



ST JOHN'S SCHOOL

NEWSLETTER

Welcoming, Respecting, Learning, Creating Community

Principal's Message:

Week 11 | April 11th , 2024

Dear Parents,

This is the final week of Term 1. We will commence Term 2 on Monday the 29th of April. I wish all families a wonderful break. This week we also bid farewell to Mrs. McAndrew as she embarks on maternity leave. We extend our warmest wishes to her and Nate during this special time. We look forward to meeting Baby McAndrew in May.

Staff Professional Development

On Monday, the teaching staff of St John's Parish participated in professional development at St Joseph's in Nyngan. We looked at the cultural and historical aspects of the religious curriculum and what it means to engage, encounter, celebrate and respond to scripture in our modern world.

Peachey & Richardson Gala Day Football

On the 10th of April 2024, our students will participate in the Peachey & Richardson Gala Day Football event. Miss Zoe Sunk and Mr. P will accompany the students, and we kindly ask that all students come to school first. Please note that there will be no canteen available at this event.

P&F Mother's Day Stall and Afternoon Tea- Save the Date: 10th May 2024

Mark your calendars for an exciting event on the 10th of May 2024. Stay tuned for more details!

Anzac Day Parade Participation

We invite your child to march alongside the school in the Anzac Day parade on the 25th of April. Kindly provide your consent via the Compass Parent Portal. If your child is representing our school on ANZAC Day will meet at the RSL at 9:30 am for this meaningful event.

Australian Early Development Census (AEDC)

Our school will participate in the Australian Early Development Census (AEDC). Please refer to the newsletter for more information.

Cross Country Event

Get ready for some active fun! Cross Country will take place on Wednesday, May 1st, 2024, in the first week of Term 2. All parents are welcome to attend and support our students.

Educational Visit to St Joseph's Parish School, Nyngan

On the 11th of April 2024, Mr Bennett and Miss Sunk will visit St Joseph's Parish School in Nyngan. They will explore classrooms and learn about Spelling Mastery implementation at St Joseph's. Next term Year 5 & 6 will be participating in Spelling Mastery intervention.

Cobar Show Theme: "Looking Forward, Looking Back"

As we gear up for the Cobar Show starting on the 3rd of May 2024, our first week back will focus on the theme "Looking Forward, Looking Back." It promises to be an enriching experience for our students.

Upcoming Events

Finally, don't miss our final whole school Mass this Friday at 10 am, followed by an assembly at 2:45 pm.

Have a great week! [Kim Kliendienst, Principal](#)

Prayer to students parents & staff,

Father, please pour out Your blessings upon our whole school community so that everyone grows in the knowledge of Your truth, love, wisdom and peace. In Jesus name we pray. Amen.

SKILLS FOCUS

BIG EMOTIONS CONNECTED TO CORE NEEDS

Many children behave differently for their parents than their teachers at school. Most children find they can relax and show true feelings and emotions at home because they feel safe. This can confuse and upset parents when their child shows intense and big emotions. The best way to treat your child's anger, frustration or sadness at home is to understand your child's emotional core needs.

Emotions play a crucial role in communication by allowing us to express our underlying needs and desires to others. At the heart of communication lies the ability of emotions to serve as a bridge between our internal world and the external environment. When we experience joy, sadness, anger, or fear, these feelings often mirror specific needs or desires that are either fulfilled or unmet.

We share vital information about our needs by articulating our emotions, enabling others to comprehend and respond to them effectively. Moreover, emotions unfold as a language of their own, expressed through nonverbal avenues like body language and facial expressions. These unspoken cues offer invaluable insights into our emotional state, allowing others to discern our needs even without explicit verbal dialogue.

