

Johns River Public School

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Caring & Sharing

A proud member of the Camden Haven Community of Schools

NEWSLETTER - Term 2 Week 8 2021

Principal's Desk

Year 6 Taster lessons CHHS

Year 6 attended Camden Haven High School on Wednesday for some 'Taster Lessons'. These lessons were based around History, Science, Technology and PDHPE. Each student enjoyed the experience and are thoroughly looking forward to all the opportunities that are offered as they head to high school next year.

Athletics Carnival

Students 8 years and up travelled to Taree last Friday to compete at the Lansdowne PSSA Athletics Carnival against other local small schools (Hannam Vale, Moorland, Coopernook, Lansdowne and Upper Lansdowne).

After a couple of weeks training, students were eager to compete and test their skill and ability in a range of events including 100 and 200m events, shot put, long jump, 800m and the relay.

We are extremely proud of each and every one of them as they gave their best in every event they competed in.

Individual student results:

Shelby: 2nd 100m, 2nd 200m, 2nd 800m, 2nd shot put. Shelby was also the Age Champion! She broke a very longstanding record in the 12/13 year girls long jump.

Indi: 1st place in long jump

Girls in the PP6 Relay came in 2nd.

The day was won by Coopernook Public School who put in a strong performance across the board.

A Zone team will be announced in the coming weeks. The Zone carnival will be held in Tuncurry early in Term 3. Watch this space for further results.

Building Happy & Resilient Children

Attached to this newsletter is a wonderful opportunity to build your knowledge as parents. Dr Michael Carr-Gregg, a leading psychologist, will be visiting Port Macquarie early next term. The parent session will be a great opportunity to learn how to increase your child's resilience. The session only costs \$10 per person. I highly recommend it.

Quilt Raffle

Don't forget to get your tickets for this amazing quilt to be raffled 22nd June! It's only \$1 per ticket. Don't miss out! Thanks again to Wendy Galvin for all her work in making it.



Tennis

Our Tennis program concluded this week after 10 weeks. Each of the students developed their skills and came a long way with their hand-eye coordination. Watch out Roger Federer and Serena Williams! We must thank Gary and Rhyen from Kendall Tennis Club who were both patient and enthusiastic.

Life Education

All of our students will head to Hannam Vale Public School on Tuesday 15th June to attend the Life Education Program. It is always a great day and the students get a lot out of it. Parents are responsible for providing transport to and from Hannam Vale Public School.



Premier's Reading Challenge

Don't forget to keep reading for the Premier's Reading Challenge!

School Reports

Mr Tomasone and I have been working hard on each student's reports for Semester One. The reports will go home on Wednesday Week 10 (23rd June).

NAIDOC Day

The last day of school this term will be our NAIDOC celebrations at Heron's Creek Public School. This event is always popular, as the students are engaged in Aboriginal cultural activities with Aboriginal members of the community, students from Camden Haven High School and our 3MAPS teachers. What a way to finish off the school term!

STEM Kit

We took receipt of these two boxes today...what could it be? Stay tuned to find out!



