



ST JOHN'S

There's no
place
like St John's

St John's Newsletter

Term 4 Week 6 - Wednesday 11 November 2015

Head of St John's Ms Shannon Rosewood

If you want to be successful, you need Guts, Resilience, Integrity, and Tenacity, otherwise known as GRIT.

The idea of "grit" was popularised by University of Pennsylvania psychologist Angela Duckworth. She defines "grit" as "perseverance and passion for long-term goals." It involves "working strenuously toward challenges, maintaining effort and interest over years despite failures, adversity, and plateaus in progress." It's one of a set of "noncognitive" skills — such as curiosity, resilience, self-control — that researchers now realise impact students' long-term success just as much — or possibly more — than academic skills or IQ.

Accomplishment is about pursuing goals and working beyond capacity for the sake of intrinsic reward. Learning isn't about winning at all costs or about being first; but rather building competence, confidence, skills and the ability to perform at a higher standard. This takes GRIT. Does innate ability automatically lead to persistence, determination and a strong work ethic? No.

It is with this in mind that I have asked teachers to consider the progress of their students and its relationship to academic achievement. All students will receive a special class prize at our Celebration of Learning to recognise their efforts. Additionally one student per class will receive a Progress Award for demonstrated GRIT. Resilience within learning can look like a high achieving student who continues to try their hardest, setting their own benchmarks. Progress can also look like a student who struggles with reading but perseveres on a daily basis to make connections and sense of their learning. The role of the St John's Celebration of Learning is to reinforce the belief that lifelong achievement is about effort and attitude. Progress measures gains between two points in time. It compares students' improvement to their own prior performance. Progress is critical to ensuring a student's future academic success.

CAMP 2016

The Year 1/2 Sleep Out program achieved many goals both in the educational sphere as well as in the areas of personal and social skill development. Students will return to school to write and reflect on their camp experience. 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 days learning outside the classroom that creates excitement and challenge.

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.

Year 5 and 6 students will be visiting Canberra in Week 8 of Term 1 (14 March – 18 March). This five day camp experience will ensure our students understand the importance of democracy in the development of our nation and also significant places such the Australian War Memorial and National Gallery of Australia.

Year 3 and 4 students will visit Coffs Harbour YHA to explore the Dolphin Marine Magic, Solitary Islands Aquarium and The Big Banana for a three day experience (16 March - 18 March).

St John's pop-up shop

St John's hosted a "Pop-up" shop in Centro last weekend, showcasing its amazing educational enrichment strategies. Our stall included a giant Jenga challenge, Lego technics, iPads for the kids to play on and some great ideas for holiday reading. Thanks to all of our staff and special St John's Ambassadors who represented our school so beautifully. A big commendation to Archie O'Neill and his amazing chess skills. One elderly shopper will never recover from the defeat!



Armidale Fun Run

Well done to all our St John's students, Archibald and Léontine O'Neill, Isabella Gooch and Eloise Gooch, who participated in the Armidale Fun Run. Congratulations to Isabella Gooch who was the first female in the 2 km kids race in a time of 7.57.



Isabella Gooch

Science in the bush

Thanks to UNE for a fantastic Science day last week. The Year 5 students had an amazing experience working with scientists and lecturers from the different departments at the university. Forensics, microbiology, pharmacy and surveying are careers that we would encourage our students to explore and this was certainly the case with experiments involving fingerprinting, yeast expansion, microscopes, emulsions and survey equipment.



If grit is so important, what can parents do to instill it?

Here is an excerpt from the School of Smock website – because Kids don't come with a study guide. <http://www.schoolofsmock.com>

1. Ask about whether your school includes the development of these qualities — perseverance, conscientiousness, self-control, and curiosity — in their curriculum.
2. Learn more about grit. At Angela Duckworth's UPenn site, you can take a test to figure out your own or your child's "grit" score.
3. Instead of praising your kid for his grades or for being "smart," praise him for being tenacious and determined. Focusing on those qualities of "stick-to-it-ness" may help kids succeed more than praise for particular achievements. If your child falls down when learning to ride a bike, praise his efforts at getting back up and trying again and again, rather than only praising when he learns to ride fast on his own.
4. Allow your child to get frustrated. Parents hate to see their kids struggle. But learning from challenges (as well as failure) is the key to making the connection for kids that true achievement doesn't come easily.
5. Focus family discussions on effort rather than grades or innate skill. Be a role model for your child of "grittiness". Try new things and talk about how difficult they are and how they don't come easily to you. Talk about your own goals — running a half-marathon, cleaning out the basement — and explain how you set smaller goals to achieve them. Share your own struggles and how you got past them.
6. Most of all, remind your kids every day that failure is not something to be afraid of.

St John's Music News Mrs Rowena Tall

On Thursday 12th November at 2pm, St John's will be hosting a visiting music group from Musica Viva Australia.

Mara! is one of Musica Viva's best loved and longest performing bands for a very good reason. This ARIA-award-winning quintet tours the globe with a unique fusion of world music and jazz. This international experience, combined with lead singer Mara Kiek's extraordinary voice, makes for an awesome multicultural experience for the students. This outstanding group mixes traditional vocal and instrumental repertoire from a wide variety of cultures with cool jazz. Students will see a range of woodwinds, bouzouki, baglama and double bass blend seamlessly with languages from around the world. Hear why Mara! has toured to over 20 countries around the world, and been broadcast in over 60.

