



ST JOHN'S

Term Dates to Remember

TERM 3 (10 weeks)

Events coming up

- **Kindergarten Orientation days**
– Contact enrolments for more information.
- **Grandparent's Day – 5 September**
- **Spring Fair – 6 September**
- **Camp week**
Year 5 and Year 6 – 8 to 12 Sept
Year 3 and Year 4 – 10 to 12 Sept
Year 1 and Year 2 – 8 Sept
Kindergarten – 11 Sept
Transition – throughout Term 3.

NEGS Calendar Link

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

Head of St John's

Shannon Rosewood

Walking through the Junior School after lunch will be a new experience for parents who have never heard the sound of an entire school reading. The Drop Everything and Read (DEAR) program has begun at St John's. All students from Transition to Year 6 enjoy 10 minutes of personal or shared reading time each day. The benefits of silent reading are well known, ranging from increased attention span, to improvements in vocabulary, fluency and accuracy. What is less understood is the promotion of risk taking, empathy and self-esteem. Children who read for pleasure are likely to perform significantly better in the classroom than their peers who rarely read, according to a recent report published by the University of London's Institute of Education.

What is the role of parents in this process?

Reading tips

Make a bedtime story something to look forward to.

Read regularly yourself.

Join a local library.

Read books on different topics and find themes that interest your kids.

Play word and word association games.

Talk with your child: it builds communication skills, vocabulary and increases confidence.

Read more: <http://www.smh.com.au/national/education/reading-gives-kids-an-edge-study-says-20131011-2vcfv.html#ixzz38qVUXuv8>

Read more: <http://www.theage.com.au/national/reading-together-still-important-after-children-start-school-expert-says-20130827-2sntd.html#ixzz38qW4rICr>

Book Week

St John's is looking forward to our celebration of literature during Book Week. Each class will present during our Book week Concert on Friday 22 August at 2:00pm. Exciting presentations are already in the making. From a Year 5 study of 'Sadako and the Thousand Paper Cranes' to Year 6 artworks created in response to Margaret Wild and Freya Blackwood's amazing picture book, 'The Treasure Box'. Year 3/4 will be performing a very amusing readers theatre version of a well known fairytale, Silly Billy Goat, from the book by Scott Tulloch. Our younger Transition students will be having fun dressing up as their favourite book character and Kindergarten and Year 1/2 will explore the shared reading materials studied in class. We look forward to sharing this special event with parents.

PSSA

Congratulations to all the St John's students who represented St John's at the PSSA Carnival this week.

Arabella Dagg, Eloise Gooch, Ashley Knight, Lydia Farrar, Charlotte Claridge, Solomon Layton, Hollie O'Hallaron, Timothy Lindeman, Isabella Gooch, Grace Cassidy, Anna Jarvis, Eva Knox, Clancy Hedges

We are so proud of all our athletes.

Daily Fitness

St John's students and staff are very much enjoying our gymnastics sessions on Fridays and PE Dance unit. We have also started daily fitness for all girls and boys from Kindergarten to Year 6. These sessions are conducted at 8:45 from Monday to Thursday every week in Term 3. The development of fundamental movement skills is very important in the physical development of a child.

These include:

Static Balance
Sprint Run
Vertical Jump
Catch
Hop
Side Gallop
Skip
Overarm Throw
Leap
Kick
Two-hand Strike
Dodge

When a child is confident and competent with these skills, they can develop sport-specific and complex movement skills that allow them to enjoy sport and physical activity. Most importantly, having a firm grasp of the fundamental movement skills and being physically literate leads a child to enjoy a long life of physical activity. Students are asked to bring sports shoes to assist their running, jumping and stretching on the wet grass. A plastic bag to store the shoes will help to keep bags and the classrooms tidy.

Uniform

Wearing a uniform is a badge of pride, creates an identity for a school and is an important part of being a member of St John's. I have asked all girls and boys to be mindful that hats and blazers are expected when arriving and departing the school. Students who attend riding lessons are asked to return to their school uniform for the majority of the school day. Please discuss with your child's teacher if assistance with dressing is required. Our school uniform is one to be proud of.



Cupcake Day

On Monday the 18th August St John's will be holding an RSPCA Cupcake Day.

Money raised goes towards the 56 000 animals that the RSPCA rescues, rehabilitates and rehomes every year.

I am hoping everyone will donate and have fun baking and eating cupcakes for this very good cause.

There will be some special prizes for the most creative cupcake, so put your thinking caps and your aprons on and start baking for this great cause.

There has already been \$74 766 raised and we are hoping to add a substantial amount to this cause.

For more information go to their website at - www.rspcacupcakeday.com.au

Bronte Dagg

This fortnight the Junior School have been busy in their Wellbeing Sessions.

