



ST JOHN'S NEWS

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Issue No 5 – 28th February 2019

PRINCIPAL NEWS

Dear Parents,

It was very encouraging to have a strong attendance at our first P&F Meeting for the year. Those who came along were presented with an outline of our direction for 2019 and were given an introduction to the activities of the P&F for this year and to work we are doing with the children and staff on developing a 'culture of thinking' at St John's across Key Learning Areas. Ms Ingram, our Assistant Principal, provided the outline and has placed her presentation notes on our Class Pages under the Parent Tab for your reference. We will keep you informed of progress in this area during the year and will provide opportunities for parent engagement with the work we are doing. For more information about our direction and what is happening with our playground, the hall and communication about learning, please refer to my report in the P&F section of the website.

Feedback from our community survey in 2018 indicated that parents want information about the learning that is happening in our school. Busy work and family lives can make it quite challenging to keep up to date with what happening at school, so in recent years, we have increased our online presence in order to make information more accessible to all our parents. Our Class Pages, school newsletter and Facebook page all carry information about what is happening at St John's. There are times, however, when touching base face to face is necessary.

Our recent Information Nights were very well attended. At the end of this term, we will be organising meetings with parents, children and teachers to do Term 1 and 2 goal setting. We would like you and your child to take the opportunity to meet with your child's teacher at both the end of Term 1 and the end of Term 2. A link to class bookings for Term 1 interviews will be sent by Flexibuzz and be placed in the school newsletter next week. We are already at Week 5 of Term One, so interviews are about four weeks away.

The **Parent Information Evening for Reconciliation** will be held tonight (Feb 28th) in St John's Church beginning at 7pm. Reconciliation classes run during the season of Lent which begins with Ash Wednesday, March 6th. The season and sacrament are about healing, making things right in our relationship with Jesus and with each other and about preparing for the joyful time of Easter when we celebrate Christ's resurrection. We will keep the children and their families in our prayers as they take part in their preparation for Reconciliation.

Best wishes for the week ahead

Mark Bateman – Principal

WARATAH PARADE DROP OFF AND PICK UP - IMPORTANT:


As we begin a new school year we ask our parents to think about the safety of ALL children when dropping off and picking up from Waratah Parade. We have had parents and neighbours complaining about the unsafe practices of St John's parents blocking the pedestrian crossing - PLEASE ENSURE THAT **ALL WHO ARE INVOLVED IN DROP OFF OR PICK UP ON WARATAH PARADE** REMEMBER TO:

- **LEAVE** ample **ROOM BEHIND FOR** other vehicles;
- **STAY IN THE CAR**. Children should be ready, say hello or goodbye in the car, get in or out of the car with their bag and (in the mornings) walk straight into school. In the afternoon, the children should get straight into the car with their bags.
- **PARK OUTSIDE THE DROP OFF AREA** IF there is **ANY NEED TO GET OUT** of the car.

- let the **CAR IN FRONT LEAVE FIRST.**

Even though it is a short amount of time involved dropping off and picking up care is needed. Think 'cooperation and good of all' rather than 'my need before others'.

DIARY

Week 6 Term 1 Mon 4 March	Week 6 Term 1 Tues 5 March	Week 6 Term 1 Wed 6 March	Week 6 Term 1 Thurs 7 March	Week 6 Term 1 Fri 8 March	Week 6 Term1 Sat/Sun 9/10
<i>Year 2 Prayer Assembly 8:45 in the church</i>		<i>Ash Wednesday</i>	<i>Open Evenings at Mater Maria and St Paul's 4pm-7pm</i>		<i>Bush Dance</i> 
Week 7 Term 1 Mon 11 March	Week 7 Term 1 Tues 12 March	Week 7 Term 1 Wed 13 March	Week 7 Term 1 Thurs 14 March	Week 7 Term 1 Fri 15 March	Week 7 Term1 Sat/Sun 16/17
<i>Year 1 Prayer Assembly 8:45 in the church</i>					<i>School Parish Mass – Yr 3 & 4 @ 5pm</i>

