



**Saint John the Apostle
Primary School Florey**



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Term 1, Week 4 2020

From the Principal



Dear St John the Apostle Primary School Community,

Thank you Fiona Gallagher

It is with great sadness that I inform you of the passing of Mrs Fiona Gallagher, mother of Jack (Year 6) and Angus (Year 2) and husband to Glen (recent Treasurer of the Community Council). Fiona passed

away last Friday after a long battle with cancer.

Fiona's family have been members of our school community for a long time. Fiona was a regular helper in classrooms, on excursions and at lots of different events. Her warm, friendly and generous spirit will be greatly missed but will be remembered for many years to come. Thank you Fiona for all you have given to St John's and we will continue to care for your boys.

As a community could we please keep Glen, Jack and Angus in our prayers over the coming weeks and months. Fiona will be farewelled at her funeral on Thursday 5 March, 1.30pm at White Lady Chapel in Kingston.

Thank you

Thank you everyone for a fantastic Fete last Friday evening. It was great to see everyone there. Not only did we raise funds to continue to develop our outdoor learning environment, we also shared time together with good food and good company. A great way to start the year!

Thank you to everyone who helped in even the smallest of ways to make the evening a success. In particular, thank you to the coordinating team of Craig & Bec Neiberding, Natalie Nicholson, Leilah Ayton, Anthony Ganley and Rebekah Brown. Thank you for your many, many hours of work. Well done!

Thank you also to the parents who took the time to assist with our recent Swimming Carnival. It was one of the most engaging and settled carnivals we have experienced. Your support helped make this possible. Thank you to the Year 3 and 4 teachers who coordinated the carnival.

Community Council

Last week we held our Community Council AGM. Thank you to all who attended. The following positions were filled:

- Chairperson: John Nott (Grandfather to Vincent and Sophia)
- Deputy Chairperson: Craig Neiberding (father of Emily, Sophie and Katie)
- Treasurer: Dan Payne (father of Grace)
- Secretary: Carly Bonny (mother of Alexis and Xavier)

Other Community Council members include Anne O'Donoghue, Sara Stanton, Melinda Chambers, Veronica Sammons, Heather Rattenbury, Tegan Campbell, Belinda Duke (fundraising coordinator), Lisa Zaretsky, Natalie Nicholson, Jose Vinales and Katie Matthews. Myself and Rebekah Brown are members of the Community Council along with Marian England and Fr Kimi. Thank you to each person for their commitment to our school community.

Some of the work of the Community Council this year will focus on:

- ways to increase and encourage a healthy lifestyle for our children, including food, activity and learning;
- reviewing the school uniform to update it for our current context;
- prioritising and supporting the next phase of developing our outdoor learning environment;
- preparing for and supporting the school's re-registration in Term 3.

If you would like to contribute to any of this work please feel free to speak with me, any of the Community Council members or email the Community Council at Community.Council.sjaps@cg.catholic.edu.au


It's by working together that we create a great school for our students and families!

Matthew Garton (*Principal*)

Catholic Life & Reflection



Melissa
Jane

M |  S | C *To be on earth
the heart of God.*

Alexander has created another beautiful artwork for our community to reflect on during the Lenten season. Each class has a copy. If you would like one to print at home. Please email me on stephanie.stewart@cg.catholic.edu.au and

I will forward one to you.



On Wednesday we had a liturgy to celebrate the beginning of Lent. One of our Kinder students Edith B from Kinder Blue has created a beautiful piece of work that reflects what happens on Ash Wednesday. When things like this happen I always think of the scripture from Matthew.



Matthew 19: 14

"Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs."

The youngest among us do understand the solemnity of the moment and yet are able to express in the most colourful and delightful ways.

God bless you all during this time of prayer and reflection.

Stephanie Stewart

Religious Education Coordinator

Notices from the Parish

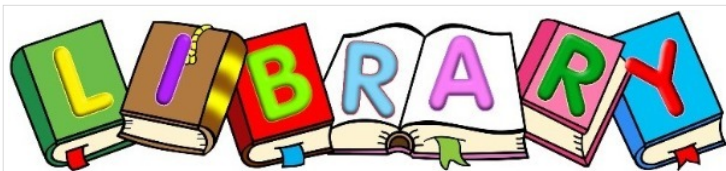
If you would like to read items of interest from the latest Parish Newsletter ('Compact') please click on the link below.

Happy Birthday

<https://www.youtube.com/embed/zsdR63alkAY?showinf=1&rel=0>

Happy birthday to Ryan S, Samuel O, Alexa C and Lachlan A who celebrated a birthday over the last week.

Library News



It's been a great couple of weeks in the Library, with lots of activities, reading and borrowing.