Kindergarten, Year One and Year Two have been talking about Optimism and looking at all of the things we should be thankful for.

Year Three and Four have been learning about responsibilities. Year Five and Six have been talking about thoughtfulness to one another.

Throughout the rest of the term the Junior School will be working through their program focusing on many important aspects of Wellbeing.

St John's Sport Miss O'Connell

Over a week ago Grace and Eva from Year 6 competed at the State Cross Country in Sydney. Both girls did exceptionally well coming 17th and 18th with over 100 competitors in their age group. Well done girls. Such a great achievement.

On August 8th St John's students will be competing at the Armidale PSSA Athletics Carnival. We would like to wish our team all the very best.

Students going to PSSA are:

Arabella
Eloise
Lydia
Charlotte
Solomon
Hollie
Tim
Isabella
Grace
Anna
Eva
Clancy

Change to the St John's Reception hours.

They are as follows:

8.15 - 9.15 am and 2.45 - 3.45 pm.

While it is preferred that changes are noted in the diary before school, these hours of operation will ensure that parents can communicate with staff regarding late changes to afternoon arrangements. School Diaries are checked each morning by staff and students are encouraged to know their arrangements prior to the start of the school day.

If there are urgent messages contact must be made by telephone to St John's Reception. Email contact with classroom teachers cannot be guaranteed as learning activities are their priority throughout the school day. Be assured that messages left at St John's Reception will be checked by voicemail throughout the day. Mrs Smith will confirm your message when it is received.

Please use the following numbers: 6774 8737 or 6774 8722.

Daily Fitness 8.45 Monday - Thursday

As part of our Live Life Well @ School program daily fitness sessions focusing on fundamental movement skills will commence each morning from Monday to Thursday at 8.45am.

Assembly Awards

Congratulations to the following students who received awards in the Week 2 Assembly:

Personal Best Awards

K - Anastasia Anderson
1/2 - Archibald O'Neill
3/4 - Eloise Gooch
5 - Isabella Collison
6 - Isabel Bookallil

Book Work Awards

K - Sidney Harvey-Grace
1/2 - Charlie McCulloch
3/4 - Solomon Layton
5 - Nichola Clarkson
6 - Hannah Stuart

St John's Star Award

K - Mohammed Almokhtar
1/2 - Siena Hays
3/4 - Caitlin Croft
5 - Hollie O'Halloran
6 - Alexandra Rose

Lost Property

Could all families please check carefully the school uniform items they have at home? There are a number of items missing, including - felt hat and jumper belonging to Anastasia Anderson. Please make sure all items are labelled, including when second hand items are being used and the previous child's name is still on the item.



ARMIDALE & NEW ENGLAND BURNS CLUB

HIGHLAND DANCING COMPETITION
9th August, 2014

New England Girls' School (NEGS)
MPC Building, Uralla Road, Armidale

Come along and enjoy some spectacular **Highland Dancing**. Admire the electric colour of Tartans & Velvets.

Dancing commences at 8.30am

Primary, Beginner & Novice dancers shall compete in the morning.

Intermediate & Premier dancers shall compete from noon.

Shona's Gourmet kitchen will be open all day offering scrumptious food.

We would love to see you support this unique sporting event.



NEGS



NEGS & St John's

invite you to

Grandparents' Day

Friday 5th September 2014

Meet your grandchild at 9:15am at the Assembly Hall, for commencement of a musical concert at 9.30am.



NEGS

New England Girl's School
Uralla Road, Armidale NSW 2350
T +61 02 6774 8700
E reception@negs.nsw.edu.au
www.negs.nsw.edu.au

IMPORTANT MESSAGE FOR PARENTS & CARERS OF 11-13 YR OLD GIRLS.

Dear Parents & Carers,

I would like to bring to your attention The National Self Detection Program for Scoliosis (curvature of the spine) for adolescent girls. The Spine Society of Australia recommends that all girls aged between 11-13 yrs should perform the self detection test, and if any concerns see their G.P or Physiotherapist for further assessment.

Three out of every 1000 girls will require active treatment for Scoliosis. In the early stages the condition is mostly asymptomatic, therefore screening adolescent girls is highly recommended as a preventative measure.

The National Self Detection Brochure can be downloaded from www.scoliosis-australia.org. I would strongly encourage all families to check the website and address this issue. Alternatively hardcopies of the brochure are available from the Health Centre.

If your daughter is a Boarder and you would like her assessed at school, an appointment can be made to see a Physiotherapist through the Heath Centre, with the cost charged to your account.

Please contact The Health Centre on 6774 8716 or health.centre@negs.nsw.edu.au, to request an appointment or if you have any questions.

