The Lord’s Message

“I wish you many years — but not for them to be too happy, because happiness in the world isn’t really so healthy. When a man is too happy in this world, he forgets God and forgets death.”

St Paisios of Mt Athos

Important Dates

Term 1
Week 5
Monday 22 February
Whole School Liturgy, Sts Methodios & Cyril Church, 8.40am
Wednesday 24 February
Foundation Year – No School
Saturday 27 February
Antipodes Festival
Sunday 28 February
Antipodes Festival
Week 6
Friday 4 March
Darebin Division Senior School Inter-School Swimming
Sunday 6 March
Greek National Day 25th March To The Shrine-Yrs 2-12, 11am
Week 7
Monday 7 March
Immunisations Year 7 Students, 11.30am
Tuesday 8 March
PA Meeting, 6.30pm
Friday 11 March
Athletics Carnival
Week 8
Monday 14 February
Labour Day – Public Holiday – School Closed

From the Acting Principal

Dear students, staff, parents and friends of St John’s,

Yiasas and Da jia hao!

School Camps – Years 3 & 4; Years 5-8
Next week Years 3 & 4 will head off to the Lady Northcote Camp near Bacchus Marsh for their annual outdoor learning experience. My thanks to Mr Sherwood and his team for organising this event. Just a reminder to parents of students in Years 5 to Year 8 to promptly forward the relevant permission forms and payments for Middle School Camp to the Junior and Senior school office. Many thanks.

Canteen Helpers: 12.45pm to 1.15pm
Once again I am seeking volunteers to help out in the College canteen each week day, for half an hour. Hopefully, we can develop a Monday to Friday roster from 12.45pm to 1.15pm. If you could spare the time, please contact Christine at the Senior School Office.

After School Care – Term 2
Once again, I am seeking expressions of interest to join an After School Care Program commencing in Term 2. The After School Care Program will be operated by Camp Australia. Please see attached letter with full details. At least 10 students per day are needed to be registered for After School Care to enable it to be offered. Please communicate your expression of interest to register your child in the 2016 After School Care Program by Friday 26 February to Lisa at the Junior School Office.

Review of College Homework Policy
This week I have commenced a process to review the College policy on homework. The policy review process will involve consultation with staff, students and parents. At the conclusion of the process, I shall work with the College Executive to forward a recommendation to the College Board to approve the policy.

Attached to this newsletter is a series of questions to provoke some thinking and views on the topic of homework.

Parents of the College are therefore invited to forward their views on homework to me via email principal@stjohnspreston.vic.edu.au and/or to attend a discussion group here at the College at 6.30pm on Tuesday 1 March in the Senior Staffroom.

Best wishes for the week ahead.

Don Walkley

2016 Camps

Years 3&4
Wednesday 24 – Friday 26 February
YMCA Lady Northcote Recreational Camp

Years 5&6
Monday 29 February – Wednesday 2 March
Campaspe Downs

Years 7&8
Monday 29 February – Friday 4 March
Campaspe Downs
Thank you for the opportunity to provide information for After School Care (ASC) for the children at St John’s College Preston. In the pages that follow we have provided specific information in answer to your queries.

**Proposed Program Hours and Session Fees**
We will aim to provide services that meet the needs of St John’s College community using the program hours and fees outlined below:

<table>
<thead>
<tr>
<th>Program</th>
<th>Session Time</th>
<th>Session Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>After School Care</td>
<td>3:15pm – 6:00pm</td>
<td>$22.00 less applicable</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Government Rebates</td>
</tr>
</tbody>
</table>

**Placement of Bookings**
Parents will be able to make, change or cancel bookings at any time online, or they can call our Customer Care Centre to manage bookings. We have a ‘real time’ view of each child that is expected at the program and can manage our staffing levels appropriately. Parents can establish permanent bookings with us at a reduced rate, or they can use the Service on a casual basis as needed (if their work involves rotating rosters, for example).

