



ST JOHN'S

## Term Dates to Remember

TERM 2 (8 weeks)

### Wednesday 4th June

ICAS Science Competition

- Soundscape Show 9:30am

### Thursday 5th June

Athletics Carnival

**Friday 6th June** - Staff Development Day  
(no school)

**Monday 9th June** - Queen's Birthday  
Public Holiday - No students

**Wednesday 11th June** - Stage 4 Band to  
the Armidale Eisteddfod, 1pm at the Old  
Teachers College  
Book Club due

**Thursday 12th June** - Cake and Milo Day

**Friday 13th June** - Welcome afternoon  
Tea for Ms Shannon Rosewood

**Tuesday 17th June** - ICAS Spelling  
Competition

**Wednesday 18th June** St John's / NEGS  
Music Showcase 6.30pm in the NEGS  
Assembly Hall

**Thursday 19th June** Reports Out  
Last Day of Term

NEGS Calendar Link

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

## Acting Head of St John's

Liane Nixon

This term is passing by so quickly, so I would like to take this opportunity to say how proud I am of the students at St John's. It has been a very hectic term and they have risen to each occasion with commitment and dedication to their school. Well done to everyone!

I would also like to thank all of our wonderful supportive parents who manage to keep up with us!

We would like to welcome Charlene Jackson who is a Gap student from South Africa; Charlene will be assisting in the Transition class until the end of the year.

We have many events coming up in our final weeks of term and we hope that you are able to join us to share and celebrate the achievements of our students.

### Athletics Carnival

The staff and students are looking forward to what will be an amazing day of student athletic achievement. This event will take place on Thursday, 6th June on the oval behind the MPC. If you are able to assist on the day, please notify Miss O'Connell. Congratulations to those students who received a place in the long jump event held earlier this week.

### CIS Cross Country

Eva Knox and Grace Cassidy will be representing our school at the CIS Cross Country carnival on the 12th June in Sydney. It is wonderful that we have such talented students in our school. We wish these girls the best of luck for the day.

### Eisteddfod

On the 27th and 28th May we were very fortunate to watch our wonderful St John's Primary Choir and Vocal Ensemble perform at the Eisteddfod. The choir placed 2nd in the unison event and 1st in the two-part event and the Vocal Ensemble placed 2nd in the small vocal ensemble event. Congratulations to the students and Mrs Tall for an amazing performance. The hard work certainly paid off!

### Musical Showcase Night

The 3-6 Choir and Vocal Ensemble will be performing in a musical showcase night on Wednesday, 18th June at 6:30pm in the Assembly Hall. This is a night where the wider school community and parents who were unable to attend the Eisteddfod have the opportunity to see these wonderful performances. A note will be sent home with more details.

### Experience Day

Years 5 and 6 had the privilege of welcoming new faces to the school on Friday 23rd May for an Experience Day. It was a great day for all students and we look forward to welcoming some of them into our school community very soon.



Year 5 Experience Day



Year 6 Experience Day

### The new Head of St John's Afternoon Tea

On Friday afternoon, 13th June, at 3:30pm, following Assembly, we will be hosting an afternoon tea inviting all parents to come and meet the new Head of School. An invitation has been sent home with the students and RSVP's must be to Mrs Helen Smith by Friday, 6th June. We look forward to seeing you there.

### Communication Note

If you have not already done so, could you please return the communication note to Mrs Helen Smith ASAP.

### Reports

The staff are currently in the process of writing your child's report and portfolio. Just a reminder that these will need to be signed out by you from your classroom teacher on the last day of term.



### Monster Cake & Milo Day

On Thursday 12th June, Years 1/2 & 3/4 will be holding a Cake and Milo Day to raise money for our St John's sandpit and playground beautification initiatives. Students in these classes have been asked to donate cakes, slices and biscuits that can be sold on the day.

## Music News

Mrs Tall

Congratulations to the St John's Primary Choir for their recent success at the 2014 Armidale Eisteddfod. For their fine singing they received second place in the Unison event and first place in the 2 part event. The St John's vocal ensemble also received a 2nd place in their event.