Our emotions tell us a great deal about our core needs. Core needs are fundamental psychological requirements that contribute to our overall well-being, sense of security, and fulfillment. These needs play a significant role in shaping our emotions, behaviours, and interactions with others. Common core needs include:

Safety and Security

- Physical safety
- Rest/sleep
- Protection against threatening forms of life (bacteria, viruses, disease)
- Fresh air, water, cleanliness
- Stability
- Physical health

Connection and Belonging

- Affection and connection
- Belonging
- Trust
- Love and care
- Intimacy and closeness
- Feeling understood and included

Autonomy and Independence

- Purpose
- Hope
- Sense of belonging to a larger cause
- Choice, freedom, autonomy
- Growth
- Creativity and learning

Our emotions help us to understand and advocate for our core needs; we just have to know how to identify them.

The Emotion-Needs Connection Wheel

The Emotion-Needs Connection Wheel



Just identifying the need can help bring down the intensity of the emotion. The next time your child is feeling overwhelmed by a big emotion, try to see if you can identify the underlying core need connecting to it. This simple act will calm down your amygdala!

The first thing to say is what do you need? How can I help you?

St John's School Calendar

	Monday	Tuesday	Wednesdy	Thursday	Friday
April	8	9	10	11	12
Week 11	Pupil Free Day				students last day of term

STUDENTS RETURN FROM SCHOOL HOLIDAYS:

Monday 29 April 2024!
Have a fabulous & Safe break



EGG GUESSING COMPETITION

Stage 3 will be going on an Excursion in Term 3 to Sydney. We need your assistance in raising money to help with the costs.

At assembly at 2:40pm, we will have a large jar of Easter Eggs in which students and parents can guess the number of eggs within the jar for a gold coin donation.

The closest guess at the end of week 11, will receive the Jar of Eggs. Students can bring gold coins throughout the week to have a guess.

We appreciate any donations to help with costs.





INFORMATION FROM CATHOLIC EDUCATION WILCANNIA FORBES:

DIGITAL CHILD SAFETY HANDBOOK

We are pleased to advise that a new edition of this valuable safety resource is now available online.

The Child Safety Handbook App has also been produced by NSW Police Legacy and includes everything we need as a community to protect our most valuable and vulnerable resource – our children. From preventative measures at home to safety outdoors, from cybersafety to dealing with peer pressures, this App is a resource for every family and school community. The app can be downloaded via the Apple store and Google Play.

Link to the digital handbook – Digital Child Safety Handbook
Here is a link to the childsafetyhub.com.au website.

Assembly:

Friday 12th April
2:40pm School Hall

Parents welcome

Please be aware of the bus zone in Prince Street. Do not park in this area as the buses may arrive before parents have had time to move their car.

Mass

Friday 12th April
Year 6 White Hosting
Whole School Attending

Parents welcome

Thank you

To everyone who contributed to the Easter raffle through donations and ticket purchases. Your support means that every cent raised goes directly back into our school community, enriching the educational experience for our students in countless ways. Your generosity is truly appreciated and makes a significant difference in the lives of our students.

Thank you to the P&F for your organisation and commitment!

EASTER CELEBRATIONS



HAPPY EASTER

Building a national picture of child health

From May 2024, our school, along with thousands of others across the country, will participate in the Australian Early Development Census (AEDC).

The AEDC is a teacher-completed census (similar to a questionnaire) which provides a comprehensive picture of how children have developed by the time they start their first year of full-time school.

The AEDC is an Australian Government Initiative and is completed nationally every three years.

Children don't miss any class time while the AEDC is completed, and parents/carers don't need to supply schools with any new information.

The data collected through the AEDC is used by schools, communities and governments to better understand children and families' needs, and identify the services, resources and support they need.

AEDC data is reported at a school, community, state/territory and national level. AEDC results for individual children are not reported and the AEDC is not used as an individual diagnostic tool.

Some teachers have found that completing the AEDC made them more aware of the needs of individual children and their class, and that the data was useful for planning for transitions to Year 1 and developing programs.

Participation in the AEDC is voluntary, however the AEDC relies on all schools with children in their first year of full-time school participating in the collection. Parents/carers don't need to take any action unless they choose not to include their children in the census.

To find out more about the AEDC and how it is being used to help children and families visit: www.aedc.gov.au.

If you have any questions, you can contact Mrs Kim Kliendienst on 0268362185 principal.cobar@wf.catholic.edu.au