



**ST JOHN'S**

## Term Dates to Remember

### 14 November

K- 2 Swimming  
Bike Safety Day/Bike Track Opening

### Tuesday 25 November

Transition Celebration of Learning: 4pm

### Thursday 27 November

K - 6 Celebration of Learning and  
Concert Evening: 6pm

### 30 November

Year 6 Lunch - Peterson's Winery

### 1 December

Activities Day (clay making, craft,  
swimming, jumping castle...Too much fun!)

### Tuesday 2 December

Last day of Term 4

NEGS Calendar Link

<http://negs.nsw.edu.au/calendar/>

## Head of St John's

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.

## 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.**

### Armidale Fun Run

Well done to all our St John's students who participated in the Armidale Fun Run. Congratulations to Isabella Gooch, Nicola Clarkson, Isabelle Chandler and Eva Knox who all achieved fantastic results. Well done girls!

**Congratulations Solomon!** This talented soccer player has been accepted into the Northern Inland Football training squad for 2015. He will train every week from now up until the end of term. Hopefully, having played this year in the U9's squad, he will make the final 12 and begin training in early February for the season. The team trains twice per week in the 10's division and play gala/carnival days in Coffs Harbour every month. St John's has a very happy little soccer nut!



## Assembly Awards

Congratulations to the following children who received awards at the K - 4 assembly in Week 5:

### Personal Best Awards

K - Leontine O'Neill  
1/2 - Delilah Layton  
3/4 - Charlotte Claridge

### Book Work Award

K - Emma Ong  
1/2 - William Tout  
3/4 - Caitlin Croft

### St John's Star

K - Taj Killen  
1/2 - Arabella Dagg  
3/4 - Eloise Gooch

# Year 7 Orientation

Pizza making was just one of the many exciting activities that students participating in Orientation Day were able to experience at NEGS today. The 28 girls, who will be starting year 7 in 2015, also received some academic tastings in the areas of Maths, Science, PE and French. Lots of fun and giggles are sure to be on the agenda tonight at The Girls Night In sleep over before they test their skills at billy cart making tomorrow and a quick dip in the NEGS pool.



# St John's Sport

Miss Jessica O'Connell

## SWIMMING PROGRAM

K-2 Swimming commences this Wednesday. Please send your child's swimmers, towel and goggles (optional) in a separate bag so they aren't using their own school bag. Students will attend Harwood Swimming lessons Wednesday and Thursday of Week 6 and Wed-Fri of Week 7.



## BIKE TRACK OPENING/BIKE DAY

This Friday November 14th, we will have an official opening of the St John's Bike Track at 9am. Following the opening Senior Constable McCormack will run sessions for students on bike safety and road awareness. An exciting day ahead!

## Scholastic Book Club

Mrs Layton

Dear Families,

The last Scholastic Book Club orders for 2014 are due back by Monday 17th November to ensure delivery before end of term. Your child can return the order form 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.

Thank you for your ongoing support of Book Club, on behalf of the Junior School students and Staff.

Contact me as listed on the brochures or alternatively you can SMS 0429 029 162 or email amy.layton4@bigpond.com

## Summer Reading Club

The Summer Reading Club is taking place at Armidale Public Library throughout the summer holidays – running from 1/12/2014 – 30/1/2015.

The theme for this summer is Adventure.

Registration is FREE! When participants register, they will receive a Summer Reading Club pack with free prizes, activity books, and a reading log.

Alternatively they can also register through the Summer Reading Club website at [www.summerreadingclub.org.au](http://www.summerreadingclub.org.au)

National prizes are up for grabs for those who participate in online activities.

## St John's Junior School

Invites you to attend our

### *'Celebration of Learning & Concert Evening'*



**At:** NEGS Assembly Hall  
**Date:** Thursday 27th November 2014  
**Time:** 6:00pm to 8:00pm  
**RSVP:** Monday 17th November to Mrs Smith on P: 02 6774 8700 or E: [helen.smith@negs.nsw.edu.au](mailto:helen.smith@negs.nsw.edu.au)



Uralla Road, Armidale NSW 2350 Australia  
T +61 02 6774 8700 E [reception@negs.nsw.edu.au](mailto:reception@negs.nsw.edu.au)  
[www.negs.nsw.edu.au](http://www.negs.nsw.edu.au)



## **‘Science in the Bush Excursion’**



***‘Year 5 had a blast’***

This year was the best year. I am more resilient than I was at the start of the year. I like going out to the board and being the Challenger in maths. It used to be very scary but now I just get up and have a go. I try to be successful in everything I do in class. I am very proud of myself for everything I do.

Caitlin

This year has been great fun. We have done projects, PE, maths and camp. I used to be really shy and worried, now I enjoy myself and I'm a lot more sensible and I have achieved many things. I enjoy challenges and I am confident in difficult situations. Experiments are fun especially when you fail and have to try again. In my successes and failures, I've always enjoyed myself.

Solly

This year has been great. There have been ups and downs but I have learnt from all my mistakes and successes. Our 3/4 camp was the best, we all had a great time. Our competitive maths was great too. All of us are confident to be the Challenger in front of the class and we all have a go. This year my classmates and I have put a lot of effort in and now we are very mature, persistent and proud. We are all independent workers and I am very proud of how far I have come.

Lydia

This is the best year ever.

I have definitely matured. I am more resilient and organised most of the time. I have been very successful in maths and art competitions. I have tried so, so, so hard at maths. I stopped worrying and I did the maths which was very hard. I have put so much effort into this year and I am so glad. I am so, so, so proud of myself.

Alex



This year was a big step up from Year 3. It was a big change but I tried my hardest to do my best. I think this year the hardest thing was maths, I struggle in maths but I don't let the struggle overpower my brain. I think that Science experiments were fun and HSIE was cool. My favourite part of the year was camp. I think that I have gone fantastically and I'm proud of myself.

Lottie

I have done lots of things like maths, sports, art and spelling. I have been improving things like handwriting. Even though I am new, I have made many friends and they have welcomed me very nicely and we have played many games. The class and school activities have been fun. We have the chance to do teamwork and experience new things.

Tariq

This year has been the best year. We have been on camp to Lake Keepit and we have done projects, drama, science and lots more. I think that I have improved in being more resilient, organised and I have matured a lot. The science experiments have been heaps of fun. Next year I will try to do even better at my school work.

Arnika

This year has been the best year in my life. This was a fun year and a hard year as well. I tried my best in everything I did. My favourite subjects are art and computers. It was a fun year. Next year I hope to achieve even more.

Ashley

We discovered many things, Captain Cook and the First Fleet, early Aborigines, famous Australians, difficult words, science, geography, maths, grammar and spelling, technology and gardening. We managed them all.

Jade

I loved this year with my class in 3/4. My favourite part of this year was doing maths and going on camp to Lake Keepit. I also loved music. Now I have lots of friends and I enjoy mixing up my brain. I am sometimes organised, but at other times I forget things. I like being the Challenger for maths. I am proud that I have achieved so much this year.

Eloise



# Reflections on 2014 Year 3/4

