



# St John the Apostle Primary School

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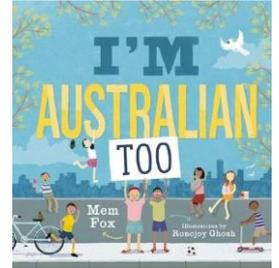
Term 1, Week 7

17<sup>th</sup> March 2017

## PRINCIPAL'S COLUMN

### Harmony Day – Everyone Belongs!

Everyone belongs here at St John the Apostle. There is a place here for all. So next Tuesday 21<sup>st</sup> March we are celebrating *Harmony Day* and the staff team organising Harmony Day have some wonderful activities organised to celebrate diversity in our community. Our school choir will lead the whole school in singing songs that celebrate diversity in Australia and we will all read Mem Fox's book *I'm Australian Too*.



On Tuesday 21<sup>st</sup> March we would love to have every student bring/wear an item that represents something from their own family's cultural history. It could be a hat, a ribbon, a single item of clothing, a photo, etc. Something simple they can use to help tell a little about their family cultural background. It will be a great celebration of our cultural diversity as a community.

### Change in School Vacation Dates!

On Wednesday 15<sup>th</sup> March the Catholic Education Office informed us of the decision to extend the student vacation period for all Catholic systemic schools these coming holidays to include Monday 24<sup>th</sup> April. ANZAC Day Public Holiday occurs on Tuesday 25<sup>th</sup> April and so the first day of school for Term 2 will be Wednesday 26<sup>th</sup> April. Our holidays will now align with Government Schools. Camp Australia has been informed of the change and will update the relevant information on their website and parent portal.

### Parent-Teacher Interviews

Parent-Teacher Interviews will be held in Week 10 (beginning 3<sup>rd</sup> April). Parent-Teacher Interviews are an excellent opportunity to connect with what is happening for your child's learning at school and to celebrate their early achievements. The online booking system, PTO, will be available from Thursday 23<sup>rd</sup> March for one week. We look forward to the opportunity to share this time with you.



### Relief Teaching Challenges

At an ACT Principals' meeting yesterday, we were discussing how difficult it is at the moment to obtain relief teachers for classes when a teacher is away sick or participating in professional learning. We work very hard into the night and early hours of the morning to find the best relief teachers, who can ensure our students' learning continues on without interruption. Occasionally, when a relief teacher is unavailable, we are required to distribute a class among the rest of the school to work in other classrooms for the day. We are always ready for this to happen and teachers prepare appropriate work for students to complete in such circumstances.

At the end of this Newsletter I have placed a simple article by Michael Grose titled *10 mindsets that will radically improve your parenting*. When I have been through challenging times with my four children it can be tough to maintain

*United in love truth and courage.*

a helpful mindset. Perhaps this brief article might provide you with a helpful mindset for a challenge you are experiencing at present.

As a Principal and a parent I am always here to chat. Please feel free to talk to me any time.



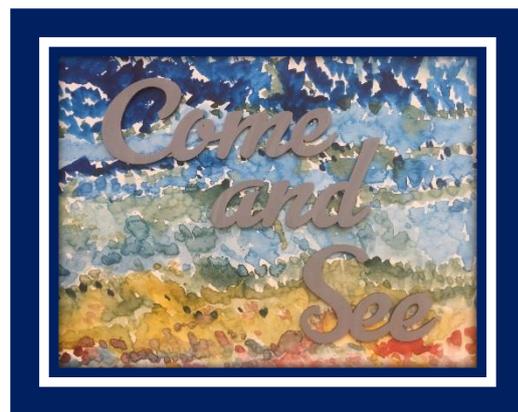
Matthew Garton  
*Principal (Acting)*

## CATHOLIC LIFE & REFLECTION

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

“Rabbi, where are you staying?”

He said to them, “Come and see”. John 1:38-39



Pope Francis constantly inspires me. I love many things about the way he is leading our church. From the very first moment he appeared on the balcony, after being declared Pope, to his choice to live in simpler accommodation. I can't deny that I also love his ability to slip away from his security detail and pay his bills or feed the homeless. His humanness, if there is such a word, is real.

It seems a bonus then, that when things have been challenging, to find in my Facebook feed his sermon that we must “learn to good” that we make mistakes and then we have to fix them. It is a journey of avoiding (doing the wrong thing) and learning. He emphasises the word “journey” several times.

You can see a copy of the video via the Catholic News Agency's Facebook feed. It is titled “Conversion is a life long journey”

Many blessings to you.