IMPORTANT DATES FOR THE DIARY

Mon 19 March

Open Day morning 9.15-10.40am

Open evening 6.30-8pm

Thurs 4 April

St John's Playgroup 9-11am

Tues 9 April

Year 3 & 4 Soccer Gala Day

Thurs 11 April

Year 5 & 6 Soccer Gala Day

Fri 12 April

St John's Cross Country

Last Day of Term

AWARDS



**Awards are presented on Friday:
K-2 Awards in the Library at 8:45, 3-6 Awards on the Softfall at 2:40**

Strength & Gentleness		Alison L (Yr 6)				
KB	Christian C Ashton C Sebastian R Sethum R	3B	James C Scout M	5W	Zac A Amelia H	Sports Noah M (2B) Christopher A (4B) Domenic C (6W)
1B	Jake J Holly S	3/4W	Bailey G Luella V	6B	Camila G Alessia L	
1W	Jack H James S	4B	Christopher A Elisia L	6W	Ruby C Antonio K	Drama Michalis S (2W) Claudia G (5W)
2B	Riley H Arwen T	4W	Asha F Mia H	5/6F	Toby P	
2W	Tobias P Arkie T	5B	Nelson D Jasmine L			Library Caitlin K (1W) Chloe F (6B)

ASH WEDNESDAY

Our Liturgical Season of **Lent** begins with Ash Wednesday on 8th March. Ash Wednesday takes place 46 days before Easter Sunday. It is a season of penance, reflection, and fasting.

Years 3-6 will attend Mass with the Parish at 9:30am and K-2 will have a liturgy in the Church at 11:15am.

Parents and friends are welcome to join us for this important day in our church calendar.

Don't know much about Ash Wednesday? Have a look at [this clip](#) which gives a good overview.



PROJECT COMPASSION

Next Wednesday every family will receive a Project Compassion box. Project Compassion is Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

This year's Project Compassion showcases the many ways we work around the world with our local partners to offer hope to people most vulnerable to extreme poverty and injustice.

As Pope Francis said, **"The future does have a name... and its name is hope."**

Through your generosity during Project Compassion this year, you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.



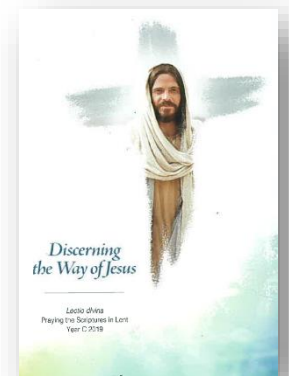
How can your family work together to spread hope this Lent? Rather than just putting random coins in the box, can you set a goal? All agree to go without something during Lent? Plan how you will get money by doing extra chores? Make the Project Compassion Box a focus for your family's Lenten journey this year.

LENTEN PRAYER OPPORTUNITY

How is Lent different from the rest of the year for you? Is it a time that develops your faith and your relationship with God? How do you make an effort to prepare for Easter over the 40 days of Lent?

If you are interested in doing something spiritual for Lent, we are looking at meeting once a week, during Lent, for 30 minutes on **Thursday mornings after morning assembly in Room 5 (Music Room)**. We will base our prayer on the Diocesan Program "Discerning the Way of Jesus". Each session will look at the readings for the next Sunday and include time for prayer, reflection/meditation and finish with a call to action for the following week. It's very guided – and you can say as much or as little as you like. You don't have to commit to every session, it's OK to come to the sessions that you can make. Toddlers are welcome.

Our first session will be next **Thursday 7th March**.



SCHOOL PARISH MASS – SATURDAY 16TH MARCH @ 5PM

Years 3 & 4 will be hosting our next Parish Mass and sausage sizzle.

Everyone is welcome to join us – why not make this part of your family's Lenten preparation?

HOW GOOD ARE OUR LEARNERS?