We are now looking forward to sharing these performances with parents and the wider school community at our Music Showcase concert to be held on Wednesday 18th June commencing at 6.30pm in the assembly hall. This will be a great opportunity for parents and friends who were unable to attend the eisteddfod to see what the children have been preparing and to celebrate their fine achievements with them. The showcase will feature all the ensembles from St John's and NEGS that appeared at the various eisteddfod events. It is going to be a wonderful evening of Music and a great way to end the term.

On Wednesday 4th June, St John's will be attending a concert called 'Soundscape' presented by visiting performer Colin Offord. Colin is a composer, inventor and accomplished musician, who will be performing music on a diverse range of original instruments. Finally, congratulations to Anna Jarvis and Priscilla Clonan who performed recently at the music department's Twilight Concert. Well done!

## Scholastic Book Club

Mrs Layton

### Scholastic Book Club Reminder

Dear Families,

The latest Scholastic Book Club orders are due back by Wednesday 11th June. I would hope to have orders returned in time for school holidays. Your child can return the order form to their Teacher, Reception at St John's or Akaroa. 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.

Don't forget to look out for the great Minecraft Competition this issue! You can enter with any order from the Lucky, Arrow, Star or Extra brochures.

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

Amy Layton

Scholastic Book Club Coordinator

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



## Assembly Awards

Congratulations to the following students who received awards in the Week 5 Assembly:

### Personal Best Awards

K - Meshari Almagheeb  
1/2 - Ava Loudon  
3/4 - Jade Watkins  
5 - Hayley Whitehill  
6 - Zoe Reed

### Book Work Award

K - Taj Killen  
1/2 - William Knox  
3/4 - Calan Loudon  
5 - Isabella Gooch  
6 - Grace Cassidy

### St John's Star

K - Sienna Alldis  
1/2 - Siena Hays  
3/4 - Lydia Farrar  
5 - Daniel Jamali  
6 - Charlotte S.

# YEAR 5 DRAMA, DRAMA DRAMA!

Rapunzel - traditional v's modern



## PSSA CROSS COUNTRY, 2014

On Friday, 23rd May Mrs Wood and a team of thirteen athletes travelled out to Bellevue Oval at UNE for the PSSA Cross Country event. We arrived in time to stake a spot in the grandstand and begin walking the course. We got a bit damp when walking the course but dried out quite quickly.

The children did a great job and achieved some amazing places with their running and St Johns can be very proud of the way they competed and conducted themselves.

Well done team!!

- 1st Eva Knox, Isabella Gooch
- 2nd Grace Cassidy
- 4th Charlotte Claridge
- 6th Isabel Bookallil
- 8th Bronte Dagg
- 12th Lydia Farrar
- 29th Elijah Layton
- 33rd Solomon Layton
- 35th Ashley Knight
- 36th Arabella Dagg, Isabelle Chandler
- 47th Timothy Lindeman

### SUZUKI METHOD STUDENT CONCERT featuring guest speaker Dr. Imogen Coward

Includes student performances of Vivaldi's Double Concerto arranged for cello quintet and Vivaldi Concerto in B minor for four violins

**3PM SUNDAY 8TH JUNE 2014 IN THE AUDITORIUM, OLD TEACHERS' COLLEGE ENTRY FREE ALL WELCOME**

[www.heart-strings.com.au](http://www.heart-strings.com.au)

### Does a teacher at your school go above and beyond in their classroom?

School teachers across the country. Last year, we received 5,700 nominations for over 1,000 inspirational teachers. This year, with your help, we're aiming to gather 10,000 nominations from every corner of Australia. Every nominated teacher will receive a certificate and gift to acknowledge their incredible contribution. And, if a teacher from your school is chosen as one of 10 winners, they'll receive \$2,000 worth of supplies and an Apple iPad for their classroom. Put your school on the map by encouraging parents, staff and students to nominate one of your exceptional teachers today.

Support an exceptional teacher today at [adaymadebetter.com.au](http://adaymadebetter.com.au)

Kind regards, The A Day Made Better Team



## St John's Student Wellbeing

### SOCIAL MEDIA SURVEY

Dear NEGS and St John's Community,

Please find attached an invitation from Charles Sturt University Phd candidate Jessica Moore to our students to participate in a survey of their total mass media consumption.

The document outlines the proposed survey and lists answers to FAQs of interest and concerns. It is proposed that the survey will be completed in Week 7. It will take approximately 15-20 minutes.

From the School's perspective (and IT in particular) the survey results would be interesting as this area of research is very topical and important.

