



**Saint John the Apostle
Primary School Florey**



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Term 4, Week 7 2019

From the Principal



Dear St John the Apostle Primary School Community,

This Sunday marks the beginning of Advent. There are four Sundays in Advent and the theme this Sunday is HOPE.

I am reminded at this time of one of my favourite bible quotes:

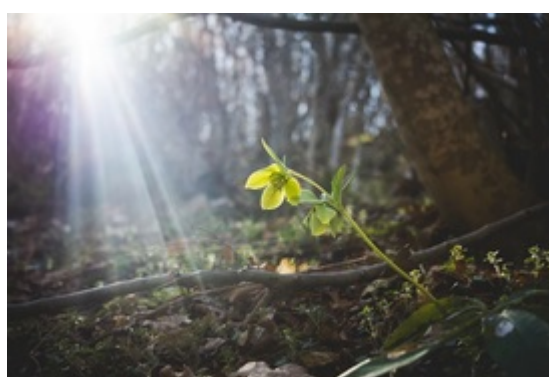
'And now these three remain: Faith, hope and love and the greatest of these is love.' 1 Corinthians 13:13

I am a person that almost always has a 'glass half full' approach. I try to see the best in everyone. I believe that all things, even the most challenging, will eventually result in positive outcomes somewhere, somehow. I am very optimistic.

We often talk about 'faith' and 'love' but rarely do we talk about 'hope'. Yet hope is so very important for one's resilience and well-being. Being hopeful requires one to see the good that can be, to look forward to it and where possible be part of making it happen. Having hope can drive us to action. It can have such a positive impact on us, our relationships and our world.

Let us have hope. Hope for the world that can be healed. Hope for our children and what they will become. Hope for our school and community. Take some time this weekend to think about where your hope lies. What are you hopeful for next week, next year, in the future?

'Once you choose hope, anything's possible.' Christopher Reeve



Please note that the last day of school for 2019 is Thursday 19 December.

For those requiring care for their child on Friday 20 December, Camp Australia have places available.

Mens-link 'Silence is Deadly'

Next Tuesday, members of the Mens-link team will be presenting their primary school 'Silence is Deadly' presentation to our Years 5 and 6 boys. We're very thankful to be able to provide this opportunity for our students to access this excellent program prior to their high school years. Having teenagers myself I know how important it is to keep regularly giving the message throughout their teenage years that seeking and accepting help when you are feeling anxious and low is a very good thing to do. The program organisers describe the program as follows:

Most young guys don't talk about their problems. Whilst they suffer from anxiety and depression at the same rate as young women - around one in four - they are three times less likely to get help.

Silence is Deadly encourages help-seeking behaviour amongst young guys in Canberra's schools by focusing on reducing the

stigma associated with seeking help amongst young men. It also introduces participants to the concept of mental fitness as a means to develop their ability to cope positively with the inevitable challenges life will present them.

Presenters use personal stories to illustrate the concept that it is not weak to speak and that seeking advice about a personal problem such as a personal relationship or being bullied should be seen in the same vein as dealing with a physical problem such as a flat tire on a bike or a broken arm.

Key dates coming up...

Just a reminder that

- Semester 2 Reports sent home - 11 December
- Year 6 Graduation Mass - 11 December
- End of Term Awards - 12 December
- Christmas Concert - 16 December

Look to our school calendar on our website and app for more information.

Have a lovely weekend.

Kind regards,

Matthew Garton (*Principal*)

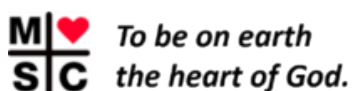


God bless,
Stephanie Stewart
Religious Education Coordinator

Notices from the Parish

If you would like to read items of interest from the latest Parish Newsletter ('Compact') please click on the link below.

Catholic Life & Reflection



Spending time with family is so important. Recently, we celebrated my sister's wedding. I had lots of time with family and those people who are adopted family. Time to chat and reminisce made me realise that being with people who inspire you is so important. To hear other people's stories, challenges and heartbreaks. To know that even though we may live on opposite sides of the planet there are so many things that connect us.

Really, life is all about being connected to each other. Our relationships are so important. Our kids, our parents, our spouses and our co-workers. As teachers our relationships with our students is also paramount. Their relationships with each other too.