There's been some amazing learning happening across the classrooms this week. Here are a few of my highlights:

- Kindergarten drawing pictures of the scripture story of Jesus visiting the temple as a child, and explaining to their Year 5 buddies (on camera) their understanding of the story. Can you believe they've only been at school for (not even) 5 weeks!?
- Year 1 and 2 doing some fabulous science learning about how sound works. They've been investigating musical instruments, making predictions, and doing some fair testing.
- The boys in Year 3 were lucky enough to be invited to St Paul's in Manly to participate in a 'Taste of High School.' They had fun being scientist making sherbet, builders who constructed catapults and explorers who learnt how to use a compass. While the boys were away, the Year 3 girls had some fun at school making Roald Dahl dream catchers and the crowd favourite...pizzas for lunch!– read all about it further below. Check out some of the pictures on Facebook.
- Year 4 have been busy studying different explorers. They've looked at literacy features of informative texts and publishing their work on Google Classroom.
- Year 5 creating algorithms for coding and testing out what this means using the example of instructing someone to make a vegemite sandwich. You have to think about giving the instructions like you would to an alien – someone with no 'assumed knowledge'. Check out the video on Facebook.
- Year 6 engaging in some very deep thinking and connecting looking at scripture passages about leadership, connecting to our core values, and also to the qualities and characteristics of what leaders need to be (and what it means particularly for our Year 6 as they lead our school). Check out the picture on Facebook.

CONSTRUCTION CLUB A BIG HIT

At St John's we like to offer a variety of activities for our students during play time. Our library is open at lunch on Mon, Wed and Thurs for quiet activities, reading and chess. We have Coding Club for K-2 on Mondays, and for 3-6 on Tuesdays at lunch. This week we launched a Construction Club in Room 13 and it was quite a hit! Lots of excited children exploring the resources and thinking like engineers as they problem-solved on their own and together. There is also a video posted on our Facebook and an Animoto on the homepage of the Weebly.



CULTURES OF THINKING

Ms Ingram presented an introduction to Cultures of Thinking at the P&F meeting on Tuesday night. She talked about the link between having a growth mindset and how we (teachers, parents and children) are all responsible for creating a culture that embraces and celebrates thinking, risk-taking, and problem-solving! The powerpoint with explanatory notes has been uploaded to the St John's Parent page on the Weebly and the handout (9 apps for parents) is can be found [here](#).

NORTHERN BEACHES SWIMMING CARNIVAL

A report from one of the competitors:

Congratulations to all of the children who represented us so well at the Northern Beaches Swimming Carnival today at Warringah Aquatic Centre.

Today we've had some great results at the carnival. You'll have to wait and see our results. Good luck to the competitors who will compete at the next level. Thank you to all the parents for their support (especially Mrs Crookwell and Mrs Spiteri). Good job to the children that participated.

Thanks to Mrs Brewer for helping us up on the stands.



ENROLMENTS FOR 2020 – SPREAD THE WORD

Enrolments are open for Kindergarten children for 2020. Interest in other grades is welcome. We will be holding Open Mornings and Evening this year for interested families. Dates and time are as follows:

St John's Open Mornings -

Tuesday March 19th 9:15 am – 10:40 am

Tuesday May 7th 9:15 am – 10:40 am

Open Evening - Tuesday March 19th 6:30 – 8:00 pm

Enrolment forms must be in by the end of May 2019 for 2020. We encourage all siblings to have forms in as soon as possible – this will assist us in identifying available spots for next year. School

Tours can be booked on Wednesdays and we encourage families to attend playgroup every second Thursday of the month. Please phone 9971 9297 or email sjan@dbb.catholic.edu.au for a booking or further details.



The school hallways are alive with the sound of music on a Wednesday morning!

It's been a real pleasure getting the band back together and welcoming some new members. Students have been given music to practice at home. If they can bring this with them each week (in a plastic sleeved folder) we can continue to build an exciting repertoire for the year.

Parents - Term 1 fees have been sent via email. A reminder that these are due this week. Please ensure that payments are made to avoid late fees.

