. Centred around creating an illustration inspired by a poem, *Frosty School Morning*, by well-known children's author Sophie Masson, with cash prizes and other prizes sponsored by two local publishers, Little Pink Dog Books and Christmas Press Picture Books, and local gallery NERAM.

A panel of experienced judges will choose 20 short-listed works, from which the winners will be selected.

Finalists will be asked to mount their work in white and post to or deliver their artwork, suitably packaged and waterproofed, to an Armidale address which will be given to them at the time they are shortlisted. Please note that NEWC will not be liable for any damage or loss of works in transit.

Finalists' works will be displayed in Gallery 126, Armidale, from the 8th to the 16th of July where the prize-winning entries will be announced at the exhibition opening.

Prizes

1st Prize

\$150 donated by Little Pink Dog Books.
Professional evaluation of portfolio by Christmas Press and Little Pink Dog Books, with letter of recommendation to publishers.
Signed print of children's book illustration, donated by Christmas Press.

2nd Prize

\$100 donated by Little Pink Dog Books.
Voucher for two children's picture books, donated by Christmas Press.

3rd Prize

\$50 donated by Little Pink Dog Books.
Voucher for two children's picture books, donated by Christmas Press.

Youth Prize

\$100 donated by Little Pink Dog Books.
NERAM membership, donated by NERAM.
Illustration workshop for the winning student's school, donated by Christmas Press.

Frosty School Morning

*Walking to the bus stop on a frosty morning,
Crackles of grass like toffee crunches.
Kangaroo joey hops with her mother,
Maybe it's a school day for them too.*

*Waiting for the bus on an icy morning,
Blowing in my hands to keep them warm.
Here come my friends, running late as usual,
Kookaburra laughs to see them go.*

*Riding on the bus on a winter morning,
Bumping along on the road to town.
Sitting with my friends on the cold seats,
We write our names in the mist on the glass.*

Sophie Masson

What you need to know...

Opens: February 26th

Closes: June 1

Cost per artwork: \$15 for Newc/Neram members, \$20 for non-members, \$10 for Youth (under 18).
You may enter up to four works.

Medium: Entries can be in any medium.
Artwork to be no larger than A3.

How to enter:

Click here

(<http://www.trybooking.com/181675>)

to pay your entry fee and take note of your receipt number!

Next, email your entry as .jpg file (with your name and the title of the work as the file name. No more than 2MB!) to newcompetitions@gmail.com (<mailto:newcompetitions@gmail.com>) with 'New England Illustration Prize in the subject line.

In the body of the email include:

- * Name
- * Contact details
- * Name of work
- * Trybooking receipt number
- * Age and school (Youth category only)