Reminders

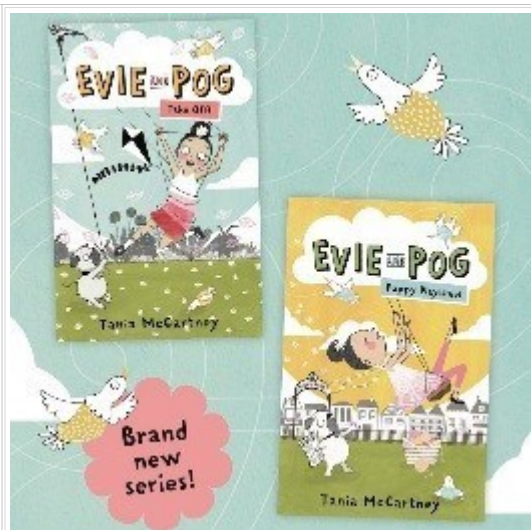
- Children from K-5 need to have a library bag when borrowing.
- The Library is open for Family Borrowing on Monday afternoons, from 2.50pm to 3.30pm. Students must be accompanied by a parent/carer.
- Overdue notices will be sent out next week. Please return any that you know are overdue. Should a student have more than 2 books overdue, they will not be able to borrow again until they are returned. Please contact us if you think a book has already been returned.

Help needed

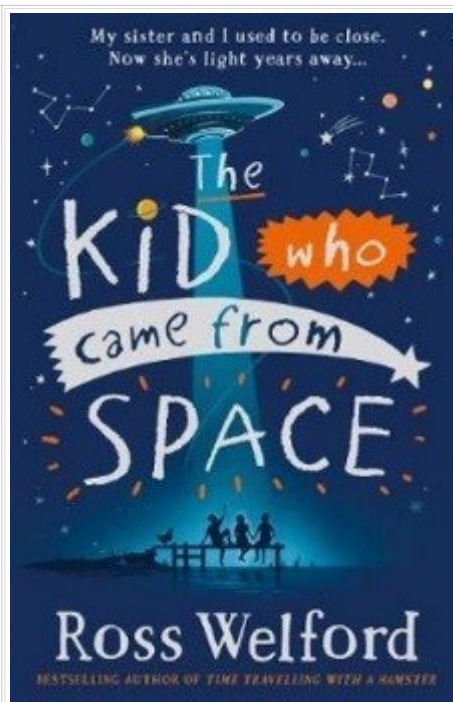
Parents are always welcome to drop in and see our beautiful library space, explore our books and resources, or lend a helping hand. At the moment, we have a huge number of classroom and library books that need covering. We would love some help catching up with this.

Featured Books

Each fortnight, we will be featuring a small selection of new books in the Library;



Tania McCartney - High in a tree house live two very best friends. One is a girl and one is a dog. And everyone knows them as Evie and Pog. Evie is six years old. She likes knitting and jumping and books and cake. Pog is a pug. He is two and likes to drink tea and read the newspaper. Evie and Pog also love to have fun! Join them as they take off on three happy adventures.



Ross Welford - A small village in the wilds of Northumberland is rocked by the disappearance of 12 year old Tammy. Only her twin brother, Ethan, knows she is safe - and the extraordinary truth of where she is. It is a secret he must keep, or risk never seeing her again. But that doesn't mean he's going to give up. Together with his friend Iggy and the mysterious (and very hairy) Hellyann, Ethan teams up with a spaceship called Philip, and Suzy the trained chicken, for a nail-biting chase to get his sister back - that will take him further than anyone has ever been before.

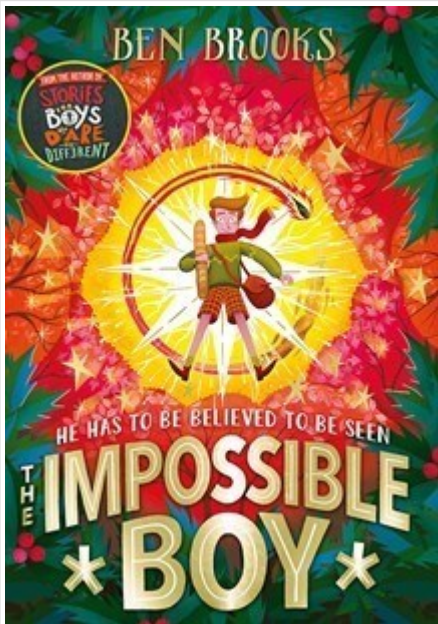


Edwina Whyatt - Magnolia Moon is very good at keeping secrets. She knows just what to do with them, and has a way of talking to the jumpy ones to stop them causing trouble. Which is why people are always leaning and

whispering: 'Can I tell you a secret?' Edwina Wyatt introduces a character whose irrepressible joy and vivid imagination will remind readers just how much can happen in a year of being nine.