We'd love to grow the ensemble even more...and include instruments like the Saxophone, Clarinet...even the Flute!

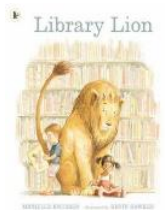
If your child is learning an instrument and interested in being a part of the school ensemble for Term 2, please get in touch with either Mr Frazer at the school or Ben at info@evergreenmusic.com.au

Have a musical week!



LIBRARY NEWS

This week in library Kindergarten read the book Library Lion by Michelle Knudsen. We noticed the alliteration in the title and experimented with other examples of alliteration.



This is an online version of the book if you would like to share the story at home (click image for link).

Years 1 and 2 learnt the history behind read stories and completed online and role play activities around making pancakes in readiness for Shrove Tuesday next week.



Years 3 and 4 looked at the organisation of the library and discussed book care. We will be creating posters or imovies over the next few weeks to remind the rest of the school of the importance of looking after our books.

Years 5 and 6 have begun looking at the Dewey Decimal system and how it helps to organise the library and find information with ease. Click [here](#) on the link to look at some of the online activities we have been completing.

SAVE THE DATE!

Social night for **year 2** parents.

29/03/2019 from **7PM** at **The Collaroy**.

The venue requires a **\$20 per person** deposit and we will put this money towards shared platters and pizzas on the night.

Classparents (Amy, Jess, Nicole, Sonia and Saartje) will collect money and RSVPs next week.

Please see any of us if you have any questions or special dietary requirements.

Hope to see many of you on the night!

Amy, Jess, Nicole, Sonia and Saartje



The P&F Gazette

News and information from the St. Johns Narraweena Parents & Friends Association

BUSH DANCE 6pm Saturday 9th March

YEEEE HAAA! The Bush Dance isn't far away! Next Saturday, the 9th March from 6pm, the usually peaceful Narraweena will be filled with the glorious sounds of *Ducks on the Pond*. Lolly bags, novelty items and raffle tickets will be available to purchase in cash on the night, so be sure to bring along your gold coins. **Please place your Sausage Sizzle and Bushy Burger orders via Qkr! by Wednesday 6th March** to make sure you don't miss out. We're looking forward to welcoming the 2019 St John's School Year with everyone!



PLAYGROUP

If you have little ones and are looking for something fun, social, educational and free to do, come along to our Playgroup. The next session will be on Thursday 7th March at 9:30am in Room 1.

Questions? Comments? Please email stjohnspandfassociation@gmail.com We'd love to hear from you!

Best wishes,

Bel, Saartje, Matt, Russell, Jo & Gen

FAMILY LIAISON

Term 1 Parent Course – 123 Magic and Emotion Coaching

Many of you have requested parent courses via the 'My Child and Our Family' Information notes sent home by class teachers earlier this term. This term we will be offering the very popular *123 Magic and Emotion Coaching* course. I strongly recommend this course to all parents of children ages 2-12. The course material covers managing difficult behaviours as well as learning how to tune into your child and help them understand their emotions and behaviours. Please see all the details included in the flyer on the back of the newsletter.

Jeanie Mc Donnell

Family Liaison / Parent Education

OPEN DAYS

Mercy College – Sunday 3rd March 11am –2pm 101 Archer Street, Chatswood

Visit our website for more details – <https://www.mercychatswood.nsw.edu.au/>

Monte Sant’ Angelo Mercy College – Sunday 10th March 9.30am-1.30pm 128 Miller Street, North Sydney

Visit our website for more details – <http://www.monte.nsw.edu.au/>

Stella Maris College Manly – Wednesday 13th March 4pm-7pm 52 Eurobin Avenua, Manly 9977 5144

Visit our website for more details – <http://stellamaris.nsw.edu.au/>

Mater Maria Catholic College – Thursday 7th March 4pm-7pm 5 Forest Road Warriewood

