Dear Parents and Caregivers,

Congratulations to all students, parents and staff involved in the sports programs on the weekend. I was able to watch the rugby league games on Saturday morning and saw the boys’ basketball team in action on Saturday (evening). All games were played in good spirit and it was great to hear the students saying that they really enjoyed playing sport. I also heard about the success of another different type of sporting group, the St John’s Equestrian Team, who were awarded the Reserve State Champions for the South West region. As a parent, you can never underestimate the importance of working and playing together as a team.

### Events in this month

**Tuesday, May 17**
ICAS · Digital Technology Competition

**Wednesday, May 25**
Marian House Mass

**Friday, May 27**
SW 10 - 19 yrs Cross Country, St George

**Tuesday, May 31**
ICAS Science Competition

**Wednesday, June 1**
Enrichment Night

### Online Research

“The researcher, Elly Robinson, claims young people don’t see the difference between the online and offline worlds as adults do; it’s all the same to them. They’ve got to understand that with technology comes responsible use. There are no clear guidelines around how much is too much, however, please seek help if technology use is affecting the young person's life or that of others around them. The best thing parents can do is educate themselves about the online world, communicate with their children and monitor, but not excessively, what they're doing. You've got to build trust, help them understand good online behaviour and be there to support them if needed.

Robinson also recommends that parents have rules about appropriate use and time spent online and on devices; it’s also an important part of their children's social world. Remember the positives: the internet can foster creativity, facilitate contact with family and friends and provide educational opportunities and information. Once they get older, you can have greater confidence in their skills online, just as you would in the offline world. As long as they have rules and boundaries, parents don't need to be terrified.”

“The Family Educator, Di Wilcox says that technology is our children's way of life and they need to know how to use it responsibly and how to create an online and offline balance. The advice is: Encourage your children to use digital devices in their own time and not when they're with others, so that they maintain their social skills. Technology should be used at a ratio of 1:5. Every one minute of technology should have five minutes of exercise or activities that calm the brain or encourage social interaction. Technology can become an addiction because it rewards us with the ‘pleasure chemical’ dopamine. Signs your child is overusing it might include: increased isolation, aggression (especially after gaming), sleeping disorders, depression and falling school results.

Parents need to become computer savvy themselves, so they know to what their children are being exposed.
Current NEWS!

Prep 2017
Interviews for Prep 2017 are starting next week. If you have not yet enrolled your child, please contact the School Office on 46221842.

Uniform Shop
The Uniform Shop will be closed this Thursday 19th and next Monday the 23rd. Sorry for any inconvenience.
Gabby Barron

School Fees
A reminder that Term Two Fees are now overdue. If you have not received a statement via email, please contact the finance department to confirm we have your correct details.

Student Supervision
Parents and Carers are reminded that their children should not be in the school grounds before 8.00 am and after 3.15 pm as there is no supervision outside these hours.

Reflection

Life is an unanswered question, but let’s still believe in the dignity and importance of the question.
Tennessee Williams

Yours sincerely,
Nicholas Lynch

PINAROO
Community Service

Every Wednesday, a group of students along with Ms Wright and Mrs Purssel spend time with the residents at Pinaroo. This is an enjoyable afternoon where we share afternoon tea and play games. It has been pleasing to observe the relationships between students and residents develop. Students enjoy sharing their news about their family or school day and listening to the residents share their own stories and experiences. This experience is available to all students from Year Four upwards.

We meet each Wednesday at the flag pole at 3 pm and are back at school by 4 pm where students are picked up by parents. If your child would like to participate in this Christian Community Service, please contact Ms Wright at Annie.Wright@twb.catholic.edu.au. We are always looking for some more students to share in this enjoyable time with us.

Ms Annie Wright
Year Three Teacher

Rules and consequences need to be set and respected in the home. Two of the most important rules are: No technology in the bedroom and remove your child’s technology at night and put it where they have no access, so that you can ensure they have a good night’s sleep. Technology has provided our children with so many benefits, but it is our responsibility as parents to ensure they use it positively. Strike a Balance; children are digital natives; to them, offline and online worlds are the same. Educate yourself about what they do online. Visit good websites that explain the online world to parents, such as www.cybersmart.gov.au
Thank you to all the parents/grandparents who have kindly donated their time to fill the tuckshop roster for this term. We sincerely appreciate your support; I can now say that the term has been filled.