Regards

Cathy Beevors and Jodie Jackson

Registered Nurse, NEGS Health Centre

Armidale Freedom Climb

Join us for OM's Inaugural Armidale Freedom Climb to help raise funds, prayer and awareness for women and children caught in slavery and human trafficking.

Where: Cathedral Rock in the Cathedral Rock National Park (On the Armidale to Coffs Harbour road, 5 km west of Ebor)

Starting point: The Barokee Camping ground / car park

Time: 9 am

Distance: 5.8 km loop

Time: Approx 2.75 hrs, but with time spent at the top, more like 3.5 hrs+

Distance from Armidale to Barokee Camping ground: 80 km (last 8 km gravel)

Difficulty: Medium difficulty - the last 300 meters is climbing through big boulders with a chain climb at the end.

Registration cost: Adult: \$20 Student: \$15 Family \$35

Date: August 30th

If you can't climb you can still be a part of Freedom Climb Armidale by sponsoring a climber, joining the prayer initiative or joining us for the lunch to hear more about the issues and how OM is making a difference.

For more about the climb visit us on **Facebook**

Thanks for your part in making a difference in the lives of women and children caught in trafficking, slavery and exploitation. If you have any questions please do not hesitate to contact me

www.freedomclimbkinabalu.wordpress.com

Orders Taken in August

tinyme
tinyme.com.au

USE GROUP NAME AT CHECKOUT:
St John's Junior School @ NEGS

We're fundraising with
TinyMe! Support our
group in 3 easy steps...

1. Shop at tinyme.com.au during August 2014.
2. Enter our group name at the checkout.
3. Our fundraising group earns 15% commission. Yay!

SHOP AT TINYME AND WE RECEIVE 15% COMMISSION!

Personalised T-Shirts
Personalised Canvas Art
Personalised Bags (11 great styles)
Personalised Wooden Signs
Personalised Wall Stickers
Personalised Tote Bags
Personalised Diaries & Calendars
NEW! Name Books Profile
Calendars with Personalised Photos
Personalised Bag Tags
Personalised Wall Stickers
Personalised Books: 4 great styles

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Out with the old
and in with the
new.



Catharsis as part of a community art project



As part of a community based project, local artist Ned McDowell together with Beyond Empathy, invited members of the community to participate in the cathartic process of writing and then shredding negative thoughts and feelings; filling a shop front space, with discarded emotions, anxieties and tensions - alleviating stress, anger and sadness.

The process also allowed participants to develop positive words and phrases, that were captured through video, photography and voice recording. Year Six took the opportunity on Friday 25th July to contribute to the community based project, which was a worthwhile process - allowing students to free up space in their minds, previously filled with worries.

Stages two and three will occur over the next six months. The captured positive phrases, transformed into artworks, will be installed in multiple shop windows in the mall to create a community artwork that shares and celebrates the cathartic process. The shredded paper will be recast as new paper and then used for printmaking with excerpts of participants positive aspirations. The artworks, words, images and sounds captured during *Catharsis* will become an art installation at the New England Regional Art Museum – opening on 14 November. Visit be.org.au for more information.

Transition have started Term three with a number of fun excursions and still have a few to follow. Firstly we headed to NECOM for an introduction to Dalcroze, a music and movement lesson. We then headed out in the big white bus to tour Armidale on a community clip board tour, hunting for buildings on our worksheet.

On Monday of week five we will bus it to the train station and then head off to Uralla by train. On Thursday in the same week our wonderful local fire fighters will drive their big red truck to transition to allow the children to see a fire truck in action . The fire fighters will also talk to us about fire safety. On Monday of week six we will head out once again to the local police station to learn about the role of community helpers. And on Tuesday in week seven we will simply walk to the NEGS hospital to ask our school sister what she does.

Our last excursion for the term will be in week eight to Caffiends in the Mall to celebrate Father's Day.

Week 5 Uralla by train returning by the school white bus.
11th August 2014 at 8-30 am- Monday

Week 5 Fire Truck to visit Transition
14th August - Thursday (Confirmed)- Firetruck to arrive at 11.20

Week 6 Visit the Armidale Police Station and Tour the Station
18th August Monday

Week 7 Visit School Hospital- Talk to Sister about her job and Tour the hospital.
26th August Tuesday

Week 8 Caffiends in the Mall- Morning tea for Father's Day
5th September Friday



The annual NEGS



Spring Fair

10:00 am Saturday 6th September

pony rides / paint a pony / wine wheel barrow/ tombolla / lob-a-choc / face painting, hair & tattoo's / books & craft / gourmet BBQ & relishes / cakes / nachos / drinks / ice cream / plants / balloon guessing / Concepts of Armidale fashion parade / chocolate wheel /novelty events / music performances



emporium with over 20 stalls / annual art show /
old girls weekend

be there for a great day experiencing NEGS in its full spring glory