The children have been listening to some of Mara's music and learning about the instruments they play. We are looking forward to the concert very much and are lucky to be able to hear a live performance from one of Australia's outstanding ensembles.

Parents are welcome to attend the concert which will be held in the Chapel commencing at 2pm.

Important dates for Term 4

- 13 and 27 November – 3 – 6 Swim and Survive
- 20 November – Assembly (Year 3/4 and 5 presenting)
- 25 November – Transition Celebration of Learning (PLEASE NOTE DATE CHANGE)**
- 24 November – Equestrian Challenge
- 26 November – K – 6 Celebration of Learning
- 29 November - Year 6 Luncheon at Peterson's Winery
- 30 November – Activities Day
- 1 Dec – 2:00 Assembly (Year 6 presenting)
- 1 Dec – Last day of school for St John's.

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.

YEAR 1/2 SLEEP OUT

Friday night saw the first St John's
Year 1/2 sleep out.

What a blast it was!

It all started with a farewell to our parents early Friday morning. With overnight bags in tow we all ventured into Dickens boarding house to make our beds and start the camp's frivolities. We got to do lots of fun camp activities. We made dream time characters out of plasticine, God's eyes out of wool and sticks, and an Army shelter in the Fairy Forest. After dinner we got into our PJ's and had a popcorn and movie night. With weary eyes we stumbled to bed and went straight to sleep! The next morning came around so quickly! After Mrs Packer and Ms Rosewood rolled up 17 odd sleeping bags, we devoured our camp breakfast and met our parents for pick up.

It was over too soon!

Until next year...!





NEGS ONE DAY EVENT (ODE) November 14/15th

Where: NEGS Equestrian Centre, Uralla Road, Armidale

VOLUNTEER HELP NEEDED FOR THE ODE

Friday: 3 - 6pm Set up Dressage arena in big indoor
Friday: - donations of baked goods for officials and judges morning and afternoon tea and to sell in the NEGS canteen

Saturday: 8 - 1 Dressage pencil/marshall/score runner
Saturday: 12 - 5.30 (or part there of) Same as above
Saturday: 1 - 3 **All hands on deck** to remove dressage arena, then replace with show jumping in large arena in under 2 hours :)
Saturday: 3 - 6 SJ rail pickeruppers/marshall

Saturday: 5.30 - 6.30 Pack up dressage arenas on parents oval
Sunday: 9 - 12 (briefing @ 7.30am) Cross Country jump judges
Sunday: 12 - 2 Cross Country jump judges
Sunday: 8 - 11 Show jump marshall/rail pickeruppers
Sunday: 11 - 1 As above
Sunday: 1 - 3 As above
Sunday: 3 - 4 Pack up Show Jumps



NEGS Equestrian Centre, Uralla Road, Armidale NSW 2350
For more information contact: Anyka Overton M: 0428 772 817 or
E: annyka.overton@negs.nsw.edu.au

NEGS ONE DAY EVENT (ODE) November 14/15th

Come along and see all the action this weekend at the NEGS One Day Event, with over 215 entries and some of Australia's top competitors it promises to be action packed.

Colebrook Café will be offering fresh and fabulous food for lunch both days and a two course gourmet diner for \$15 from 5pm on Saturday

The Wicklow on Course Bar will be in operation on Saturday evening

The NEGS Polocrosse Club will be running a canteen on both days serving breakfast and refreshments throughout the day.

Saturday

Dressage from 8am
Show Jumping from 3pm
Hoof and Woof Novelty Event from 6pm
Bar and Café open from 5pm

Sunday

Cross Country from 8am
Show Jumping continues from 8am

Scholastic Book Club News

Mrs Amy Layton

Dear Families,

You should have received your last Bookclub orders for the year by now. I would like to thank you for your support of Book Club again in 2015. Your orders have earned St John's just over \$700 in rewards this year! Most of this has already been put towards purchasing valuable resources for the classrooms. Any credit remaining will carry over to combine with more rewards points that we will earn in 2016 from future book orders.



I would like to welcome and sincerely thank Jodi McAlary for stepping into the Bookclub Coordinator role for 2016. Jodi will be in touch with your Bookclub catalogues in the New Year.

Wishing you a wonderful festive season, peaceful and safe holidays with your family. Happy Reading!
Warmest Regards, Amy Layton
Outgoing Scholastic Book Club Coordinator

From the Uniform Shop

Mrs Rosemary Campbell

Uniform shop Opening Days - Nov-Jan

November

Wednesday

4 Nov
11 Nov
18 Nov
25 Nov

Thursday

5 Nov
12 Nov
19 Nov
26 Nov

December

Wednesday

2 Dec
9 Dec
16 Dec

Thursday

3 Dec
10 Dec
17 Dec

January

Wednesday

13 Jan
20 Jan

Thursday

14 Jan
21 Jan

BE BUS AWARE

Buses can't stop quickly



1-7 November 2015
bebusaware.com.au



Transport for NSW

Good for Kids good for life

Packing a Safe Lunchbox

Myth: It gets too hot to pack cooked meat, dairy, eggs or other high-risk foods in children's lunchboxes

Fact: You can safely pack these types of perishable foods by doing the following:



- Use a good quality insulated lunch box
- Pack a freezer block or frozen drink with the cool items
- Pack the perishable foods close to the frozen item to keep them cool
- Encourage your child to keep their bag out of the sun
- Throw out any uneaten food at the end of the day



Health
Hunter New England
Local Health District

PHONE 4924 6499

Source: Murrumbidgee Local Health District