



**John Paul II**  
CATHOLIC SCHOOL

# Cooee

John Paul II Catholic School Newsletter | September 2021



## Principal's Message

One of the core roles of schools is to help children 'unlock the code' needed in reading. Developed over thousands of years, English is a deep alphabetic orthography. This means that reading and spelling is represented by both speech sounds (phonemes) and meaning units (morphemes). Unlike speaking, it is not something that comes naturally to humans and needs to be taught explicitly to most children.

That is why we have so much focus on evidence-based literacy practice at John Paul II. This is evident in our daily Initialit lessons, phonemic awareness, specialist Literature lessons and layers of reading intervention. We take our responsibility seriously, as reading impacts academic achievement and is associated with social, emotional, economic, and physical health.

I'd like to take this opportunity to thank all our volunteers who help in our literacy program. We have an infinite amount of need and a finite amount of resources!

*Literacy is a bridge from misery to hope.*  
—Kofi Annan

Brendan Gill | Principal

## Building a love of literacy



*'I liked dressing up as Tinker Bell, it was so much fun!' - Thea (Prep)*

**Book Week was a wonderful occasion! Students and staff got into the spirit by dressing up as many different book related characters. Thank you to parents for your support of this fun event. Thank you also to Mrs Collinson and other staff associated with the running of the Book Fair.**

Whilst we are talking about books, part of our current building plan is to build a new library towards the end of 2022. This will be situated in the current hall, becoming the heart of the school. We are currently in the design phase, so ideas and contributions are welcome. We will be looking to increase staffing in this area, to ensure every student is given the opportunity to develop a love of reading.

*Pictured above: Prep class enjoyed dressing up as their favourite character for the Book Week parade.*



### *a booklovers prayer*

Let the pages be ever turning  
Let the words run on and on  
May my eyes be ever reading  
My imagination, ever strong

Let my mind remain  
wide open  
To the discoveries within  
May I never lose this passion  
For a story to begin

May the stories  
they be plentiful  
May I find my cozy nook  
To ever read and carry on  
The love of a good book

Annette Kohud 2013







*'There are some interesting things in books that help you learn.  
Some books are very fun to read'. Addison (Grade 3)*

## Celebrating Book Week, Fair & Parade

It was great to see so many students and staff dress up for our Book Week Parade last Thursday. There was such a variety of book characters on show.

Thank you to all families who supported our Book Fair, it was a huge success. We sold over \$2,500 in books and stationery which gave us almost \$800 worth of new books for our school library. These are currently being covered and will be available to borrow in the next couple of weeks.

Mrs Collinson



*'Reading is really calming and it is good for your brain.'  
Keenan (Grade 3)*

*'The best thing about books is that you can  
imagine what is happening. It can be about  
anything. It's just like a tv that you can read. It is  
good for your brain because it helps you learn too.  
Let your imagination go wild.'  
Adnan (Grade 3)*



*'I enjoy reading books because they are entertaining  
and fun.' Liam H (Grade 5/6)*

*'Books give you more knowledge.' Lily (Grade 5/6)*



*'I enjoy reading  
books because I have  
a great imagination  
and reading allows  
me to build pictures  
in my mind.' Ollie H  
(Grade 5/6)*





*‘The best thing about reading is that there are cool things in books and you can imagine you’re there with the characters and what’s happening.’ Ava (Grade 3)*

*‘The best thing about reading a book is you can look at the pictures and learn new things.’  
Jett (Grade 3)*

*‘There were so many great books to buy.’ Jett (Prep)*



*‘The best thing about reading a book is imagining a pirate riding a boat across the sea or a princess trapped by a dragon.’  
Amber (Grade 3)*



*‘You get to learn a lot of stuff from books.’ Kyle (Grade 3)*



*‘I went as Pete the Cat because it was the best costume ever.’  
Ruby (Grade 3)*



*‘I dressed up as Mina from the book ‘persistent’, I dressed as Mina because I think I am persistent....most of the time.’ Robbiel (Grade 5/6)*

*‘I dressed up as Harry Potter from The Chamber of Secrets’, I chose this costume because it is my favourite book.’ Samson (Grade 5/6)*

*‘I dressed up as Abraham Lincoln because the book week theme was Old World – New World and he is definitely from the old world.’  
Riley (Grade 5/6)*