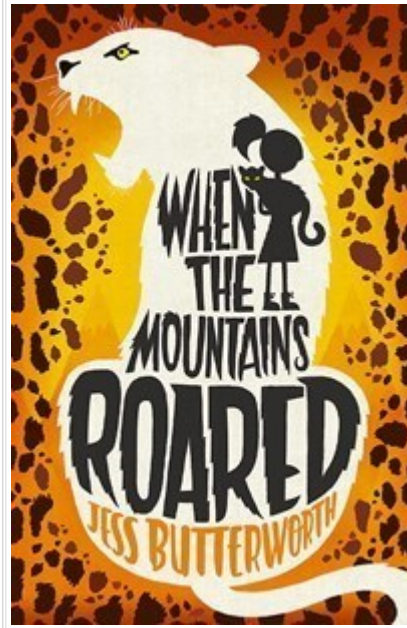


R Henderson - dynamic interactive picture book for two, designed to be read right side up and upside down at the same time. A book for one? A book for two? A book for different points of view. *I See, I See* is a playful, rhyming call-and-answer conversation between two readers, each of whom view the page from a different perspective: I see water, I see sky, I see swimming, I see fly!



Ben Brooks - When Oleg and Emma invent a new classmate called Sebastian, they are amazed when he appears - very much real - in their secret den. Sebastian isn't like the rest of their classmates. He's never eaten pizza, he's not sure what goose bumps are, and he has a satchel that seems to hold an endless supply of hot ice cream. But as the trio begin their adventures, more impossible things keep happening, from a runaway goat appearing at school to a sighting of some

snowwomen walking down the road. Things soon take a turn for the dangerous when the three friends are pursued by the mysterious Institute of Unreality, who want to capture and erase Sebastian, restoring order to the world.



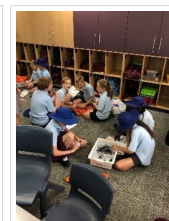
Jess Butterworth - I thought we'd live here forever...but then, I thought Mum would be here forever too. When Ruby's dad uproots her from Australia to set up a hotel in the mountains of India, Ruby is devastated. Not only are they living in a run-down building in the middle of the wilderness surrounded by scorpions, bears and leopards, but Ruby is sure that India will never truly feel like home - not without her mum there. Ever since her mum died, Ruby has been afraid. Of cars. Of the dark. Of going to sleep and never waking up. But then the last remaining leopards of the mountain are threatened and everything changes. Ruby vows to do all she can to protect them - if she can only overcome her fears...

Happy reading!

Mrs Georgina Jaram (Teacher/Librarian) and Mrs Vanessa Hallaj
(Library Assistant)

Robotics Club

On Tuesday we had the first Robotics Club for the year. We discussed the possibility of entering in the RoboCup Junior Competition. Competitors can enter either the dance or rescue component. Students then formed into teams of three or four and decided on their component. Students began to design and create their robot.



What is the Building Fund?

The Canberra Catholic Schools Building Fund (CCSBF) is a tax-deductible contribution, collected on behalf of the Catholic Education Canberra Goulburn (CE), and is used to pay for insurances, inspections, major works and regular maintenance of all systemic Catholic schools, e.g. broken windows, plumbing and electrical work. This family levy is controlled and coordinated by Catholic Education and is collected by the systemic school which the eldest child attends.

The Building Fund is a voluntary contribution; however, I cannot impress upon families enough, the importance of all families supporting it in order for all Catholic systemic schools, including St John's, have access to funds for major maintenance or building works as necessary. Over the past two years our families' Building Fund contributions have enabled us to have a long overdue re-painting of breakout areas and classrooms, have plumbers to fix student bubblers and toilets and have electricians to ensure that our airconditioners, fans, lights, computers and other technology functions effectively.

After considering this information, if you still do not wish to pay the Building Fund levy, I ask you to request to complete the Building Fund Levy form, stating a reason for non-payment, and return it to the school as soon as possible. We will then arrange for a credit of the Building Fund amount currently recorded on your statement to be credited and not to be billed for this year only.

Please note that this arrangement will remain in place for the current school year only. You will be billed again the following year unless a new request is completed.

School Photos - Tuesday 31 March

School photographs are scheduled to be taken on Tuesday 31 March. An envelope will go home with your child within the next week.

If possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day. Parents who place their order online **do not** need to return the order envelope.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our unique 9 digit advanced order code 21X CFH 6YT. Portrait and group package orders are due by photo day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photo day. Sibling photographs will only be taken if an order has been placed. Sibling envelopes are available at the Office if required. Full summer school uniform (not sport uniform) should be worn on the day. Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au



Fete Photo Gallery and Raffle Winners

Congratulations to the following winners of the 2020 Annual Fete Raffle.

1st prize \$1,750.00 - Matt Griffin
2nd prize \$500.00 - Chris Payne
3rd prize \$250.00 - MaryMcKie



Parenting Ideas



When you love but don't like your child

It goes without saying that we always love our children. That doesn't mean however, that we always like them or how they are behaving. Rather than beating yourself up, it's useful to figure out what you don't like and work from there. Here are some of the common reasons, and some ways to help overcome it.

