

ST JOSEPH'S NEWS

WEEK 1, TERM 1, 2026



This Week at Joeys

Welcome to the 2026 school year and Joeys.

I am delighted to be writing to you for the first time as Principal of St Joseph's Narrabeen. It is a real privilege to join such a vibrant, supportive community, and I have already felt so welcomed by our students, staff and families. St Joseph's has a strong tradition of care, connection and high expectations, and I am excited to build on this together. I look forward to getting to know each child and family, listening deeply, and working in partnership to ensure every learner feels known, supported and inspired to thrive. Thank you for the warm welcome - I can't wait for the journey ahead.

I can see the legendary Joey's village has warmly welcomed our new Kindy families too... it's been great to watch parents chat in the playground and students make sure Kindy Joeys are being looked after at play time. The upcoming Welcome Event by the Joey's Hub team will be another lovely way for our community to further strengthen their bond (and have some fun).

As I walk around the school from classroom to classroom, **the children are very settled in their new learning spaces**, and the hum of learning echoes throughout the school. The students have returned settled and ready to learn. **Thank you to all parents for all you have done to get your child ready for 2026** and to the Joey's staff for their professionalism in ensuring the learning day is engaging for the students.

Liz Jones - Principal

Assembly

Today we came together as a school community for **our first assembly of the year**, a wonderful opportunity to reconnect and celebrate learning. Our Year 6 leaders confidently led the assembly, setting a positive tone for the year ahead and modelling leadership with pride and purpose. Assembly is held in the Hall from 2.30pm every second week. Parents and carers are always welcome to attend.

Swim Carnival

On Monday, we look forward to the **swimming carnival for students in Years 2-6, while our Kindergarten and Year 1 students will enjoy a fun-filled water play** experience back at school.

Parents can find all info about the swimming carnival on Compass and **on our website**. Reminder that buses leave school at 8.15am sharp.

Welcome Mass

Next week we have our **Beginning of the School Year Mass on Thursday February 12th**. This is a special moment in our school calendar as invite God's blessing upon our school and community for 2026. You are warmly invited to join us as we welcome our newest Joeys - the kindergarten children - who will process in with their Year 6 Buddies. During this celebration the class captains will receive their class candle for the year, and our Year 6 leaders will receive their badges. **PLS NOTE NEW TIME: Mass starts at 9.15am.**

We will also have the chance to meet Victor Atuhura, Resident Seminarian. Victor is the newest member of The Lakes Catholic Parish. Welcome Victor!

Need to Know

Dates of note

Please see below for Term 1 key dates and 2026 Year overview.

Parent Information Night

In Week 4, Monday February 16th, we warmly invite families to join us for our Parent Information evenings commencing at 6pm for session 1 and 6:30pm for session 2 (you can choose to attend either). **Parents visit their child's classroom to hear from the class teacher about class expectations, curriculum etc.** The sessions are half an hour and repeated, so you can get to at least two classes if you have more than one child. We really appreciate when parents are engaged with and support their child's learning: it makes a big difference. We'd love to see you there. (Note: this is for parents only, not students).



Joey's Hub / P&F Meeting

Following the Information Sessions, **we will hold our first P&F meeting for the year** - an important opportunity to connect and partner together. The meeting will be in the Library starting at 7:00pm. You don't need to be a member of the P&F to attend a meeting, and we hold one per term. It's a friendly and open way to be part of school life at Joeys.



Play Equipment Before School

We have a rule at Joeys that the climbing and play equipment isn't used before school. It's not about being grinchy - it's about safety. Mornings are a time of arrival, and with less supervision available, we want to make sure students are always properly monitored when using this equipment. Thanks for helping us keep everyone safe and supporting this expectation.



Kiss n Ride - a Friendly Reminder

Our Kiss & Ride zone is for quick drop-offs only – it's not designed for parking. There are just three spaces, and they're **for parents to stay in the car, let their child out, and move on.** If you're planning to get out of the car, please don't use Kiss & Ride – there's street parking nearby, including a larger car park a little further along Lagoon St.

If your child is having a tough moment at drop-off – that's completely understandable – please pop them back in the car, find a park, and walk them in. Trying to manage a tricky goodbye while cars are moving through the zone can be stressful for everyone – and safety always comes first.

It's also important not to "hang" in the surrounding streets – stopping or waiting there can block traffic and create unsafe situations, which we're keen to avoid. Rangers do patrol the area and may issue fines – which is unfortunately outside our control. If needed, do a quick lap, arrive a little later. As always, our Joeys community is built on respect for others. Thanks so much for your cooperation.

