



**ST PAUL
LUTHERAN SCHOOL**

Living and Learning Together in Christ

inspire

VOL 18, ISSUE 31 | 16 NOV 2016

Upcoming Events

WED 16 NOV

- 6pm School Tour

THUR 17 NOV

- 9:15am Reception Transition II
- 6pm Connected Schools Arts Showcase at Endeavour Centre

MON 21 NOV

- Swimming Year 3-5

TUES 22 NOV

- Swimming Year 3-5

WED 23 NOV

- Swimming Year 3-5
- 9am Chapel
- 9.30am Community Conversations

THURS 24 NOV

- Swimming Year 3-5
- Parents and Friends End of Year Dinner

FRI 25 NOV

- Swimming Year 3-5
- Miss Arnold's Class Assembly

Physical Education Week

Physical Education Week is a celebration of health and wellbeing; being active, learning about how to look after ourselves and encouraging schools and their communities to think about ideas and ways of working to incorporate this into their school in a sustainable way.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies." 1 Corinthians 6:19-20

Sometimes it seems like we hear a lot about all the other aspects of our faith-based life and not a lot about our health and fitness. But our bodies are a temple of God and we should treat them as such. As believers, the world is watching to see how we live, act and move - literally. Are we being good stewards with the body God has given us?

Everything we do begins with a foundation. Without a foundation we can't begin to build whatever we're building! Goals are our foundation. What do you want your fitness foundation to be? Now, I'm not talking about having vain or unrealistic health goals (i.e. size 8 or 8-pack abs), but healthy, sustainable goals. Maybe you've always wanted to run a 5K or maybe even a marathon. Perhaps it's just to be consistent in working out regularly.

Need some ideas? Here are a few that I encourage everyone to do. Walk 10,000 steps per day - that's five miles if you're wondering. Drink at least 64 oz. of water daily (you actually need more than that, but the eight glasses, 8 oz. each is easy to remember). Start with five push-ups on the first day of the month and add one each day.



Just like building a house, you have a blueprint that shows the design, colour, height, room sizes. Think of this as your health blueprint. Do you want to lose weight? Run further, faster? Eat less processed junk? Growth happens when we challenge ourselves. So don't be afraid to set the goals high and work towards them.

Pray about what your health goals should be. God cares about your health. If you don't have your health, you can't enjoy your family, friends and most importantly, Jesus!

Get your health and fitness blueprint started today!

Adapted from <https://www.bible.com/reading-plans/472-live-out-your-faith-with-fitness/day/1>

Submitted by Tania Burgan

From the Principal

VOLUNTEERS' MORNING TEA

Thank you to all the volunteers at St Paul for all of your help throughout the year. We had a wonderful turn-out for the morning tea last Friday and many of our teachers (who provided the food as a gesture of their appreciation) were able to come up for a brief visit to say thanks in person. We know that there are multitudes of volunteers who were unable to attend the morning tea, or are too humble to accept our thanks in a public forum. We thank you all!

SCHOOL TRAFFIC

I would like to say thank you to all families for your help with traffic procedures in the past several weeks. Many parents have commented to me that the traffic is running quite smoothly, and that very few cars are turning right from Audrey Avenue. I am so grateful for all of your assistance in keeping our students safe to and from school.

If you missed the communication previously, please be reminded that all school traffic during our peak morning and afternoon times should not turn right

from Audrey Avenue. Rather, please head down to the roundabout and approach from the west. Thanks again!

RECEPTION TRANSITION

Tomorrow we have our second visit from students and families in Reception in 2017. Please be aware that there will be some extra traffic in the morning. Once again. Please say hi and welcome any new families if you happen to see them around the school.

SPECIAL STAFFING ANNOUNCEMENT

It is with mixed emotions that I share with you all that Catherine Hardy will be leaving our administration team in the coming weeks. Catherine has been a part of our staff for some time, and involved in the school as a parent for many years. She has been appointed as the new registrar in a full-time capacity at Mt Carmel College. We celebrate with Catherine for her new role beginning in two short weeks. Catherine's last day will be Thursday 24 November. Many blessings to you Catherine!