Even at short notice, we can accommodate any child that requires care after school. Our automated system sends alerts to the Service Coordinator via email and SMS to advise them when children have been booked in at the last minute. This ensures that the child is expected, and is added to the roll. If the addition of casual bookings means that we need to roster an additional carer with short notice, we manage this centrally to ensure that carer-child ratios are maintained.

**Homework Club**
Part of customising the program to suit your school community would mean including setting up an afternoon homework club so that students can study after school with their friends, leaving evenings at home free to enjoy more quality time with their families. Camp Australia take a flexible approach to programming and will be happy to discuss customisation with the School at any time.

**Afternoon Snack**
The After School Care program harnesses the energy and enthusiasm of the children at the end of the school day. After a friendly welcome from familiar educators, children are offered a healthy snack of fresh fruits and vegetables before they settle into a variety of fun activities for the session. They have time to enjoy active and passive play, creative art, craft and games, build friendships, and get a head start on any homework. Whatever they choose to do, it is with the full attention and supervision of enthusiastic OSHC educators who know the children individually, and care for their safety and wellbeing. Planned and spontaneous activities keep the children happy, busy and engaged until it is time for them to be picked up.

**Programming – Fun, Variety and Choice**
The students at St John’s College After School Care will have a wide variety of well-supervised, age-appropriate and fun activities to choose from. Every program includes elements from each of the following areas:
- Outdoor Play Time – sport, skills development, gardening, general playground activities and inclusive games that keep kids active and promote physical well-being and friendship
- Construction and Manipulative Play – to develop fine motor dexterity and spatial skills through creative arts and crafts, construction, cooking and indoor games
- Creative Time – expressive outlets such as drama and musical appreciation to extend or encourage children’s interests, imagination and self-expression
- Life Skills – community involvement, role playing, negotiation, co-operation, communication and social skills development
- Homework and Quiet Time – because sometimes kids want to recharge, relax and do their own thing, or choose to get a head-start on their homework so they can enjoy more quality time with their families when they go home
- Unique Experiences – children experience different sports and artistic pursuits, such as: circus skills and ball sports.

**Program Fees – Cost to Parents**
The actual Out of Pocket Cost to families at St John’s College when government rebates (CCB and CCR) are applied to the Session Fees will be approximately $8.00, this figure is also dependant on the family’s combined annual income.

**Trained Educators**
The St John’s College team will have experience and be trained educators specifically matched to your school community.

Team members have:
- Children Services Qualifications
- A current Working with Children Check
- Anaphylaxis Management Training
- Emergency Asthma Management Training
- First Aid and CPR Training

**Staff Background Checks**
- Any person working within the program is required to hold and maintain a valid and current police Working With Children Check. This applies equally to staff, and any visitors (such as incursion providers or parents assisting in the program)
- During the recruitment process, prospective team members are required to provide a copy of their current Working With Children Check
- Once employed, copies of checks are stored centrally within the Records Management team, and are verified every six months using the online check system
- Staff members are also required to maintain a copy of their most recent police check at the Service
Health Home Work Policy
Consultation

Guiding questions for discussion:

1. Why have homework?
2. What is the purpose of homework?
3. What should the content of homework be?
4. When should homework be done?
5. How much time should be allocated to homework?
6. What should be the consequences if homework is not done?
7. Should homework be set on weekends?
8. Should homework be set during holidays?
9. Should homework be optional?
10. What is the parents' role in homework?

Junior School News
A very warm welcome to the 2016 school year. It is wonderful to see all the children and families. Foundation students have transitioned smoothly, and certainly impressed me as they confidently walked to the Gymnasium and took part in the whole school assembly and school blessing. The Junior College is filled with many happy students and enthusiastic staff. We would also like to welcome all our new families. “Happy children, make happy learners.”

Medical Information
To ensure that the school is able to support your child with any severe medical conditions or needs, we ask that parents complete a medical action plan. The medical action plan must be completed by the parents and the family doctor. A current photo of the child needs to be attached to the medical action plan. Blank medical plans are available from the front office. All staff is made aware of student medical conditions so that appropriate procedures are followed if a situation arises. Please ensure that all medical plans are completed by Friday 19th of February.

