



**Saint John the Apostle  
Primary School Florey**



Pawsey Circuit  
Florey ACT 2615  
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Term 1, Week 2 2020

## From the Principal



Dear St John the Apostle Primary School Community,

It was lovely to see so many families last night at our Parent Information Evening. Thank you to the many staff who prepared and organised all of the handouts and presentations for our parents. These will be sent home today for any families that weren't able to attend. Please take the

time to read them over the coming week to remain informed.

**Important!** Please look at the [family details form](#) that is in the pack. Check the details are correct and send it back as soon as possible so we know the best way to contact you.

[Multicultural Carnevale \(Fete\)](#)



We're looking forward to next week's Multicultural Carnevale. It's always a lovely way to start the year and together we can raise some significant funds to support the learning opportunities for our students. We still need volunteers for a number of stalls. Just one hour of help will make a big difference. Please go to the following link to volunteer your time:

Please share with family and friends about our Silent Auction.

# Twilight Fete

**2020 Silent Auction Bid Now  
share with family and friends**



Visit the website at **iPlay**  
[www.myminiauction.com/sjaps](http://www.myminiauction.com/sjaps)  
or use your camera on iphone or  
Android to scan the code



## Swimming Carnival

Our Year 2-6 Swimming Carnival is on Monday! We're looking forward to a fun event where every child participates in a race and/or water activities. Thank you to our Year 3 and 4 teaches for organising the event.

## After school Theatre Program

We like to try to find great extra-curriculum opportunities for our students where we can. Did you know you can enrol your child in an after school theatre program, right here at St John the Apostle Primary School?

Classes run on Tuesdays from 3:05-4:05, for years 3-6 and allow your child to become a young artist, discovering the joy of performance in weekly workshops. Your young artists will be introduced to a variety of theatre skills through fun and engaging exploration, devising and performance. Each semester culminates with an ensemble performance for family and friends.

<https://canberrayouththeatre.com.au/workshops/primary/schools-programs/>

## Community Council AGM

This Wednesday evening at 6.00pm is our Community Council AGM. At the AGM we summarise some of the work of the school and Community Council from 2019 and begin to discuss the focus for the Community Council in 2020. The AGM is open to all members of the community. During the AGM we will elect the Community Council members for 2020 and fill any vacant positions on the Community Council Executive. We have a very

active Community Council and I'm looking forward to what we will achieve together this year.

Matthew Garton (*Principal*)

## Catholic Life & Reflection



This year  
Kate



**To be on earth  
the heart of God.**

MacDonald has created an another amazing artwork, complete with fluffly sheep and real lights!

In 2020, each year group will be focussing on a separate "I am statement" from the gospel of John.

- Kinder will be learning about "I am the Good Shepherd" John 10:11
- Year One will be learning about "I am the Door" John 10:9
- Year Two will be learning about "I am the Resurrection and the Life" John 11:25
- Year Three will be learning about "I am the Bread of Life" John 6:35
- Year 4 will be learning about "I am the Vine" John 15:1
- Year 5 will be learning about "I am the the Light of the World" John 8:12
- Year 6 will be learning about "I am the Way, the Truth and the Life" John 14:6

The significance of the number 7 in the bible will be explored. 7 being the perfect number as it cannot be divided. As we cannot be divided from God.

By exploring theses different images of Jesus I hope the children will strengthen their connection to Him and begin to develop a more well rounded understanding of the all encompassing love of God.

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.

## Multicultural Fete 2020

### MULTICULTURAL FETE 21 FEBRUARY 2020

The Fete Committee is asking for items that can be donated for use at the silent auction. We are also asking for bottles of wine and blocks of chocolate to be used as prizes on fete day.

A few more reminders. 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 towards the silent auction?

Please contact [fete.sjaps@cg.catholic.edu.au](mailto:fete.sjaps@cg.catholic.edu.au) with questions, ideas or donations.