Common reasons

It's their behaviour

Generally, it's a child's behaviour that you won't like rather than the child themselves. Whether it's a surly adolescent who

scowls every time you walk into a room, or a toddler who whines when they don't get their own way, it can be difficult separating the child from the behaviour.

It's a stage

Some developmental stages are more problematic than others. Both toddlers and teens are programmed to get under their parent's skin. The respective developmental tasks are independence and identity formation, both involving a degree of parental challenge, making them hard to get close to, at times.

It's their gender

Some people are naturally drawn to a particular gender, and struggle interacting with the other gender. The struggle can be personality driven, or come as a result of family background. For instance, a mother who grew up in an all-girl household may struggle with the boisterousness involved in raising a son.

It's their personality

Some personalities grate, even in families. If you're a quiet, task-oriented type and you really struggle relating to loud, life of the party types at work then this won't necessarily change when you come home. You will probably struggle to relate to that loud, got-to-be-the-centre-of-attention type of child or teen in your family. If you value sensitivity and a careful choice of words and someone else comes off as flippant with 'no filter', equally it can be jarring.

They're not meeting your expectations

Parents usually have hopes and dreams for their children, which are not always fulfilled. A child who doesn't follow in your footsteps or meet your academic or lifestyle expectations can be a source of disappointment and frustration.

It's a lack of common ground

Just as is the case with adult relationships, sometimes people in the same family are just somewhat (or wildly!) different to each other. Neither of you need to work to become a carbon copy of the other, but you do need to work to understand each other. Remembering the preferences, soft spots, no-go zones and other nuances of each other's personality goes a long way towards reaching a language you can speak fluently with each other. Kids interests can change a lot over time, and you may even find something in common that you never thought possible.

How to move forward constructively

Face your feelings

Resist the temptation to push away or ignore your feelings, as this is the antithesis of emotional intelligence. Unrecognised feelings are a heavy burden to bear. It's far better to face

up to and accept the way you feel about your child. Do you feel anger, disappointment, sadness, frustration or even discouraged? Is it a mixture? Own your feelings and you'll find that you will have more control over them in time.

Make adjustments accordingly

Work out what's behind these feelings. If it's a personality clash or differences in life goals then you may need to adjust your expectations accordingly or start to manage your own behaviours and reactions better. Accepting your child or young person for who they are can bring you a great deal of relief. If you have a child who you wouldn't have chosen to be your friend, then it's up to you to make a change. Accept and appreciate them for who they are you'll find that your child or teen will be easier to like and your relationship will improve.

Bring some playfulness into your parenting

Do you need to be more playful and less serious when you are in your child's company? If so, look for ways to build your relationship by spending some enjoyable one-on-one time together.

Follow their interests

Considering following their interests, even if they're not necessarily your own. If you're a creative type and your child is a sports buff, then take the time to follow their interests. Understanding why will tell you a lot about your child and what makes them tick. You may also find that he or she also starts following your interests once you take the lead.

Look for the good

When we are struggling to like and connect with a child there is a tendency to focus on the things we don't like about them. Our attention becomes like a television antenna tuned into the negative rather than the positive behaviour or attitudes. Tune your antenna to look for the good rather than the bad in your child.

Bite your tongue

Resist the temptation to criticise your child about minor and annoying behaviours, as nit-picking will only reinforce mutual disregard. Biting your tongue and smiling when your child says or does something that grates on you is the type of emotional labour that makes parenting challenging. But choosing your battles will make your day easier and improve your relationship long term.

Hold them accountable

It's not always appropriate to hold your tongue. Children need to be held accountable for poor, inconsiderate behaviour. There are some behaviours such as being disrespectful to others, or not following set family rules and values that need to be picked

up on. Ensure that you treat all kids on your family fairly and justly.

Keep showing up

There may be times where you may feel there is nothing left to do. Keep showing up anyway. The single, most important thing you can do as a parent is to show up every single day. It will send a powerful message to your child that even if you don't like how they are behaving, you're always going to love them. If you can accept your child for who they are, then they are more likely to make subtle changes in their behaviours to meet your needs and expectations. This type of social adjustment is the lynchpin of healthy, respectful relationships.

Our [Parenting Boys](#) and [Parenting Girls](#) online courses have helped many parents accept their sons and daughters for who they are, providing relief from the constant struggle for understanding and the desire to change them.



Michael Grose

Community Notices

https://stjohnflorey.schoolzineplus.com/_file/media/2650/graphic_dad_and_son_health_fires_.pdf

https://stjohnflorey.schoolzineplus.com/_file/media/2740/march_2020_weekend_cartoon_workshops.pdf

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