Allergy Awareness
St John’s College is committed to providing a safe and healthy environment for our students and have therefore adopted an allergy awareness policy to protect students who are at risk of an allergic reaction. We encourage all parents to support the nut free policy that the school follows. Parents are asked not to provide nut products such as nutella, peanut butter or any other food containing nuts. Please encourage your child not to share food with others.

Healthy Eating
We would like to remind parents of the importance a healthy breakfast can play in a child’s education. A nutritional breakfast has been shown to improve memory, academic ability, problem solving and creative ability. Missing breakfast can cause children to become lethargic, irritable, inattentive and restless in class. Whilst a child is at school they will consume around a third of their daily nutritional requirements through eating recess and lunch. Therefore it is important that the lunchbox is well-planned and contains a variety of healthy, yummy choices to ensure your child consumes enough energy and nutrients to help them concentrate, learn and play. It is a very long time between a child’s evening meal and lunch at school. A reminder that students should only be eating healthy food during Brain Time at 10am.

Uniform
It is very pleasing to see the Junior School wearing the uniform correctly and with pride. Students must wear their blazers to and from school. If it is too hot, then teachers will notify students to take off their blazers.

Hot Weather
At St John’s College we adhere to a sun smart policy and hence require all students to wear their school hat. The NO HAT, NO PLAY policy is strictly enforced during terms 1 & 4. Please provide cold water for students to drink throughout the day. When the weather is extremely hot, students follow a special program after lunch. I would encourage parents who wish to pick up their child to do so by 1.30pm to avoid interruptions to the daily programme.

School Diary
The school diary is an important tool of communication between the home and school. The diary is used to record homework /upcoming events and notices from teachers. We encourage parents to check and sign the diary each night and use it to inform teachers of any concerns or to make appointments. The cost for the diary is covered by the curriculum levy.

Lateness
It is imperative that students come to school on time. School commences at 8:30am. Latecomers miss out on the vital introduction to the lesson. Furthermore, students who arrive late cause disruption to the class. All continual late comers will be reported to the Head of the Junior School.

Buying From The Canteen
Parents are reminded that students from F- 2 are not allowed to purchase items from the canteen. A lunch order will need to be written out, even if it is only to purchase a snack. Students from Years 3 – 6 are
allowed to purchase items from the canteen but are reminded that lunches need to be ordered via the lunch order system.

Junior School Levy
The Junior School Curriculum levy is used to cover swimming, gymnastics, class excursions, excursions and interschool sport for years 5 and 6. The levy does not cover camps. Parents are reminded that the levy needs to be paid by Friday 27th of February. If the levy has not been paid by the due date then your child will not be allowed to participate in the scheduled activity.

Book Club
A book club operates in the Junior School. Book Club order forms are sent home throughout the year. Payment can be made using a credit card, cheque or cash. Orders must be placed in an envelope and clearly marked with your child’s name and year level.

Please feel free to email me with any concerns or suggestions.

Wishing you a wonderful and blessed year.

Kind Regards,
Mrs A. Anamourlis
Head of the Junior School

ClassDojo
This year, the junior school teachers are trying a new classroom management tool called ClassDojo. ClassDojo is a web based program which allows teachers to track students’ behaviours (positive AND negative) easily and efficiently. The program is based on points, and students can be given positive points for things like being on task, being respectful, participating, or working hard. On the other hand, points can be taken away if students are off task, calling out, or unprepared. Our goal is to fully implement the program right away, but please bear with us as we are learning as we go! 😊

After students have been added to the system, there is a student access code we will give to each student so that they can log on to the website. On the site, they are able to see how many points they have, which positive behaviours were noted, and which negative behaviours they need to work on. Students will be able to “cash in” on their points for different prizes and rewards.

One of the greatest features of ClassDojo is that it allows us to send parents a “behavior and skills report” every Friday by e-mail. All you need to do is use the parent access code to get signed up. Our hope is that this will help you better understand the progress of your student’s behaviour on a weekly basis.

Please contact Miss Powell if you have any questions!