Leila Mattner | Principal

From the Director of Learning

End of Year Reports will be sent home on the 9 December. These reports are indicative of student achievement across the entire year in each key learning area specified in the Australian Curriculum. Teachers will also provide feedback in the form of comments in the areas of English and Mathematics as well as a concluding classroom teacher comment.

CONNECTED SCHOOLS ENRICHMENT PROGRAM

Students from Endeavour College, Good Shepherd and Golden Grove Lutheran School joined students from St Paul yesterday to participate in a Performing Arts Enrichment workshop. Thank you to Mrs Elise von Stanke and Miss Tania Burgan for running the day, which is the last workshop for the year. The Enrichment Program will recommence in Term One next year.



THE JOBS OF 2030

At the recent 2017 Reception transition visits I spoke to parents about the need to educate children for a different type world to the one their parents encountered when they left school. Next year's Reception students will be retiring from the workforce in around the year 2080! The roles and occupations that these students will take up in the economy will be very diverse and require a different skill set to previous generations. Below is an extract from an article that was posted on <http://www.educatoronline.com.au/> last week.

"A report by the Regional Australia Institute and NBN has found that one-in-two Australians will need skills in programming, software development and building digital technology to remain competitive in 2030. The 'Future of Work: Setting Kids Up for Success' report points to soft people skills like critical thinking, communication, collaboration, connectivity, creativity, and culture...the report projected that in 2030, there will be three types of jobs:

- *Future jobs - new and focused on digital specialisation and technical skills;*
- *Changing jobs - similar to current jobs but with new activities focused on high personal contact ('high touch'), high levels of care and high levels of tech; and*
- *Fading jobs - which will be replaced by automation in time."*

This is all food for thought, particularly when you consider 2030 is around the time many of our current junior primary students will be entering the work force. Thankfully St Paul has already placed a high value on the 'soft people skills like critical thinking, collaboration and creativity mentioned in the report.

Jason Fay | Director of Learning

General News

PHYSICAL EDUCATION WEEK 2016

This week is the 32nd annual Physical Education Week in South Australian schools. PE Week endeavours to highlight the importance of Health and PE to the learning and development of children.

Our students will have the opportunity to celebrate PE Week – by participating in various activities listed below:

- Wednesday 16 Nov: Milo in2 cricket clinics (ongoing).
- Thursday 17 Nov: Netball – Staff v Year 6s at lunch-time.
- Friday 18 Nov: Lunch-time Hot Shot tennis finals.

A reminder that the canteen provides many healthy lunch options for students and staff. Mrs Semmler's delicious, nutritious frozen pineapple rings (60c) and orange wedges (30c) will be on sale this week.

PHYSICAL EDUCATION WEEK ACTION

What a way to get PE Week up and running!

Call them Aerobics or Health Hustles, but yesterday morning our Senior Sixes lead staff and students in a most rhythmical way – dancing their way through three well-choreographed songs.

Staff and Sixes agreed that the view from the deck/ stage was spectacular, with over 300 Health Hustlers responding enthusiastically.

Big thanks to Year 6, Miss Burgan, Miss Mattner and Mrs Von for their contributions.

And – Mrs Semmler says that her frozen fruit treats are selling like hot muffins!

Kym Mickan | Sports Coordinator

CONNECTED SCHOOLS ATHLETICS 2016

"We thank God for today's beautiful sunshine and the great facilities here at the Enfield Little Athletics Club.... and for the talents he has given to all the students. Thank you for the wonderful sporting behaviour all



schools have displayed and to the PE teachers for organising today.....also to the Year Eleven Endeavour students for officiating at the field event stations.”

