



# The Evangelist

St John's Primary School, Riverstone

Ph: (02) 9854 3200

E: [riverstone@parra.catholic.edu.au](mailto:riverstone@parra.catholic.edu.au)

W: [www.stjohnsriverstone.catholic.edu.au](http://www.stjohnsriverstone.catholic.edu.au)

## Term 4 Week 4

## Thursday 2nd November 2023

### ***A Message from the Principal,***

Dear Parents and Carers,

This week on Monday and Tuesday Stage 3 attended an overnight camp at The Collaroy Centre in Collaroy.

This was a great experience for all of our children who were able to attend. While it is always an anxious time, as many children have not slept away from home before, events like this offer children an opportunity to transition to independence as they explore the world in a new and exciting way. Raising an independent child means teaching responsibility, encouraging exploration and providing a safe environment for a child to make decisions independently. Opportunities for independence also help to boost a child's self-esteem. Our children's approach to life can also be a lesson to us. Don't be scared by things that go bump in the night "the unknown", don't be thrown by unexpected and new situations. Even these can be resolved with reason and courage, by calmness and fortitude and logic and of course with the help of a friend or two.

I am pleased to say that all of our children had a great time and made the most of all of the activities that were planned for them. The staff at the Collaroy Centre commended our children on their enthusiasm and participation and I am pleased to say that they were all in bed asleep at a reasonable hour and were up ready to go early the next day. The children showed great friendship towards each other, making sure that at all times everyone felt included. We were very proud of them. I would also like to extend a huge thank you to all of the staff who worked hard to ensure this was a fun and safe experience for our children - from the ladies in the office to our teachers who attended, Mrs Hynes, Mrs Giglio, Mrs Rowley and Mrs Tolhurst. Thank you very much for making these experiences possible for our children.





# The Evangelist

Next week our school will undergo our annual desk audit to ensure we are meeting all the requirements for registration. At this time we present assessments, timetables, work samples and programs of work as well as policies and corresponding evidence to show that we are compliant. It is always a busy and slightly stressful time and added to this the teachers are also currently writing reports. I am very confident that St Johns meets all the requirements and it is always affirming to know that we are doing a good job.

## Christmas Concert and Parish Carols

I would like to encourage all of our families to join us on this special night as we celebrate Christmas as a whole parish community. This will be an informal night and all children will be part of the carols. I look forward to seeing many of our families on this special occasion.

## Colour Run

***Congratulations St John's!! To date we have raised just over \$6000 from our Colour Run.***

***It's not too late to make your donations.***

***Our raffle will be on Monday morning at assembly commencing at 8.50am (6th November 2023)***

***Thank you for supporting our main fundraiser for the year.***

***All money raised will go towards more fun equipment for the playground.***

## Prayer for Peace—St. John Paul II

*Lord Jesus Christ, who are called the Prince of Peace, who are Yourself our peace and reconciliation, who so often said, "Peace to you" – please grant us peace.*

*Make all men and women witnesses of truth, justice and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace.*

*May all peoples on the earth become as brothers and sisters.*

*May longed-for peace blossom forth and reign always over us all. Amen.*

Have a happy and safe week.

Jane Misk  
Principal

*Congratulations to  
Mrs Julia Squadrito and her  
husband who welcomed their new  
baby son yesterday. Mum and baby  
Thomas are both doing well.*



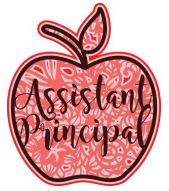


# The Evangelist

## ***Message from the Assistant Principal***

### **Everyone's good at something!**

Supporting children's' confidence



#### How confidence develops

As children progress through Primary school they see how well they do things compared to others and their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They begin to notice how other children and teachers respond to what they do.

These things influence children's confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.

#### Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just *feeling* good but also knowing you are good *at something*.

Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

#### Optimistic thinking

Optimistic thinking recognises what has been achieved instead of what has not. It looks at the glass as half full rather than half empty.

Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.