Senior School News

Morning Assembly
Morning assembly starts at 8.30am and students are expected to arrive at school by at least 8.20am. Late comers must report to reception and sign in. It is important that all students are punctual to school and classes. As we all recognise, lateness to school or class without a very good reason is disruptive to everyone else in the school who is trying to work and study. Arriving to school on time emphasises the importance of being ‘reliable’. Please support us in instilling good habits in our students.

Head Lice
A few cases of Head lice have been reported. It would be appreciated if you could check your child’s hair regularly for evidence of Head lice or Nits (eggs). Head lice is a common problem and unfortunately, difficult to eradicate and stressful for most families. If you find evidence of Head lice or Nits your child will need to be treated thoroughly before returning to school. Follow up treatments are usually required. Products can be purchased from most supermarkets and chemists to remove and treat Head lice and Nits.

Kind Regards,
Mr J. Savopoulos
Head of Senior School

KidsMatter

KidsMatter is an Australian schools mental health promotion, prevention and early intervention initiative. The initiative was trialled in over 100 schools nationally during 2006-2008.

St. John’s College joined the KidsMatter initiative in 2012, and in partnership with families and the community, is beginning to work towards making a positive difference to the wellbeing of our school community.

KidsMatter Primary aims to
- improve the mental health and wellbeing of primary school students
- reduce mental health problems amongst students
- achieve greater support for students experiencing mental health problems

KidsMatter Primary is a flexible whole-school approach to children’s mental health and wellbeing. It provides proven methods, tools and support to help schools, parents and carers, health services and the wider community nurture happy, balanced kids.
KidsMatter emphasises a shared responsibility for children’s wellbeing. It seeks to engage those who have a significant influence on children’s lives – parents, families, carers, teachers and community based services.

Please take some time to read the information attached to this newsletter or visit the KidsMatter website www.kidsmatter.edu.au

KidsMatter Primary
Do kids matter? Of course! They matter to families, to schools and to the community. These are the groups that KidsMatter wants to bring together to improve children’s mental health.

Good mental health is vital for learning and life. Children who are mentally healthy are better able to meet life’s challenges. They also learn better and have stronger relationships with teachers, family members and peers.

KidsMatter is a national mental health initiative currently being trialled in over 100 Australian primary schools during 2006 – 2008. KidsMatter has been developed in collaboration with the Australian Government Department of Health and Ageing, beyondblue: the national depression initiative, the Australian Psychological Society, and Principals Australia (formerly the Australian Principals Association’s Professional Development Council). The trial was also supported by Australian Rotary Health (formerly the Australian Rotary Health Research Fund).

Research has found that up to 14% of Australian children have mental health problems such as anxiety, depression and behaviour problems. Only one out of every four young people with mental health problems receives professional help. Sometimes this is because parents, carers and school staff are unsure whether children need further help. They may not know what kind of help is available or where to get it. In some cases it may be difficult to access child and adolescent mental health services in their area.

KidsMatter Primary has three major aims:

1. To improve the mental health and wellbeing of primary school students
2. To reduce mental health problems among students
3. To achieve greater support for those students experiencing mental health problems

One in seven Australian children have mental health problems - KidsMatter aims to reduce this.

The four components of KidsMatter Primary
Schools can make a difference to children’s mental health and wellbeing by addressing four key areas. Each KidsMatter school will be working on the following four components:

1. A positive school community
   Positive relationships at school enable children and families to feel that school is a place where they feel welcome, where they will be listened to and where they can contribute. A positive school community helps children feel that school is a safe place where their needs can be met. Research has shown that when children and families feel connected to the school, children are less likely to develop mental health problems and they succeed better at school.

2. Social and emotional learning for students
   Learning how to manage feelings and get on with others is an important part of children’s development that helps them learn better and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

3. Parenting support and education
   If we want to promote children’s mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers in their central role of caring for children by making useful information and resources about parenting available and by letting them know where they can get further assistance.

4. Early intervention for students who are experiencing mental health difficulties
   When children and families are able to access effective mental health intervention early it can make a significant difference to their lives. KidsMatter schools learn to respond more effectively to children’s mental health difficulties by identifying when problems may need follow-up, providing information for families and developing links with mental health services in their local area.

