



Head of St John's

Shannon Rosewood

What's New on the Website

Parenting Ideas Magazine

Term Dates to Remember

TERM 3 (10 weeks)

Thursday 24th July

Girls' Night In Experience Day/Night
(Year 6 only)

Friday 25th July

Dalcroze lesson at NECOM (T Only)
Assembly @ 2.30pm (1/2)

Tuesday 29th July

ICAS English testing

Wednesday 6th August

Photo Day

NEGS Calendar Link

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

Communication between home and school is an essential component of a successful educational experience. I have asked St John's students and staff to be mindful that utilising their school diary is a worthwhile life skill to develop. The recording of Homework and reminders for the following day will become a regular part of the daily routine. To this end, I ask parents to talk to their child about their diary and if possible to view and sign each week or day. There is a space in the student diary for parents and teachers to sign and communicate with each other.

A short note to the teacher (or student) is a good way for a parent to highlight a problem that has occurred with Homework or an issue that has developed overnight. It is also a great place for a teacher to inform parents and to positively reinforce behaviour. Senior students can use their diary to write reminders or notes. This will be very helpful in developing independence and open communication with their teachers in High School.

Parent teacher interviews have occurred throughout Week 2. If you have yet to touch base with your child's teacher about their progress, then contact St John's Reception or the teacher directly. It is these meetings that foster positive relationships and create a transparent and goal centred approach to the education of your child.

I would like to take this opportunity to say a big thank you to the staff, students and parents for the warm welcome that I have received at St John's. Whilst the weather outside is less than friendly, country hospitality is alive and well in Armidale.

Australian Mathematics Trust Challenge

The AMTC aims to encourage and foster an interest in the power of Mathematics and to develop problem solving skills. Congratulations to the students who participated in this challenging mathematical competition. Well done to Isabelle Gooch, Charlotte S, Francisca Dugdale, Eva Knox and Grace Cassidy.

Girls' Night In

Next week our Year 6 girls will start preparing for their transition to Year 7. The movement from Junior to Senior School brings many changes in aspects of curriculum and school life. In addition, adolescence is a time of personal change. This period can be challenging, as well as an exciting time for students. The Girls' Night In event has been planned to help you and your daughter make a happy and smooth transition. Please contact Mrs Dent if you need any clarification.

Homework Centre

There have been changes to the operation of the Homework Centre. Homework Centre will be run from 3.30 – 5.30pm four days per week. The children will be supervised in a classroom in the Horbury Hunt building. Homework can be completed during this time followed by play outside. If care is required on a FRIDAY, 24 hours notice MUST be given to St John's Reception, please phone: 6774 8737 or email: helen.smith@negs.nsw.edu.au . Friday care will be in Kirkwood Boarding House (beside Health Centre).

Photo Day

Please note that the St John's Photo Day is on Wednesday 6 August. Order envelopes should have been received by families. Family envelopes and spare envelopes are at St John's Reception. As well as class and individual photos, special group (sport teams/music ensembles etc.) photos will be taken. Ordering information for these will be sent home after photo day.

Uniform

As the weather is quite cold, we can appreciate that the children need to be warm. However, they need to be in school uniform. Perhaps add a layer underneath their shirts. If extra items of clothing are required please visit the uniform shop. It is open on Tuesday, Wednesday and Thursday from 8.30 – 4.30.

Term Calendar

All families should have received a copy of the Term Calendar. If you haven't, please contact Mrs Smith at St John's Reception for a copy.

St John's Music

Mrs Tall

Musical Happenings

On Thursday 17th July, 22 of the primary children attended the first combined rehearsal for New England Sings at the Old Teachers College. They joined with students from Ben Venue, St Patrick's, Walcha, St Mary's and Sandon and were introduced to the repertoire for this year which was well-received. The students are especially enjoying the commissioned work which includes 3 songs about the New England Region. If your child is involved, ask them to sing you the song about a Frosty Morning. Such a relevant song for the current cold snap! The next combined rehearsal is on Thursday 14th August.

Next weekend NECOM are holding a professional development workshop for Music teachers focusing on the Dalcroze method which employs movement as a key strategy for developing musical skills and understanding. Our Transition students have been invited to be a demonstration group for the Friday workshop which centres on early childhood. This is a wonderful opportunity for them to work with Australia's top Dalcroze educator Dr Sandra Nash.

Year One students had their first violin lesson with Ms Butcher yesterday and from all reports there were no broken strings and plenty of smiles as the children became acquainted with their new instruments. Watch this space for further news and photos of the children's progress in this wonderful program.

pictures from the Showcase Concert held last Term



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.

Last term, our senior Chemistry and Biology students attended a number of excursions. Year 12 Biology kicked things off with a day in Coffs Harbour attending the Museum of Human Disease regional workshop at the Coffs Harbour Health Campus. Students had the opportunity to see some amazing specimens, representing an array of human diseases. It was an early start and a long day in the bus but it was well worth the trip, with the girls gaining valuable insight into pathogenic organisms.

Both Year 12 Biology and Chemistry classes then had the opportunity to attend a tour of our local water treatment plant to complement their studies. This was both informative and engaging.



In June, the Year 11 Biology class attended the Evolution of Australian Biota Study Day in Coffs Harbour. This is an initiative of the Australian Museum, Taronga Zoo and Coffs Harbour Botanic Gardens. The girls went to three workshops covering Australian fossils and the evolution of Australian animals and plants. The highlight was definitely getting up close and personal with some 'cuddly' critters, including a ringtail possum, shingleback lizard, diamond python and echidna. Again this was a long day, however, the content covered will be extremely useful to the girls as they continue their Preliminary Biology studies.



Our St John's students have also experienced Science in the senior school this year. Kindergarten/Year 1 students learnt about the needs of animals by visiting our custom-built chicken nursery with Year 11 Agriculture students, Year 5 learnt about rockets and Year 4 visited the central bearded dragons and spiny leaf insects in the Biology lab.





King Midas & the Golden Touch

This semester, Year 3/4 is studying Fairytales, Myths & Legends. They have begun studying 'King Midas & the Golden Touch', a fairytale that is based on an ancient Greek myth. This myth tells the story of King Midas, who rules the country of Phrygia in Asia Minor. He is obsessed with riches especially gold and believes happiness can be equated in terms of gold...

The children would like to share some of the fascinating information that they have discussed, read and written about King Midas.

*The story of King Midas was created as a myth in ancient Greece. It slowly turned into a fairytale. In myths and fairytales there is always a good side and bad side. In fairytales the good side always wins but in myths... Tariq

*I've been studying King Midas and the Golden Touch. I will be talking about the fairytale of King Midas. King Midas was greedy for gold; he was foolish and selfish. To King Midas gold means happiness. King Midas ruled Phrygia and he lamented his actions... Alex

*King Midas was the king of Phrygia, he was a very loving king, but he had one flaw, he enjoyed wealth a bit too much. He enjoyed it more than anything else, but he still enjoyed his family as well.

One morning a satyr came into his castle and Midas treated it like a family member. Dionysus granted Midas one wish... Solly

*The moral is trying to teach children not to be greedy because it is not the right thing to do. Caitlin

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 there 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

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