As mentioned in the beginning of the school year, the tuckshop is now only selling foods in line with the Smart Choices Guidelines as required for all schools. Please see attached the Smart Choices flyer that basically sums up what Smart Choices are about.

For normal tuckshop days, we are able to sell the ‘Green’ and ‘Amber’ Foods, however, the ‘RED’ Foods are only to be sold once or twice a term.

On Thursday June 16, we will be having a ‘RED’ Food Day.

So for this day, a few items that we previously took from the menu, will be back for the day.

Large Pies - $3.50  
Sausage Rolls - $3.00  
Hot Dogs - $3.00  
Gatorade - $4.00  
Sara Lee Cake - $2.00

Please remember that these will only be available for the one day.

We are continually looking for ways to improve the menu and offer a little variety, so watch this space.

New Addition to the menu – Chicken & Gravy Rolls $3.50

Thanks  
Anita Crawford

A Voice For Change

Last Friday, Janice Golder, one of our Year Twelve Prefects, was successful in winning the local Senior Heat of Rostrum Voice of Youth. She was joined by two other speakers for the competition. Speaking on the topic ‘Catalyst for Change’, Janice posed the question, “Is it possible in the twenty-first century, for an infant, in some small way, to be a catalyst for change?” Her speech examined the rights of refugee and asylum seeker children, especially focussing on the story of Baby Asha whose admission to the Lady Cilento Hospital in Brisbane caused such an uproar. The adjudicators, Mrs Viv Bruton, Mrs Barbara Clark and Mrs Jenny Coggan praised Janice for her sincere and heartfelt delivery. Janice now progresses to the South-West Heat to be held at Fairholme College in Toowoomba next Saturday 21 May. We wish her all the best.

Yenda Emery  
Learning Support Teacher

BACK ROW: Garth Carli (Wallumbilla), Janice Golder, Jenny Coggin.  
FRONT ROW: Barbara Clark, Quinnie Warin (RSC), Viv Bruton.
In Science this term, Year One will learn all about the small animals in their environment including worms, ants and snails. We will be studying how these animals look and move. We will explore where these animals live, what they eat and how they protect themselves.

The students will get the chance to become ‘Habitat Detectives’ and work in teams to find evidence of small animals in a habitat. They will learn how to look after the environment in which they are searching and how to respect the animals they might find.

The Year One students will be writing an information report about one of these animals and will be looking at a number of non-fiction texts to gather information.

Mark Brennan, Claire Angus and Toni Densley.
This week in Pastoral Care lessons and also in Circle Time in the primary classrooms, we will talk about how we can be the best version of ourselves. In 2016, Pastoral Care lessons have touched on learning styles, bullying, mindful thought, character strengths and goal setting and P – 6 Circle Time lessons, while varied, all centre around being kind, thoughtful and emotionally intelligent people.

This is all geared towards helping our students learn how to be the best possible version of themselves, which is at the core of Positive Education.

Most importantly for our students is to learn that in order to ‘bring the awesome’ they don’t have to be winning awards, coming first or achieving high success levels every day. When we visualise our best possible selves, we look towards achieving goals that are challenging but realistic. Our goal is to teach students to set and visualise the achievement of realistic and achievable (yet challenging!) goals and always strive for excellence – whatever the realism for excellence for that individual student may be. Then, bit by bit, we become successful, thorough and engaged individuals, who are working at optimum level.

I found motivation from Kid President to ‘bring the awesome’ at: https://www.youtube.com/watch?v=l-gQLqv9f4o&list=PLigI_dZ-zm6Ll_FGQRgctv6VT17m0OU4O

Bernadette Makim
Coordinator of Positive Education
Modern History at St John's is an exploration of our stories, an in-depth look at the peoples of the past and how they have shaped our world. From the start of the semester, we have analysed Australia’s story through an array of academic lenses. We’ve observed the socio-political, anthropological and cultural changes of our great nation, and drawn conclusions about the key moments in our story. Below, are the thoughts of the Modern History students.