Stephanie Stewart  
Religious Education Coordinator



## GENERAL SCHOOL NEW

### Class Awards

Presented at Assembly next Monday, 2.00pm

K Blue	Faith L Nikhil S
K Maroon	Charlotte H Uasi T
1 Blue	Chloe H Ekam S
1 Maroon	Callum S Hayley B
2 Blue	Miles Malnar Olivia Duncan
2 Maroon	Melinda C Theodore P
3 Blue	James H Abbie Mc
3 Maroon	Dakoda K Jack G
4 Blue	Sasha R Olivia M
4 Maroon	Lacey D Mercy L
5 Blue	Jarraah K Aaron S
5 Maroon	Emilia M Jay L
6 Blue	Sam R Ajang A
6 Maroon	Georgia H Sebastian P
Performing Arts	Francesca M (1B) Lucas Q (5B)0

### Dates to Remember

- 21<sup>st</sup> March Harmony Day
- 22<sup>nd</sup> March Community Council meeting
- 23<sup>rd</sup> March Sacrament of Penance
- 26<sup>th</sup> March Catholic Schools' Soccer Carnival
- 27<sup>th</sup> March Kinder water awareness begins
- 7<sup>th</sup> April Last day of term
- 26<sup>th</sup> April First day of Term 2

### Happy Birthday...

Happy Birthday to Nicholas C, Isabella S, Elise S, Daniel S, Robert W, Rowan B, Garang B, Bryon H and Walter N who all had birthdays during the last week.



### Running Club

All students are invited to join the Running Club which will be held on Fridays. Please meet Mr Gibson on the blacktop at 8:10am.



LOOK AT THE BEAUTIFUL PRODUCE FROM OUR GARDEN.  
FOR A DONATION YOU CAN TAKE SOME HOME.  
STOP BY THE FRONT OFFICE AND HAVE A LOOK.

# COMMUNITY NOTICES

## *About Ignite Walk*

At Cerebral Palsy Alliance ACT we are launching our brand new challenge event - Ignite Walk Canberra on Friday 28 April 2017.

We are reaching out to our local community to support us in promoting this incredible event and we need your help.

Parents round up the kiddies and get ready to glow for a night like no other as you Ignite Canberra.

Together you can glow under light tunnels and radiate through the fully accessible (7km, 14km, or 21km) track seeing Lake Burley Griffin and Lennox Gardens illuminate with live entertainment, light installations, neon face painting and music as you sparkle in the dark.

Head to the website for more information: [www.ignitewalk.com.au](http://www.ignitewalk.com.au)

## 10 mindsets that will radically improve your parenting

By Michael Grose

*The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.*

All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents' mindsets, rather than their parenting skills and understandings.

Here are 10 mindsets for parenting success:

### **1. Believe in your child**

This is easy if you have an 'early maturer', a child who has talents you value, or one who easily achieves anything he or she puts his mind to. But it's a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child's abilities is revealed through your expectations, your body language, even the expression on your face.

### **2. Look for the best**

What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you'll get more of those things. Set your antennae for children's strengths, abilities and social behaviours and you'll invariably get more of those.

### **3. Think long term**

If you want your child to become independent, then don't do everything for him or her; you need to teach them some skills so they can become self-sufficient.

**Awareness, teaching and opportunity** are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

#### **4. Be brave**

Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you've worked out what's worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

#### **5. Think family**

Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting 'the gang' rather than individual children. *"What's in the best interest of my child?"* has replaced *"What's in the best interest of the family?"* as the guiding family principle. This has partly come along as a result of small families, and partly it's a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what's best for each child as an individual, rather considering what may be in the best for the entire gang.

#### **6. Accept challenges**

There are always challenges raising kids. It's important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It's these challenges that will make you a better parent.

#### **7. Build your community**

Parents don't raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven't all the answers so they build a community of support and expertise around them.

#### **8. Trust the process**

Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It's best to trust the process and allow people to educate, care for and look after your child in their own way.

#### **9. Adversity builds character**

It's natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

#### **10. This too shall pass**

The hardest part of parenting is supporting kids when life doesn't go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that *"This hardship too shall pass."*





## PARENTAL ENGAGEMENT FORUM

"THE CRITICAL ROLE OF PARENTAL ENGAGEMENT IN SUPPORTING YOUR CHILD'S WELLBEING AND LEARNING"

THIS FORUM IS INTENDED FOR:  
SCHOOL BOARDS/SCHOOL COUNCILS, PRINCIPALS, PARENTS, TEACHERS AND CEO STAFF.

### GUEST SPEAKER

DR MICHAEL CARR-GREGG  
ADOLESCENT AND CHILD PSYCHOLOGIST



#### WORKSHOP OPPORTUNITIES WILL INCLUDE:

Engaging with your child for Wellbeing, Engaging with your child with a disability, Engaging with your child to improve learning outcomes, Engaging with your child's school and Engaging with your parents – a child's perspective.

The day will also include the launch of the Parent Charter for Catholic Schools in the Archdiocese of Canberra and Goulburn.



### VENUE, DATE & TIME

MERICI COLLEGE  
WISE STREET, BRADDON ACT 2612  
SATURDAY 25 MARCH  
9AM TO 3.30PM

*"EVERY STUDENT – EVERY HOME – EVERY SCHOOL"*

THIS IS A FREE EVENT. TO REGISTER PLEASE CLICK ON THE LINK BELOW.

**REGISTER NOW**