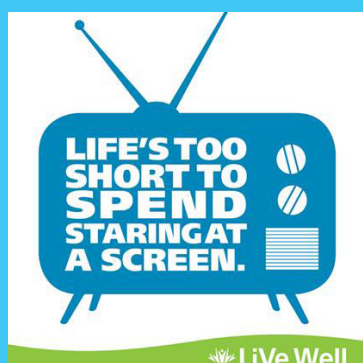
## MOVE WELL EAT WELL

One of the core messages, as a Move Well Eat Well School, is to encourage students to 'turn off, and switch to play'. Screen time is one of the main culprits leading to lower rates of physical activity in children and adults alike. Recommended daily screen-time for children aged 2-5 years is 1 hour and a maximum of 2 hours for 5-12-year-olds.

As technology continues to take up more and more of our lives, it is an important job of ours, as schools and families, to come together to help our students/children to 'turn off' their screens and encourage them to 'press play' on being more active. Programs at John Paul II aim to support students in being physically active during structured and unstructured break times, such as Morning Fitness, Physical Education, and eating breaks.

For tips, recommendations, guidelines, tips and help regarding screen-time and other topics please visit <https://www.dhhs.tas.gov.au/mwew/families>

**Matt Desmarchelier**  
PE Teacher



# About *good sleep* for children....

**A good night's sleep is about getting to sleep and staying asleep. Most children wake up by themselves in the morning if they're getting enough good-quality sleep.**

## Getting to sleep

Most children fall asleep within 20 minutes of going to bed. How long it takes children to get to sleep can depend on how sleepy their bodies are, and also on their daytime and bedtime routines. Bedtime routines help children wind down before bedtime, so they can fall asleep more easily.

## Staying asleep

Children wake briefly during the night, but they might not be aware of being awake. To stay asleep, children need to be able to fall back to sleep by themselves after these brief waking episodes. Having a consistent bedtime routine can help encourage positive sleep habits for your child.

## Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. Having a regular bed time routine of a bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

## Relax before bedtime

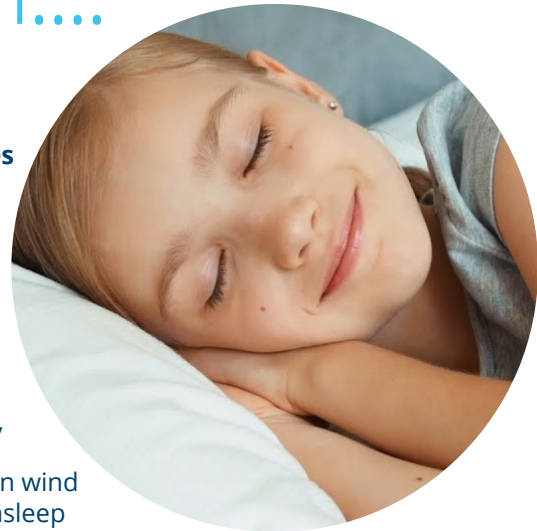
Encourage your child to relax and unwind before bed time. This might include activities such as reading a book or listening to some gentle music. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep. It can help to turn off devices at least one hour before bed time, and to keep screens out of your child's room at night.

## Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days. Other important tips include turning off devices at least one hour before bedtime

For more information visit: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**By Whitney and Trine**  
JPPI School Counsellors

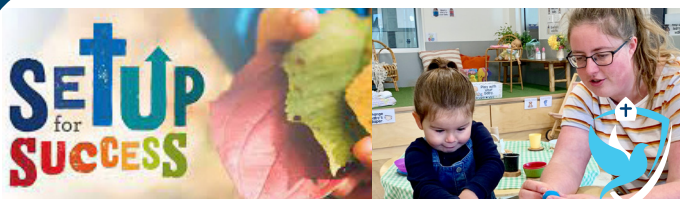


# Dream teams!

During Term 3 all Grade 5/6 students have been participating in the STCPSSA Friday afternoon netball roster. Numbers have allowed us to enter two Grade 5 teams and two Grade 6 teams, with all four teams proving to be very competitive. Students have embraced this opportunity with enthusiasm, displaying respect, sportsmanship and outstanding behaviour at all times.