Visit our website for more details - www.matermaria.nsw.edu.au

St Paul’s Catholic College – Thursday 7th March 4pm-7pm Darley Road, Manly

Visit our website for more details – www.stpaulsmanly.nsw.edu.au

St Augustine’s College Friday 1st March from 3.45pm to 7pm Federal Parade Brookvale

Visit our website to register your interest and for more details - <https://www.saintaug.nsw.edu.au/2019-open-day>

The North Shore Railway Modellers Association Inc.

presents the 47th annual **FORESTVILLE EXHIBITION**

Saturday 2nd March 9am-5pm & Sunday 3rd March 9am-4pm

Forestville memorial halls Cnr. Warringah Road & Starkey Street, Forestville

Admission: Adult \$13, Child \$6, Concession \$10, Family \$32

“Bring and Buy” Stand

If you have any model railway items that you no longer want, you can sell them at our “Bring and Buy” stand.

If you need further information, please email exhibition@nsrma.com.au

Public Transport Information

The bus stops are at the intersection of Warringah Road and Starkey St, Forestville just opposite and a few metres from the hall.

State Transit Buses

- Route No. 136 Manly Wharf to Chatswood Station via Dee Why.

Forest Coach Lines

- Route Nos. 270 & 271 from Clarence St, just north of Market St. City
- Route Nos. 280, 281 & 283 from Chatswood Station
- Route No. 280 from Warringah Mall via Allambie Heights.

For timetable information go to www.transportnsw.info.



Northern Beaches Waterpolo Academy

Flippaball – Skills & Drills – Manly Swim Centre, Friday evenings 7pm to 8pm. Ideally suited for boys and girls age 7/8/9 years of age. Learn basic skills for Water Polo in a fun environment.

We also run this program at Warringah Aquatic Centre on Sunday evenings 6pm to 7pm.

Junior Development Competition – We have places available in our teams, Division 1 Competition for Boys and Girls Born 05/06 and experienced Born 07/08's. This competition is run on Friday evenings at Manly Swim Centre and games are scheduled between 7pm and 9pm.

Beginner/Development Competition – We have places available in our Division 2 Beginner/Development teams. This competition is run on Sunday evenings at Warringah Aquatic Centre from 5pm to 7pm. It is open to Boys and Girls born 07/08 and 09's who have completed Skills sessions. All players are required to be independent and confident swimmers. If you wish to give Water Polo a try, this is the ideal competition to join. Players will learn the basics as they go during the 8 weeks of the competition. We are hopeful they will then wish to continue and join the specific Skills and Drills training sessions in Term 2.

Visit the Northern Beaches Water Polo Academy website <https://www.revolutionise.com.au/nbwpa/> and click on the EVENTS tab to view all programs on offer or contact Paula Woolley – 0409905501 - Email nbwaterpolo@gmail.com

Come & Try Rugby

When: Sunday Feb 10 & 17

Time: 3 - 5pm

Where: Griffith Park

Bring runners and water bottle

Coaches will be running activities for the kids and answering questions about the 2019 season

We have teams for Boys and Girls
From U6 to U18
Playing 15 a side and Sevens



collaroyrugby.com
facebook.com/collaroyrugby

**Free
Event**



A stylized graphic of a guitar. The body is a large yellow circle with a dark blue circle in the center. The neck is a vertical orange rectangle with three red stripes. The headstock is a yellow rectangle with two dark blue circles. The bridge is a dark blue rectangle at the bottom.

St John The Apostle
Primary School
Invites you to the

2019

BUSH
DANCE

FEATURING

MUSIC BY **DUCKS ON THE POND** |
FREE ENTRY |
DRINKS | BURGERS | BBQ |
LOLLY BAGS | NOVELTIES |
FACE PAINTING |
RAFFLES | PRIZES & MORE |

Sat | 9. 3.19 | 6PM

**St John's
playground**

PLACE YOUR FOOD ORDERS
VIA THE **QKR APP**

ST. JOHN THE APOSTLE

Catholic Primary School Presents



Course for Parents

1-2-3 Magic and Emotion Coaching

This course encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices.