[https://stjohnflorey.schoolzineplus.com/\\_file/media/2573/fete\\_order\\_form\\_2020.pdf](https://stjohnflorey.schoolzineplus.com/_file/media/2573/fete_order_form_2020.pdf)

### Thank you to our generous sponsors

Thank you to the following sponsors who have generously donating prizes for our silent auction!

## Happy Birthday

<https://www.youtube.com/embed/8UE6gzNuUKo?showinfo=1&rel=0>

Happy birthday to Aston B, Michael P, Rylan R, Alek D, Kobi S, Jacob G, Thomas F, Evangelos P, Zoe S, Jackson K, and Diosa M who all celebrated a birthday over the last week.

## Celebration of Positive Behaviour

Congratulations to the following students who received an award for the fortnightly Positive Behaviour Focus "be welcoming". The awards will be presented at the School Assembly on Monday 24 February at 2:15pm.

Class		
KB	Theodore C	Fiesita M
KM	Jayden A	Jack H
1B	Lincoln A	Ileana R
1M	Leo K	Eveina N
2B	Denzil W	Blake
2M	Abbey R	Alexandra L
3B	Jessie A	Ryan L
3M	Harry M	Jacob N
4B	Jari K	Anna G
4M	Phoebe B	Mau'lupe M
5B		
5M	Samsara R	Jasmine M
6B	Leonardo B	Jaxon R
6M	Catalina G	Sana A
Performing Arts	Emily R	Cooper S

## School Fees



School fee statements were emailed home on Tuesday. If you did not receive your statement please contact the school and we will get a statement to you.

If you are paying by direct debit fees need to be paid in full by the end of the year. The attached fee schedule is based on 26 fortnights, as the year has already started the number of fortnights is less so you will need to increase the fortnightly amount. We ask families to set up their own direct debit through your banking institution.

If you would like to discuss your fees please contact Debbie Milne either by email: [finance.sjaps@cg.catholic.edu.au](mailto:finance.sjaps@cg.catholic.edu.au) or phone: 6258 3592.

I am available Monday to Thursday 8am – 4pm.

[https://stjohnflorey.schoolzineplus.com/\\_file/media/2526/fees\\_schedule\\_2020\\_fortnightly\\_break\\_up.pdf](https://stjohnflorey.schoolzineplus.com/_file/media/2526/fees_schedule_2020_fortnightly_break_up.pdf)



## Stephanie Alexander Kitchen Garden (SAKG) News

The SAKG classes have expanded this year, so that all classes will participate in the Kitchen and Garden program each term. To help keep our costs down the SAKG is looking for donations of some basic items.

### Kitchen

- . paper towel
- . soap on tap
- . sanitiser
- . sponges



### Garden

- . cow manure
- . garden soil
- . straw mulch
- . compost

Donations can be left at the Front Office or contact [leticia.young@cg.catholic.edu.au](mailto:leticia.young@cg.catholic.edu.au)

Thank you for your support.

Leticia Young  
SAKG Teacher

can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety. Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

### Become practised at separations

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

### Get your child separation-ready

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

### Develop a regular quick goodbye ritual

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. One you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

### Take part of you with them

If the pre-school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

### Stay confident

Kids will often take their cues from their parents so a calm, reassuring approach can give your child the confidence they need that they will be okay.

### Involve your child's teacher or carer in the drop-off

Discuss separation with the pre-school teacher or carer and involve them in the transition. Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

## Parenting Ideas



## Reducing separation anxiety in young children

by Michael Grose

In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, child care or other care arrangements. This anxiety

## When separation anxiety is not normal

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school
- the separation anxiety continues regularly for four weeks or more

Your child's local pre-school or your general practitioner are good places to start when looking for professional assistance with separation anxiety.

*For a full blueprint for managing and minimising children's anxiety check out [Anxious Kids](#) co authored with Dr. Jodi Richardson.*

## Community Notices

[https://stjohnflorey.schoolzineplus.com/\\_file/media/2581/gegory\\_flyer\\_term\\_1\\_2020.pdf](https://stjohnflorey.schoolzineplus.com/_file/media/2581/gegory_flyer_term_1_2020.pdf)

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