We congratulate our students on their efforts and look forward to the remaining four weeks of competition.

By Mrs Belbin



**FREE Setup for Success at JP11**  
Birth to 5 years with parent /carer

**Come along Friday**  
**mornings 9am-10:30am**

**Explore, Create, Discover,**  
**Together**

Setup for Success takes a break during the upcoming school holidays and returns in Term 3 on Friday 23 July. All Welcome.

## GETTING TO KNOW *LYNDA*



**Name** Lynda Reid

**What do you do at JP11?:** I, along with other volunteers, am involved in delivering the Multi-Lit Program with Year 4 Students, helping to improve Literacy outcomes for students that may need a little more help with their reading skills.

**How long have you volunteered at JP11?** I began part-way through Term 2 this year.

**Favourite part of volunteering at the school?**  
I love being able to help students to improve the important skills involved in Literacy which are so vital for learning and communicating effectively in the world.

**What inspired you to volunteer at JP11?** I have been involved in Catholic Education for the past 27 years, as a Secondary Teacher. Having recently retired, I felt I would like to still have involvement in a school working with students. I answered a plea for help on Facebook for volunteers to undertake training at JP11 in the Multi-Lit Program and thought I would give it a go. The program is very well structured and in a short time I can already see an improvement with each of the students that I work with, which is very rewarding.

**Best moment at JP (so far!)** I love seeing the moments when students accomplish a challenging activity. They are so pleased with their achievement.

**In your opinion what strengths or skills do you need to volunteer in your role at school?**  
Enjoying helping students to improve as well as lots of patience and commitment to turn up each week is all that is needed. The Multi-Lit Program is so very well structured and easy to work with. Working out whether you need to colour red or blue, as students complete each section is the biggest challenge so far for me.

**Would you recommend volunteering at JP11 to others?** Most definitely. I always come away feeling like I have helped the students to move a little further in their learning. It is always a very rewarding experience and one that I really enjoy.

**Last word before the school bell goes .....?**  
Volunteering at JP11 is such fun and so worth it. Benefits go both ways.

## MACKILLOP PATHWAY



**MacKillop**  
CATHOLIC COLLEGE



## Feedback Sought

We are currently exploring the feasibility of running a bus from John Paul II to MacKillop Catholic College. Would you utilise this service? Do you have any ideas or feedback? Please email [Brendan.gill@catholic.tas.edu.au](mailto:Brendan.gill@catholic.tas.edu.au) with your contribution.

## Uniform Shop Opening Hours

Our new uniform shop is located next to MacKillop College in Mornington.

Monday: 8am - 1pm  
Tuesday: 11am - 5:30pm  
Thursday: 12pm - 6pm  
Saturday: 9am - 12pm

Parents can purchase uniforms online via this website:  
[johnpaul.permapleat.com.au/shop](http://johnpaul.permapleat.com.au/shop)

# Coming UP...

### September 14 - Taz Kids Group begins

Towards the end of this term our Taz Kids Group will begin. This is a six week program based around families, coping, resilience and mental health. The program helps children identify resources that they can draw upon when faced with challenges. It also helps young people learn how to cope with difficulties in life, build self-esteem and support each other.

### September 23 - Art Exhibition & AFL Breakfast BBQ

On September 23 we are holding an Art Exhibition and AFL Breakfast BBQ. These will both run between 8am-9am. Parents/Carers are invited to come and see some of their student's art work. This will be displayed around the school and in classrooms. We will conclude this time with an AFL Parade at 9am. More information will be sent home closer to the day.

### 2023 Kinder Enrolments are Now Open

Enquiries can be made to our school office by phoning 03 6247 7104 or we welcome you to fill out an *Expression of Interest* online form available on our website. Once this form is submitted we will be in contact.

### September 27-October 8 - School Holidays

## Little News

### Car Park Reminder

Just a reminder to be extra vigilant about safety in our school car park. In particular, parents/guardians using the drop off/pick up zone must remain with their vehicles.

### School Bus service

Our private school bus can pick up and drop your children to your home before and after school. Bus tickets range from \$1 or \$1.50 one way and can be purchased at the school office. When you purchase 20 tickets you receive 10 for free. Enquire at the office for more information.



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