The above excerpts from the acceptance speeches by our St Paul school captains, Leticia and Blayde, at the conclusion of last Thursday's annual CS Athletics Carnival, were both fitting and appreciated by the 150 plus students and numerous supporting parents in attendance.

Thursday was a day of firsts:

- For the first time in the eleven year history of the carnival, nine year olds were involved. Here are some reflections: “I was really nervous, but after my first run I felt much more comfortable” – Miriam. “I was nervous too, but after getting a second blue ribbon, I felt better!” – Fergus.
- In addition to winning back the Endeavour Cup, St Paul Lutheran took out the Year 6 Novelty Weave relay.
- Numerous Personal Bests were achieved. For example, in winning his Shot Put event Sean beat his PB by a metre, and third-placed Jordan extended his PB by a whopping 2 metres!

Special thanks to:

- Mr Wilksch, Mrs Mattner and the Schwarz family – setting-up crew.
- The many parents who helped with vital tasks like dismantling shelters, and assisting with the barbecue.
- Mr Kriewald and Jackson Habel—starting duties.
- Miss Mattner (team management) and Miss Heinjus (scoring) for their great support.

Well done all, on a wonderful team effort!

ENDEAVOUR ARTS SHOWCASE

Endeavour College invites you to experience a world of pure imagination at the 2016 Arts Showcase. The annual event is a display of Visual Arts produced at the school during the year with special support from the Performing Arts departments.

A special collaborative project by students from the Connected Primary Schools will also be on display

during the event. The event will run from 6pm to 8pm this Thursday 17 November.

YEAR 4 FAMILIES - TRANSITION TO ENDEAVOUR COLLEGE

The enrolment process for Year 7 in 2019 has commenced for all current Year 4 families and you should have recently received an information pack from St Paul.

To register your interest for a priority placement, please complete the enrolment application form and return to your school's front office by this Friday 18 November, 2016. Note that the enrolment application fee is waived for all Connected School students.

Demand for Year 7 is high so to avoid missing out on a place it is recommended to register interest even if secondary school options are still being considered.

Further details about confirming the enrolment and a 'Get to Know You Interview' will then be sent early next year.

Should you have any queries you are welcome to ring the Registrar at Endeavour College, Carolyn Wachtel on 8368 3311.

PREMIER'S READING CHALLENGE AWARDS

This week we will be celebrating another successful year of the Premier's Reading Challenge with students. This year, for the first time, 100% of students completed the challenge. Thank you to all students, parents and teachers for helping us achieve this amazing result. During library time students will receive their awards and we will indulge in a celebratory 'popcorn party'. Congratulations to all students!

JUNIOR CONCERT DVD'S FOR SALE

A high quality DVD of the Junior Concert is available for sale from the school office. DVD's are \$20 and payment can be made by cash or credit card. If you would like a copy of any of the photos from the Junior Concert, please bring a NAMED USB to the office and we can place the photos on there for you.



LUTHERAN COMMUNITY CARE CHRISTMAS HAMPERS

THIS WEEK IS JAM!

Please remember to bring a jar of jam this week to support the Lutheran Community Care Christmas Hampers. LCC provide hampers for families in need and would love your support this Christmas. Please give your jar to your class teacher or put it in the 'Drop Off' box opposite the canteen.

Of course, if there are other food items or toys that you would like to donate, they can be brought to school at any time before the 9 December.

- Week 5 - 14/11/16 - Jam
- Week 6 - 21/11/16 - Pasta Sauce
- Week 7 - 28/11/16 - Biscuits

NETBALL REGISTRATIONS SEASON 1 FOR 2017

If you have a child interested in playing netball for St Paul in 2017, please collect a Registration Form from the office. Children, who are starting Year 2 in 2017 and are interested in playing netball, can register their interest by completing the Registration Form. These students, depending on an available coach will train after school in Term 2 to begin playing competitive games in Season 2 (Terms 3 and 4).