#### Dealing with disappointment

Everybody fails to achieve their goals sometimes and it is important for children to understand and be able to deal with these disappointments. Parents, carers and teachers can help by:

- Responding sympathetically and with encouragement, e.g. "That was disappointing, but at least you had a go."
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., "What can you try that might make that work better next time?"
- Challenging 'I can't' thinking by showing, and saying, you believe in them and reminding them of what they have achieved.

#### How parents and carers can help

Confidence improves through building on small successes. Parents, carers and teachers can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don't succeed straight away



# The Evangelist

- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

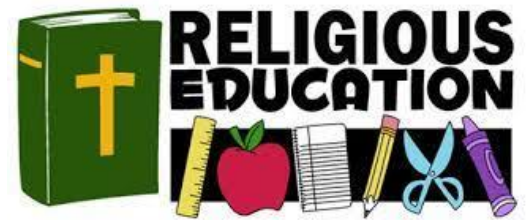
Have a good week,

Judith Murphy

**Acting Assistant Principal**

## ***A message from the Religious Education Coordinator***

This week we celebrate All Saints Day and All Souls Day in our Catholic Faith. Every year on November 1, many Roman Catholics and other Christians around the world observe All Saints Day, which honours all saints of the church deemed to have attained heaven.



Sometime in the 10th century, the Catholic priest St. Odilo of Cluny instituted All Souls' Day on 2 November as a day to pray for the souls of deceased family members—ordinary men and women who had lived good lives.

We have students who are currently preparing for the Sacrament of Confirmation. As part of the Sacrament, students are invited to select a Saint name that they resonate with. You are invited to join the children making their sacrament on Tuesday 21st November at 7:00pm.

***Dear Lord***

***Please help me follow their footsteps, and yours, Jesus Christ. Please help me to live in Your image, seeking Your will in all things, as the Saints did. Please help me to devote myself, and all that I do, to Your glory, and to the service of my neighbours. Amen.***



Angela Rowley

**Religious Education Coordinator**





# The Evangelist

## ***A message from the Diversity Leader***

On Friday 20th October, St John's had a visit from the Jarara team to work with our Indigenous students.

The children participated in a Yarn led by Ted and Taleishah, during which they learnt more about connection to country and Indigenous traditions such as storytelling and totems.

We look forward to welcoming Jarara back to St John's next year to continue this important work.



Kathleen Roberts

***Diversity Leader***

## **Book Fair**

Our second fair for 2023 will arrive at St Johns on the 23th November and depart on Thursday 7th December. Further details on opening days and times will be advised shortly.



## **Premiers Reading Challenge**

While the 2023 Reading Challenge has now closed. Please keep on reading, as these books can be recorded against the 2024 Challenge when it opens in March. All you need to do is keep a record of the books you read.

If you have not participated in the Reading Challenge before and would like to in 2024 please email the school and I will add you to the challenge in 2024. Note: I will not be able to issue you with a login or password until registrations open in March.

Karen Abbott

***Library***

## Helping your family stay safe online

**Children can learn, explore, play and make friends online. But there can be risks.**

Your child might accidentally see upsetting content, be contacted by strangers or experience bullying. They might also miss out on important things like spending time outside.

Here are some easy things you can do to help keep children safe online.

### Talk about online safety as a family

Let your child know they can always come to you if something happens online that makes them feel scared or upset.

You can ask your child to show you the games and apps they use. Use eSafety's [conversation starters](#) to help you get started.

### Set up family rules together

As a family, you can choose some easy rules to help keep everyone safe online. You can include things like where devices can be used, what games and apps your children can use, and how much time can be spent online. Most devices and apps have features to set limits on how they are used. Watch [this video](#) to learn more about parental controls and settings.

### Know where to get help

If you need help with an online issue and you are not sure what to do, talk about it with someone you trust, like a friend or a teacher at your child's school. You can also speak to someone at [Parentline](#) for help with parenting challenges. The eSafety Commissioner (eSafety) helps to keep all Australian families safe online. The [eSafety website](#) has more information about [reporting online abuse](#) and staying safe online.