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@joeysnarrabeen



WELLBEING IN FOCUS

JANUARY, 2026



Supporting a smooth transition back to school

We look forward to welcoming students back to school. After a summer that may have included travel, late nights, relaxed routines, and lots of fun, returning to the structure of school can feel like a big shift. Some families may have had a quieter, more routine based break and even then, transitions can still be tricky.

At the start of a new school year, children experience an increase in cognitive load as they take in new information, routines, expectations, and social dynamics all at once. This may include a change in teacher, classroom, friendships, or learning expectations, and for some children, a transition to a new school entirely. While these changes can be exciting, with new challenges, responsibilities, and opportunities to grow, they can also be tiring and overwhelming at times. It is completely normal and natural for children, and staff too, to take time to adjust as everyone settles into new routines and relationships.

What parents might notice

In the early weeks, children may

- Feel nervous or reluctant at drop off
- Be more tired, emotional, or clingy
- Have changes in sleep, appetite, or behaviour
- Hold it together at school and release emotions at home

These responses are common and developmentally normal, particularly during periods of change.

Focus on connection after school

Children often use a lot of emotional and cognitive energy during the school day. Co-regulation and reconnection at the end of the school day helps their little nervous systems get back online.

- Offer quiet time, play or cuddles after school.
- Avoid too many questions straight after.
- Focus on connection before correction

This supports children to feel safe, regulated and ready to share when they're ready. It also helps refill their emotional cup.

Practical tip: Keep some colouring in, lego or UNO cards on the dining room table. It is often surprising how naturally kids will be drawn to these calming activities when they're easily accessible.

How parents can support their children

Predictability helps support helps children feel safe and supported.

1. Talk through the school day so children know what to expect
2. Validate and normalise feelings. Change is a normal part of life and it can feel tricky at times.
3. Support organisational skills by writing down routines for mornings and afternoons.
4. Prepare bags, clothes and lunches the night before.
5. Write a little note in their lunch box or give them a small transition object.
6. Prioritise sleep and regular meals
7. Keep afternoons low key initially

Most importantly, keep on top of your own self care. Emotions can be very contagious, and when parents feel calm and supported, children will feel the same.

When to reach out for support

Most children settle in after a few weeks. If worries persist, any school avoidance develops, or you notice any significant changes in behaviour, please reach out to the classroom teacher.

BY NATALIE MORTIMER (SCHOOL PSYCHOLOGIST)

TERM 1

KEY DATES



Swimming Carnival: Feb 9th Yrs 2-6

Welcome Mass: Feb 12th: **NEW TIME:** 10:30am
9.15am

**Parent Info Night: Feb 16th 6.00pm OR 6.30pm
followed by...**

Joey's Hub Meeting (P&F): Feb 16th 7.00pm

NB Cluster swim carnival: Feb 26th

Stage 3 (Yrs 5 & 6) Leadership Day: March 5th

Broken Bay swim carnival: March 10th

Cross Country - Yrs 2-6: March 16th

Open Day: March 18th

St Joseph's Feast Day Liturgy: March 19th 12.30pm

Last Day: April 2nd



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2026 TERM DATES

Term 1

Jan 29: Years 1-6 First Day Term 1
Jan 30: Kindy First Day
April 2: Last Day of Term 1
April 6-17 School Holidays

Term 2

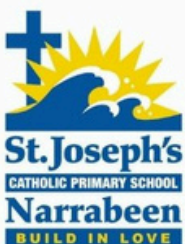
April 20: Pupil Free Day
April 21: First Day Term 2
April 25: ANZAC Day (no school)
June 8: King's Bday Public Holiday
July 1: Last Day of Term 2
July 2 & 3: Pupil Free Day
July 6-17: School Holidays

Term 3

July 20: Pupil Free Day
July 21: First Day Term 3
August 17: Pupil Free Day
September 25: Last Day of Term 3
Sept 28-Oct 9: School Holidays

Term 4

Oct 12: First Day Term 4
Dec 15: Last Day of 2025
Dec 16 & 17: Pupil Free Days
Dec 18: Christmas Holidays Begin!



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YOU'RE INVITED

*Joey's
Hub*

WELCOME



TO

JOEYS

FAMILIES ON THE GREEN

DATE

MARCH 1ST

2PM-5PM

MONA VALE BOWLING CLUB
TIX: \$25 PER FAMILY,
AVAILABLE ON QKR!

TICKET SALES CLOSE
MON FEB 23RD



TICKETS INCLUDE:

- BAREFOOT BOWLS
- NIBBLES

Please note: This is a parent-led event. Supervision of children is the responsibility of parents. Thanks!