For further information, email Assoc Prof Rocco Crino at <[rcrino@csu.edu.au](mailto:rcrino@csu.edu.au)>

**Please fax or email your permission note to:**  
**[ethics@csu.edu.au](mailto:ethics@csu.edu.au) attention to Jessie Moore by Friday 6th June.**

## **PARTICIPANT INFORMATION SHEET**

### **Modern Day Media Usage**

**Miss Jessica Moore**

Psychology Honours Student

**Associate Professor Rocco Crino**

Project Supervisor

School of Psychology

Charles Sturt University

#### An Invitation

Dear Parent/guardian,

Your daughter is invited to participate in a research study on mass media exposure; television, radio, print and social media.

The study is being conducted by Miss Jessica Moore under the supervision of Associate Professor Rocco Crino from the School of Psychology at Charles Sturt University.

Before you decide whether or not you wish your daughter to participate in this study, it is important for you to talk with your daughter and understand why the research is being done and what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish.

1. What is the purpose of this study?

The purpose of this study is to find out about the types of media and social media that your daughter uses. Her attitudes towards the media and body image will also be measured.

2. Why have I been invited to participate in this study?

We are seeking females aged 6-17 years of age to participate in this research. Your school has agreed participate in this study along with other schools across NSW.

3. What does this study involve?

Your child will be asked to participate in an anonymous, online questionnaire. This survey will ask developmental questions such as her year level, age, height and weight and general questions about her media usage and attitudes. The questionnaire will be completed either under teacher instruction during class time unless other arrangements have been made. The survey should not take your daughter longer than 25 minutes to complete.

4. Are there risks and benefits to my daughter in taking part in this study?

There are no risks to your daughter taking part in this study. Please do not discuss the media any more or less than you would usually with your daughter prior to your daughter participating in the

study other than the amount of time spent using different forms of media. Possible benefits will be discussed at the end of the study.

5. How is this study being paid for?

This study is not funded by any grant or any external funds.

6. Will taking part in this study cost me anything?

There will be no cost involved in participating, only a small amount of time.

7. How will my daughter's confidentiality be protected?

The questionnaire is anonymous and it will not be possible to identify you or your daughter from the given answers. Any information collected by the researchers will be stored securely and only accessed by the researchers unless you consent otherwise, except as required by law. Data will be retained for at least 5 years at Charles Sturt University.

8. What will happen to the information given in the survey?

The data obtained through the survey will be analysed and submitted towards Miss Moore's Honours degree. Individual participants will not be identifiable in any report or paper arising from the project. The findings of the project and feedback will be communicated to parents.

9. What if I don't want to take part in this study?

There will be no data that specifically identifies your child at it is a one-off anonymous questionnaire. Whether or not you would like your child to participate will not disadvantage you or your child. Your or your child may withdraw from the project at any time without giving a reason. Your child will be asked to consent at the beginning of the survey and can withdraw any time up until the final 'done' button. If you do not wish your child to participate in the study please contact Associate Professor Rocco Crino via email: [rcrino@csu.edu.au](mailto:rcrino@csu.edu.au) and include your daughter's name, year, class and school. Alternative arrangements will be made during the administration of the survey in class time if you do not wish your daughter to participate.

10. What if my daughter participates and wants to withdraw later?

Data will be non-identifiable so it will not be possible to identify the specific data to be withdrawn once the survey has been completed online.

11. What should I do if I want to discuss this study further before I decide?

If you would like further information please contact Associate Professor Rocco Crino via email:

[rcrino@csu.edu.au](mailto:rcrino@csu.edu.au)

12. Who should I contact if I have concerns about the conduct of this study?

Charles Sturt University's Human Research Ethics Committee approved this project to be conducted in your school. If you have any complaints or reservations about the ethical conduct of this project, you may contact the Committee through the Executive Officer:

The Executive Officer

Human Research Ethics Committee Tel: (02) 6338 4628

Email: [ethics@csu.edu.au](mailto:ethics@csu.edu.au)

Thank you for considering this invitation.

This information sheet is for you to keep.



Associate Professor Rocco Crino



Miss Jessica Moore

## Crunch & Sip Newsletter snippets



### Cool Kids Crunch&Sip®!

Don't forget the bottle of water and fruit or vegetables for Crunch&Sip® everyday!