Writing this list highlights why our lives can be so complex some times. But if we value each relationship how it comes, no judgement, just doing everything from love what a joyful world it would be. Not easy or always doable but a lofty goal.

"Not all of us can do great things. But we can do small things with great love." St Mother Teresa

Happy Birthday

<https://www.youtube.com/embed/k5mDIRisSH8?showinfo=1&rel=0>

Happy birthday to Harrison H, Vuyo N, Annabel B, Jessica M, Emma M, Nuer A, Sienna V and Charlie M who all celebrated a birthday over the last week.

Fete Update

SJAPS FETE 21 FEBRUARY 2020

As the end of the year looms there are so many things to remember! While the fete is not until February, we need to make sure we have things organised well in advance as the first couple of weeks of term will be hectic. Here is a little recap to jog your memory. Have you.....

Started collecting jars ?

Started collecting pots and seedlings ?

Sold and returned your raffle tickets ?

Signed up to volunteer ?

Let us know if you or your business can make a donation ?

Please contact fete.sjaps@cg.catholic.edu.au with questions, ideas or donations.



Sibling Discount 2020

https://stjohnflorey.schoolzineplus.com/_file/media/2475/sibling_discount_2020.pdf

Sibling discount forms are due in by next Friday 6th December.

Not returning this form will mean families miss out on a discount.

Please note you are only required to return this form if you have a sibling attending a CE systemic Secondary School.



Camp Australia Holiday Program

https://stjohnflorey.schoolzineplus.com/_file/media/2483/camp_australia_holiday_program_st_john_the_apostle_summer_2020.pdf

End of Term Special Lunch

https://stjohnflorey.schoolzineplus.com/_file/media/2490/end_of_term_special_lunch_sjaps_t4_christmas_2019.pdf

Christmas Care Packages

A big thank you to all of the Year One students and families who donated to the Christmas Care Packages for the Australian Defence Force serving overseas. Our amazing Year One students and families donated so many items that we are able to send 25 care packages. We even had some left over donations to put together one package for the ACT Arctic Dog Rescue and a Vinnie's Christmas Hamper. We can't thank you enough for your generosity. Another big thank you to Anabelle-Louise in One Maroon and her mum, Erin. They spent many nights putting together the packages to get them ready to send!

https://stjohnflorey.schoolzineplus.com/_file/media/2492/christmas_care_packages.pdf

Thank you from the Clothing Pool

Thank you to the families who have recently donated school uniforms to the Clothing Pool. It has enabled us to stock up on lots of good quality second hand uniforms.

Heather Rattenbury
Clothing Pool



Parenting Ideas

Avoiding the politics of parenting



by Michael Grose

My daughter, who had a sleep averse baby couldn't believe her ears when a new mum in a mother's group proudly announced that her four month old slept through the night. My daughter thought, "What am I doing wrong?"

Approaching this mother to discover her sleep secret, my daughter learned that this boast was made on the back of some questionable data. The four year old had slept through the night once, but this mother thought it was worth boasting about.

I welcomed my daughter to the politics of parenting where benchmarking of kids' physical and social development, their behaviour and academic progress can become a constant.

Each child has his or her own developmental clock,
which is nearly impossible to alter.

The pitfall of benchmarking with other children

Comparing your child with others is a stress-inducing and, ultimately, useless activity. It's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child's progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration, as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are late bloomers, early developers, bright sparks and steady-as-you-go kids in

everywhere. It's the first group that can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and [development](#). "Your spelling is better today than it was a month ago" is a better measure of progress than "Your spelling is the best in the class!"

Gender matters

It's no secret that different architects developed [boys'](#) and [girls'](#) brains. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years, and seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills. Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

Kids have different talents, interests and strengths

So your eight-year-old can't hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Perhaps your neighbour's teenager is a piano virtuoso, while your fourteen year old's idea of musical talent is listening to Spotify while doing homework. Comparisons are stressful, as they can bear no relationship to children's interests and talents.

It's better to help your child or young person identify his or her own talents and interests. And also recognise that strengths and interests may be completely different than those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child's performance

Take pride on your children's performance at school, in sport or their leisure activities. Seeing your child doing well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn't have too much personal stake in your children's success or in their milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well, which is an acknowledged source of anxiety for many children and young people.

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as 'unconditional love'.



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