“ать apology speech given by former Prime Minister, Kevin Rudd, was a significant moment in Australia’s modern story. It is a reflection of Australia’s recognition of past mistakes, and ambition to move forward together, as one.” - J

“Months after John Howard took office in 1996, a lone gunman in Port Arthur massacred 35 people. Defying his conservative supporters, Howard tried and successfully managed to introduce a system of gun control, forever changing Australia’s cultural identity and worldview.” - T

“A significant influence on Australia’s history was the global progression of technology, especially the internet in the 1990s, which delivered the world to our fingertips.” - M

“I feel as though the most significant part of Australian history was when we fought in the wars. Our part, presented Australians not only as laid back people, but strong soldiers who fought even when the chances of winning were slim.” - T

“The development of the iconic Australian accent was a significant moment for the identity of our nation. During the influx of immigrants throughout colonial Australia, the mix of different nationalities, language patterns and various accents blended into what we now know as the ‘Aussie Accent’ – an infamous dialect that never fails to entertain.” - J

“Without the 1950s, I wonder if we would even have teenagers. Prior to this, youth were expected to find jobs, take care of the household, listen only to the music to which their parents listened. After many wars and the Great Depression, more freedom was given. Young people became more independent, trends were created, music began to change and more support was provided to those going to university.” - A

Mr Trent Sellars
7 - 12 Teacher
This semester, Year Eight Civics students have been learning about Australian identity, democracy and laws. They have undertaken individual and group tasks in order to actively engage with the issues that affect people in the Maranoa Region and beyond. Students have debated key issues in class, worked together to write practice exam questions to assist their classmates revise and write a feature article demonstrating their understanding of Australian identity, democracy and laws.

Students have also had some fun creating and presenting their own lobby groups and political parties to the class. The current class will be beginning their feature article assessment this week, and will soon be creating and conducting their own surveys asking the community about issues that need to be addressed in the local area and beyond. This will help to provide them with the inspiration to develop a solution to an important issue in our region and/or nation using the power of Australian democracy and laws. Students last term devised some creative and interesting solutions to real issues and I’m excited to see what ideas students this term can come up with.

Luke Colbert
7 - 12 Teacher
Upon hearing I was to undertake my final year placement at St John's in Roma, I was over the moon, but also very nervous! I'm currently in my final year of Education and Exercise Science at James Cook University, Townsville, and the light at the end of the tunnel is fast approaching.

Having grown up in a rural area, I'm passionate about teaching in a country school. I was given plenty of opportunities by my teachers throughout my schooling and I can see the same opportunities being given to the children of St John's, by the many fantastic teachers.

I'm very lucky and privileged to have been included within the HPE and Science departments, and while on my first four week block in February, I enjoyed every aspect of the St John's community. I was involved in swimming carnivals, sporting teams, sports trainings, staff meetings and church services, so I can safely say I was lucky enough to be included.

This school offers so much spirit, the students are eager and willing to learn and participate, and the teachers are extremely knowledgeable and helpful.

Now, I'm back for five more weeks and am very excited for the challenge ahead. Being this close to becoming a 'real' teacher is such an exhilarating feeling, and I feel as if my time at St John's has been the most beneficial yet.

Jaime Slattery
ADF CAREERS INFORMATION SESSION

Australia’s Navy, Army and Air Force can give you experiences money can’t buy – a career that not only improves you personally, but means doing something worthwhile for your country.

There really is something for almost everyone – from fully paid university degrees and graduate entry schemes, rewarding trade and technical careers, exciting combat roles, through to support and administration positions.

With more than 250 jobs on offer, with a multitude of entry avenues, there has never been a better time to find out more.

To learn more, attend an Australian Defence Force Careers Information Session.