### Is dried fruit OK for Crunch&Sip®?

Although fresh fruit is the best choice, a small amount of dried fruit (eg sultanas or apricots) is an acceptable Crunch&Sip® option.

Dried fruit tends to cling to the teeth, so is best eaten with a meal or when a toothbrush is handy.

**NOTE** fruit straps, bars or rolls are **NOT** permitted as they contain large amounts of sugar.



### Grapes are great for Crunch&Sip®!

Sweet, easy to eat and full of nutritious goodness, grapes are a perfect snack for Crunch&Sip®.

For a cool treat, why not try freezing grapes?

Delicious!



### Fruit Salad... Yummy Yummy!

Fruit salad is a great idea for Crunch&Sip®, full of colour, flavour and nutrients.

Why not chop up your child's favourite fruit and pop it into a sealable container. Don't forget a fork!



### Keen Green Beans!

Many people eat cooked green beans at dinner. But did you know that raw green beans also make a great snack?

Why not try sliced fresh green beans in a small container for your child's Crunch&Sip® break?

Keep 'em keen – give 'em beans!





#### 5 facts about kiwifruit

1. Another name for them is Chinese Gooseberry
2. They come in green and gold varieties
3. Their brown skins are edible, however they can be tough so some people prefer to scoop out the flesh
4. They are a good source of Vitamin C
5. They are a perfect snack for Crunch&Sip!

#### 5 reasons to pack a mandarin for Crunch&Sip!

1. They are sweet and juicy. Kids love them!
2. They are nutritious - full of vitamins and fibre
3. They come in their own biodegradable packaging
4. They don't bruise easily
5. They are a perfect size for kids to eat during Crunch&Sip!



#### No Fresh Fruit? No Worries!

Although fresh fruit or vegetables are the best choice for Crunch&Sip®, your child can snack on canned fruit in natural juice or with no added sugar or dried fruit (DO NOT send fruit straps, bars or rolls).

To save money, buy a large can of fruit and send to school in reusable containers. Good for the environment too!



#### Radishes are rad for Crunch&Sip!

Crunchy, peppery radishes are an unusual and delicious snack for Crunch&Sip!.

Have you tried radishes?  
Taste one today!





#### 4 reasons to send snow peas for Crunch&Sip®

1. Kids love their crunchy texture and sweet flavour
2. They are a source of iron, protein and potassium
3. They don't bruise easily
4. They make an exciting change for Crunch&Sip®



#### 5 facts about strawberries

1. Strawberries aren't actually berries, they are known as 'accessory fruits'
2. On average, strawberries have about 200 seeds
3. They're the only fruit with their seeds on the outside
4. They are a good source of Vitamin C
5. Most children love them!

**Why not pack strawberries for Crunch&Sip® this week?**

#### Did you know...

Tomatoes gain weight as they ripen!



Cherry or grape tomatoes make a tasty snack for children. Why not pack your child some for Crunch&Sip®?



#### 3 facts about celery

1. They are a member of the carrot family
2. Chewing on celery can help clean the teeth
3. Celery sticks are a great Crunch&Sip® choice for your child!

## At Home with Science Club: Cartesian Diver Game of Skill



1. Screw a hex nut onto two plastic pipettes



2. Cut off the end of the pipette as shown in the picture.

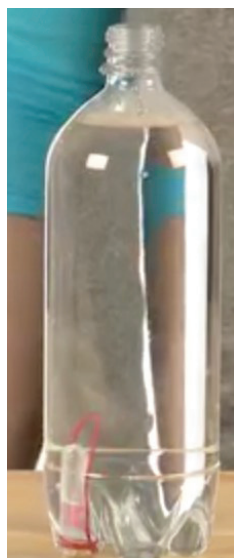


3. Take some wire and wrap it around one of the pipettes to make a loop as shown to the left. Wrap wire around the other pipette to make a hook.



4. Fill up the 'loop' pipette bulb with just enough water so it barely sinks. Fill up the 'hook' pipette bulb so it barely floats.

5. Fill up a 1.25L plastic bottle with water and place both pipette bulbs into the bottle. Make sure you fill up the bottle to the top and put on the lid.



6.

Squeeze the bottle to make the hook sink.



Try to pick up the hook with the hook.