Mrs H. Vlahos
KidsMatter Coordinator

DANCE COSTUMES

We are currently undertaking a stocktake of our dance costumes.

We kindly request that all costumes are returned to Mrs Anamourlis by Monday 22 February.
# St John's College

## Canteen Menu

### Traffic Lights - Food Categories

- **Everyday Foods - Green Foods are Great Foods**
- **Select Carefully Foods - Amber is okay but not Everyday**
- **Occasionally Foods - Red in Moderation**

### Sandwiches / Rolls

<table>
<thead>
<tr>
<th>Item</th>
<th>Roll Price</th>
<th>Sandwich Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>White / Wholemeal</td>
<td>$1.80</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$2.50</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.80</td>
<td>$1.50</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.50</td>
<td>$2.00</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.00</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Avocado</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.00</td>
<td>$2.50</td>
</tr>
<tr>
<td>(beetroot, lettuce, tomato, carrot, cucumber)</td>
<td>$3.00</td>
<td>$3.50</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Extras</td>
<td>$3.50</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$0.30</td>
<td>$0.50</td>
</tr>
<tr>
<td>Lettuce</td>
<td>$0.30</td>
<td>$0.30</td>
</tr>
<tr>
<td>Tomato</td>
<td>$0.30</td>
<td>$0.30</td>
</tr>
<tr>
<td>Carrot</td>
<td>$0.30</td>
<td>$0.30</td>
</tr>
<tr>
<td>Beetroot</td>
<td>$0.30</td>
<td>$0.30</td>
</tr>
<tr>
<td>Cucumber</td>
<td>$0.30</td>
<td></td>
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</tbody>
</table>

### Hot Food

- **Hash Browns (recess only)** $0.90
- **Egg & Bacon Muffin (recess only)** $2.50
- **Egg & Bacon Toast Sandwich (recess only)** $3.00
- **Chicken Wrap** $3.00
- **(sweet chilli tender, lettuce, mayo)**
- **Pizza** (marg / capricosa) $2.50
- **Steamed Dim Sims** $1.00 each or 3 for $2.00

### Toasted Sandwiches

- **Ham, Cheese** $2.80
- **Cheese, tomato** $2.50
- **Ham, Cheese, tomato** $3.00
- **Party Pies** $0.90
- **Sausage Rolls** $2.50
- **Pies** $3.50
- **Hot Dogs** $2.50

### Beef Burger (home made)

- **lettuce & sauce (tomato optional)**
- **cheese** extra $0.50
- **Schnitzel Burger (home made)** $4.00
- **lettuce & mayo**

### Chicken Sub

- **(sweet chilli tender, lettuce, mayo)**

### Nacho’s (melted cheese & salsa)

- $3.00

### Sour Cream 

- extra $0.50

### Home Made Hot Meals

- **Mon** Pasta Napoli
- **Tue** Fried Rice
- **Wed** Hoikin noodles stir fry
- **Thu** Pasta (cream sauce)
- **Fri** Pasta Napoli

(Main meals will change time to time)

### Look for Special Meal Days on the Canteen Notice Board

### Salad Tubs

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>Lettuce, tomato, cucumber, carrot</td>
<td>$3.50</td>
</tr>
<tr>
<td>Greek Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

### Cakes / Muffins

Can only be purchased at Canteen, no lunch orders

**Assorted Muffins, Slices & Cakes** range from $1.00 to $3.00

### Drinks

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>$1.50</td>
</tr>
<tr>
<td>UP&amp;GO Chocolate / Strawberry</td>
<td>$2.00</td>
</tr>
<tr>
<td>Just Juice</td>
<td>$1.50</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>$3.50</td>
</tr>
<tr>
<td>Nippys Milk - Ice Chocolate &amp; Ice Coffee</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

### Ice Creams

Can only be purchased at Canteen, no lunch orders

**Assorted Ice cream & Icy Pole** range from $1.00 to $2.00