1-2-3 Magic is easy to learn and it works!

The logical and practical 1-2-3 Magic method can be learnt in **3 sessions**. It is easy to remember and implement especially when parents are tired or stressed.

Where: St. John the Apostle Catholic Primary School
166 Alfred Street, Narraweena. School library.

When: Mondays: 25th March, 1st & 8th April.

Time: 9-11:15am OR 6:30-8:30pm.

Cost: \$10 for a workbook covering the 3 sessions.

Presenter: Jeanie Mc Donnell: Jeanie.mcdonnell@dbb.catholic.edu.au

RSVP: Bookings are essential: <http://www.schoolinterviews.com.au>

Booking Code: ducrg

Queries: School office 9971 9297 or
Email: sjan@dbb.catholic.edu.au

Advertisement

CatholicCare Advisory Sub-Committees Vacancies

- **Finance & Risk**
- **Mission & Identity**

CatholicCare Diocese of Broken Bay (www.catholiccareddb.org.au) is the social care and support agency of the Diocese of Broken Bay. Our reach extends from Sydney's Northern Beaches, Sydney's North Shore and the Central Coast across a broad area covering 2,400 square kilometres, 26 parishes and 44 Catholic school communities.

CatholicCare is supported by an Advisory Council. The Advisory Council is seeking to enhance its support for CatholicCare and its Executive Leadership through the establishment of two new sub-committees. It is envisaged that these Committees will leverage the broader expertise and experience of people across the Diocese, to ensure that CatholicCare's services are provided effectively and efficiently.

We are therefore seeking expressions of interest from people who may wish to undertake the role of a voluntary sub-committee member to support the work of the Advisory Council on either:

- CatholicCare Finance and Risk Sub-Committee
- CatholicCare Mission & Identity Sub-Committee.

Potential applicants are asked to volunteer their time in order to attend meetings on a regular basis (some of which may be by teleconference).

Applicants will need to have appropriate expertise and be of outstanding integrity along with a demonstrated understanding and commitment to the Catholic ethos and values of the Church.

The Advisory Council will make recommendations for appointment to the Diocesan Administrator.

The following experience, qualifications and skills sets will be valuable:

- Finance and Accounting / Audit & Risk Management
- Corporate Governance
- Catholic Social Teaching / Theology of mission and mission integration
- Non-for-profit sector / Community Engagement

If you are interested in applying for any of these Sub-Committees and wish to receive the relevant Information Pack: CatholicCare Advisory Sub-Committees, please contact Mrs Lyn Ainsworth, Executive Director at lynainsworth@catholiccareddb.org.au or on 02 9481 2602.

Applications should be submitted by Friday, 22 March 2019.

Live Life Well @ School

TERM 1 2019 Newsletter Snippets Instructions

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 1 school newsletters.

The newsletter snippets are easy to copy and paste and provide information to families on healthy eating, physical activity and limiting screen time.

TERM 1	NEWSLETTER TOPIC
Week 4	Importance of Breakfast
Week 6	Healthy School Canteens
Week 8	Bike Riding
Week 10	Reduce Recreational Screen Time
Extra	Healthy Lunch Boxes
Extra	Fruit, Vegetable and Water Break
Extra	Let's Skip To It

Thanks! From the Northern Sydney LLW@S team ☺

Live Life Well @ School

IMPORTANCE OF BREAKFAST



It's the most important meal of the day, but 1 in 4 children in Australia skips breakfast.

At school, a hungry child can lose concentration in class and have no energy for playtime.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

Handy tip:

Discourage children from eating breakfast in front of the TV.

This can also help speed up your morning routines!

For more ideas, search 'breakfast' at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY SCHOOL CANTEENS



WE'RE ON OUR WAY TO BEING
GREAT
HealthySchoolCanteens.nsw.gov.au

Great things are happening at school canteens in 2019.