When: Thursday, 2 June 2016
Time: 6:00pm
Where: Roma Explorers Inn - 44778 Warrego Hwy, Roma

To RSVP please call 13 19 01 or email cptqld@dfr.com.au

THANK YOU

Thank you to the generous parents and students who helped make our All Saints Mass celebration so special last weekend. The Parish family was so impressed by the lovely singing and art works the students prepared for the service. Thank you to Mrs Angela Brennan, Mr Mark Brennan and Mrs Toni Densley for encouraging and supporting the students on Sunday. Congratulations to Maeve Moloney and Ethan Andrews who read so clearly.

Our Year Seven students and their teachers, Mr Colbert and Miss Southee, are to congratulated for the wonderful Pentecostal art work. These were used to decorate the altar.

Thank you to all who stayed for morning tea as well. We hope that we will be able to have another children’s mass next month.

Carmel Treasure
Teacher
Dear Parents/Caregivers,

St John’s as a school, has a very proud tradition in regards to the expectation of student uniform standards. For many years, visiting teachers and principals, Toowoomba Catholic Schools Office employees and parents have commented on the exemplary way our students wear their uniform.

This standard is something that we as a school must continue to strive for and continue to improve. As we move into the winter months it is important that students are continuing to wear the correct uniform.

Below are a few points for clarification;

• Sports uniform must only be worn on appropriate days (Timetable attached)
• Students’ formal uniform shoes must be plain low cut lace up leather dress shoes
• Girls must not wear stockings under their sport shorts – girls are to wear tracksuit pants if required.
• All students’ hair must be neat and tidy and have no more than 2 natural colours through it.
• Boys hair must be shorter than their collar, if not, it needs be tied up
• Earrings are to be worn in the earlobes only and to be no larger than 4mm. Gold and Silver studs or sleepers are the only accepted earrings.
• All male students are to be clean shaven every day
• Student tracksuit top can only be worn with the sports uniform. Maroon wool jumper can be worn with both sports and formal uniforms
• Likewise, with student hats, formal hats may be worn with both formal and sports uniforms however the school bucket hat must only be worn with the sports uniform.

Please note that if your child does not wear the appropriate uniform to school, they will be issued with a Uniform Infringement Notice. This is to be signed by the parent and returned to school the following day. If for any reason your child cannot wear the appropriate uniform items, a note explaining this is appreciated and sufficient. Continued breaches of the uniform policy will result in the student being sent home from school.

Wearing the uniform properly is a condition of enrolment at St John’s. With parent support, we are hoping to continue to foster this already proud tradition in our uniform and continue to grow and develop pride in our school throughout the community.

We thank you for your anticipated support in this matter. If you have any questions, please do not hesitate to contact your child’s Dean of House through the school administration on 4622 1842.
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<td>• Year 8 HPE (Podbury - M)</td>
<td>• Year 10 OED (Moore)</td>
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<td>• Year 10 REC (Topic)</td>
<td>• Year 10 REC (Podbury)</td>
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P-9 DISCO

26th May

Prep-Year 3  4:30-5:30
Years 4-9    6-8pm

$4 in theme
$5 out of theme
Food and drink SPECTRUM

‘Have Plenty’

Encourage and promote these foods and drinks.

These foods and drinks:
- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

‘Select carefully’

Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:
- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

‘Occasionally’

These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:
- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)
The Captain Active Awesome Active Adventure Stage Show will take students on a one hour, super entertaining and healthy educational adventure from Activeland to Australia via his fruit and veggie rocket.

With the help of awesome active kids from your school, he’ll go hiking over hills, scampering through dark tunnels, mountain bike riding and jumping over raging rivers, on his mission to overcome the evil and unhealthy habits of his arch nemesis Lazy Cray Cray!

www.captainactive.com.au | Facebook | YouTube | Twitter | Instagram
St John’s School

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Editors
Jenny Ford
Tracey Leard
Rebecca Lynch
Yenda Emery

Edition
Term 2 Week 6

We acknowledge the original inhabitants of this land, the Mandandanji people, and show our respect for their ancestors and traditions.

In the next issue

Prep - Year Six
Prep - Reading
Year Three - LOTE
Year Five - Charleville Trip
Enrichment Night

Years Seven - Twelve
Year Eight - Geography
Senior Accounting - Business
Xaverian House Report