For more information about how to keep your family safe online, search for [eSafety Parents](#) on our website.



# The Evangelist



## November

**Monday 6th November** - COLOUR RUN RAFFLE DRAW, Morning Assembly 8.50am. Stage 3 Burn Bright Leadership Incurion. Tiddalick Incurion ES1, Stage 1 & Stage 2  
**Wednesday 8th November** - Kindergarten 2024 Transition Group B Session 9.30am  
**Wednesday 8th November** - Stage 2 Excursion - Hyde Park Barracks  
**Thursday 9th November** - Kindergarten 2024 Transition Group C Session 9.30am  
**Thursday 9th November** - Kindergarten 2024 Transition Group D Session 12noon  
**Wednesday 15th November** - Whole Cohort Kindergarten 2024 Transition Session 9.30am  
**Friday 17th November** - Stage 3 Surf Awareness Program  
**Thursday 23rd November to 7th December** - Book Fair Number 2  
**Wednesday 29th November** - Swimming Carnival Yrs 3-6 12 noon to 2.40pm

## December

**Friday 1st December** - Christmas Concert with Parish 6-8pm  
**Thursday 7th December** - Whole School End of Year Mass 11.45am - 12.45pm  
**Tuesday 12th December** - Year 6 Graduation Mass and Afternoon Tea  
**Wednesday 13th December** - Year 6 Funday, Treetops Adventure Park  
**Friday 15th December** - Last Day Term 4 for Students

## January 2024

**Tuesday 30th January** - Staff Development Day - NO STUDENT AT SCHOOL  
**Wednesday 31st January** - Staff Development Day - NO STUDENT AT SCHOOL  
**Thursday 1st February** - FIRST DAY TERM 1 2024 - YEARS 1 TO 6  
**Friday 2nd February** - FIRST DAY TERM 1 2024 - KINDERGARTEN



### END OF YEAR DATES

**Friday 15th December** -  
**LAST DAY FOR STUDENTS**  
**Monday 18th & Tuesday 19th**  
**December** -  
**STAFF DEVELOPMENT**  
**DAYS**



### TERM 4/2023

**KINDERGARTEN** - TUESDAY'S  
**YEAR 1 & YEAR 2** - WEDNESDAY'S  
**YEAR 3 & YEAR 4** - WEDNESDAY'S  
**YEAR 5 & YEAR 6** - TUESDAY'S







# The Evangelist

## UNIFORM

**LOWES** has advised that the maroon school jacket is temporarily unavailable.

Students are able to wear their navy sport jacket instead. Boys grey socks with stripes have been discontinued.

Plain grey socks can now be purchased.

Thank you for your understanding.

### SECOND HAND UNIFORM SHOP

OPEN Wednesday 8.30am to 8.50am

Please see the staff member at the front gate for access

## STUDENTS NOT RETURNING IN 2024

Please advise the school office if it is your intention that your child/children will not be returning to St John's in 2024.

Written, signed notification is required, please contact the office for an 'Advice of Withdrawal of Enrolment' form that will need to be completed and returned as soon as possible.

## NO PARKING IN STAFF CAR PARK

A gentle reminder to all parents and carers that there is no parking in the staff car park unless you are picking up a child from sickbay. Please use the church car park or street parking.

Thank you for your support in keeping everyone safe at St John's.

### School

5 McCulloch St Riverstone NSW 2765

Ph: (02) 9854 3200

E: [riverstone@parra.catholic.edu.au](mailto:riverstone@parra.catholic.edu.au)

W: [www.stjohnsriverstone.catholic.edu.au](http://www.stjohnsriverstone.catholic.edu.au)

Principal: Jane Misek

Office Hours 8.30am – 3.30pm

### Parish

Cnr Garfield Road & McCulloch St Riverstone  
NSW 2765

Ph: (02) 9627 2276

E: [stjohns10@bigpond](mailto:stjohns10@bigpond)

Parish Priest: Father Zakaria Gayed

Weekend Mass Times: Saturday 6pm,

Sunday 7am & 9am