There's a FREE menu check service helping canteens meet the Healthy School Canteen Strategy by December 2019.

Find information on how your vital role can support the Strategy and increase student access to healthy options.

Visit www.healthyschoolcanteens.nsw.gov.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

BIKE RIDING!

Children under 16 years of age (and adults supervising them) are now allowed to ride on footpaths in NSW.
Happy riding!

Follow these tips for safer cycling:

- Wear an approved, fitted and fastened helmet
- Keep left when riding on the footpath and give way to pedestrians
- Wear bright or reflective clothing to make yourself visible
- Travel at a speed that is safe for you and others



National RIDE2SCHOOL Day

22 March 2019 is National Ride2SchoolDay.

Walk, bike, ride, skate or scooter to school to celebrate active travel!

More tips:
www.bicyclenetwork.com.au
www.roadsafety.transport.nsw.gov.au



Health
Northern Sydney
Local Health District

Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase outdoor green time!



'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'

Search 'Outdoor Play' at www.mindmatters.edu.au



Health
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Live Life Well @ School

HEALTHY LUNCH BOXES

Pack the five food groups!

Include all five food groups into your child's lunchbox and water as the best drink!

Breads & Cereals:

Wholegrain bread, pasta, noodles, wrap or crisp bread.

Vegetables: Carrot, capsicum or celery sticks, salad on a sandwich.

Meat & Alternatives: These provide protein. Try cooked lean beef or lamb, skinless chicken or turkey, egg, legumes or hummus.

Dairy: These provide protein and calcium. Try a slice of cheese, yoghurt or milk.

Fruit: Serve in a fun and creative way. Try fruit skewers or fresh cut up fruit in a container ready to eat.

Provided by Cancer Council NSW

More tips and recipes:
healthylunchbox.com.au



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Live Life Well @ School

FRUIT, VEGETABLE AND WATER BREAK

The **Crunch&Sip** break at school is a good opportunity for children to stay hydrated.

Children lose fluid when being active, especially over the summer months.

Drinking water is the best way to quench your thirst.



Help your children choose water as their drink:

- Pack a water bottle each day.
- Try adding a frozen water bottle to your child's lunchbox to keep food items cool.

For more ideas, search 'choose water' at healthykids.nsw.gov.au



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Live Life Well @ School

LET'S SKIP TO IT!

Skipping is a fun way to improve cardiovascular fitness, balance, coordination and muscle tone.

Get Skipping!

- **Practice** a walking skip by moving arms over the head before attempting to step or jump over the rope
- **Skip** through a hoola hoop
- **Play** fun music and skip in time to the beat
- **Get involved** in Jump Rope for Heart!



Skipping rope teaching cues:

1. Head and shoulders held level and straight
2. Arms held at 90 degrees with elbows close to the body
3. Move wrists in a circular action to turn the rope
4. Slight knee bend

For more ideas:
Search 'Jump Rope' at www.heartfoundation.org.au



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FREE PLAYGROUP

Come along and enjoy educational and play-based activities with your preschool aged child and their siblings. Bring a piece of fruit, your smile and imagination as we explore a different theme each playgroup.

PLAY LEARN CONNECT

WHEN? 9.30–11.30AM fortnightly on Thursdays (2 exceptions)

FEB: 7/2, 21/2, MAR: 7/3, 19/3, APR: 4/4, MAY: 7/5, 23/5, JUN: 6/6, 20/6,
JUL: 4/7, AUG: 1/8, 15/8, 29/8, SEP: 12/9, 26/9, OCT: 24/10,
NOV: 7/11, 21/11, DEC: 5/12, 19/12

WHERE? St John The Apostle Primary School Narraweena,
ROOM 1 (entrance via 166 Alfred Street)

WHO? All members of the community

Parents/carers are an important part of playgroup and are required to remain on-site with their children during playgroup.

For queries and questions please contact the office via phone (9971 9297), email (sjan@dbb.catholic.edu.au) or check out our Facebook page (St Johns Narraweena Playgroup)