Stay well,

Murray McGrath

Relieving Principal

Coming Events

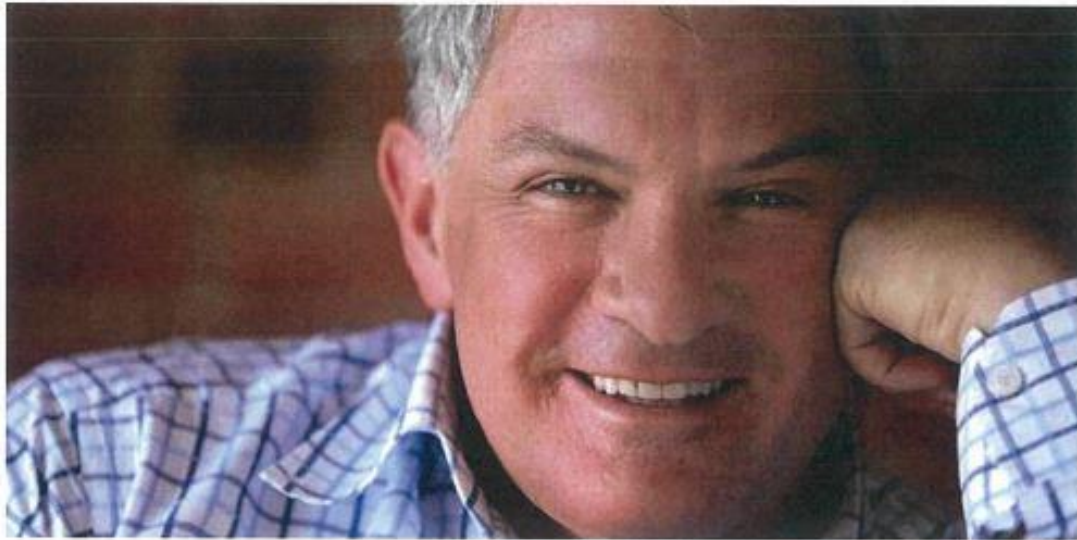
Week 9

- Tuesday 15 June - Life Education Van at Hannam Vale Public School

Week 10

- Wednesday 23 June – Presentation & Quiz Night starting at 5pm
- Wednesday 23 June – Quilt Raffle
- Friday 25 June - NAIDOC Excursion at Heron Creek Public School





Building Happy and Resilient Children

The Hastings Valley Community of Public Schools are pleased to welcome Dr Michael Carr-Gregg – one of Australia's highest-profile psychologists – to Port Macquarie for his seminar 'Building Happy and Resilient Children' on Monday 12 July 2021. His presentation covers what every parent needs to know about millennial parenting, covering online safety, friendships and relationships, sleep and other key issues.

Parents and carers play a vital role in helping children feel safe through uncertain times. Dr Carr-Gregg's parent presentation is designed to give parents and carers the knowledge, confidence and strategies to parent and educate our young people to become strong and independent leaders of tomorrow.

Dr Carr-Gregg's signature is delivering national and international evidence-based seminars to parents and teachers to help collectively make a difference in the health and well-being of young people. Statistics show that the psychological health of children is far worse today than a generation ago. One-quarter of young Australians report experiencing symptoms of mental illness. That is a horrifying statistic. The significant issues of concern for young people include stress, school or study, body image and depression.

Dr Carr-Gregg has a common-sense, no-nonsense approach to parenting, and you can rest assured that there is no "psychobabble" during this talk. He is engaging, entertaining and very relatable, using humorous anecdotes from his own life and work experience as examples. He will provide advice and key messages for building happiness for our young people.

So, what do we want for our children? We want them to flourish! Dr Carr-Gregg will provide empirical evidence, practical approaches and a wealth of literature that is available on how to grow the positive emotions needed to inoculate our young people; ways to engage them in "flow", and experiences that see them lose themselves in a passion; ways to build relationships that harness a rich repertoire of friends and guard against the toxicity of loneliness; ways to find deeper meaning by serving a cause bigger than themselves and transcending the shallowness and disappointments of materialism; ways to build selflessness and not egoism.

Event Details

Date: Monday 12 July 2021

Time: 6 pm - 7.30 pm

Venue: Port Panthers Auditorium

Cost: \$10.00

Tickets: Purchase your tickets at

<https://www.eventbrite.com.au/e/building-happy-and-resilient-children-tickets-157732627535>

Good for Kids good for life

EASY SWAPS IN THE LUNCHBOX

Packing healthy snacks in the lunchbox does not have to be time consuming. Swap from some of these common 'sometimes' lunchbox products to easy alternatives that add extra fibre and nutrition to your child's day:

- Chips → Wholegrain rice cracker bites



- Biscuit and cream cheese snack → carrot sticks and hummus



- Muffin or muffin bar → pikelets



- Tiny teddies → Whole grain fruity bites



Health
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