LOST PROPERTY

The school office is collecting quite a few unnamed woollen jumpers. If you have lost a jumper, please visit the office to have a look at what we have. This is a great reminder to make sure your uniforms are named so they can be returned if found.

Often jumpers are taken off during the school day and students accidentally pick up the wrong one. Jake Smith in Miss Baldock's class is missing his brand new named woollen jumper and he would be grateful for its return. Please return any incorrect jumpers to the school office for redistribution.

SPORTING RESULTS ON PARENT WEEBLY

Did you know that the Parent Weebly has all the information you need to know about game times and fixtures? Parents can also download the free app 'FOX sports Pulse' and use it to easily access match information. It is quick and easy and a good resource to have handy on your mobiles.

SCHOLASTIC BOOK CLUB

Last Friday, 11 November the latest Scholastic Book Club brochures went home with students. This will be the last order for 2016. Orders are due by Tuesday 22 November. Please put orders in a NAMED envelope to the office and check that all information on credit slips/cheques/order forms is correctly recorded. Books make great Christmas presents!

HELPING CHILDREN DEAL WITH TRAUMA

The following article from the Parenting place website www.theparentingplace.com provides some suggested ideas on how to encourage children to work through their emotions when dealing with a trauma. Children may be exposed to trauma in many ways however one way that we often don't realize is via the news, like the recent earthquakes in New Zealand.

Traumatic experiences can trigger a very wide range of symptoms for kids. Because they have an underdeveloped 'emotional vocabulary', children sometimes express their emotions in immature and inappropriate ways. Parents need extra patience and love for kids at this time, which can be especially hard if our own emotions are still raw and stressed.

After this North Canterbury earthquake, kids may be fearful of more earthquakes and of being left alone. They may worry about their safety and their future welfare. They may also be worried about other people and pets, and even worried about you, especially if they have seen you upset. After a big shock or a prolonged period of stress, children may be easily triggered into a fearful state.

OUR VISION:

Connected.
Innovative.
Grounded
in Christ.

OUR VALUES:

God's Word

2 Timothy 3:16-17

Acceptance

Romans 15:7

Excellence

1 Corinthians 10:31

Respect

Luke 6:31

Compassion

1 John 3:18

Hope

Titus 3:7

Community

2 Corinthians 13:13

Love

1 Corinthians 13:4-8a

PROUD MEMBER OF:



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Your children may never have experienced such strong or dismaying emotions before. Repeatedly reassure them that big feelings are understandable after a scary experience, but the feelings will pass. Where your insight will be especially valuable is helping them label their emotions – “You normally don’t yell and act angry like this. I think it’s because of the upset from the earthquake. It stirs us all up.” “You’re feeling sick... and we will certainly take you to the doctor if it doesn’t get better soon, but sometimes people feel really sick after a fright like the one we have had”.

- A key insight – emotions tell us about what has been, not about what will be
- Emotions cannot be commanded to go
- Emotions don’t always tell us the truth
- Emotional upsets take time to get over
- Reassure children – things like bad dreams are normal and go away
- Talking about how they are feeling helps
- Assure them not to feel ashamed of their emotions, especially when talking to parents.

Read the full article [here](#).

Church News

EXPERIENCE ADVENT

Advent is the season of getting ready for Christmas in the church year. Join us here at St Paul as we explore together through fun, crafts, games and ways we can prepare for Christmas.

- When: Sunday 27 November
- Where: St Paul Lutheran Church and Hall
- Time: 11am to 12:30pm
- Cost: Gold coin donation for some activities.

For more information or queries about children and youth at St Paul Church contact Nicole Hall, CYHM Coordinator on 0412 686 342.

ADVENT SERVICE AND INSTALLATION OF MRS LEILA MATTNER ON SUNDAY 27 NOVEMBER

Please join St Paul for the Advent Service on Sunday 27 November at 9:30am for worship. Leila Mattner will also be installed as Principal of our school at the Worship Service. Please plan to come along! The church’s Experience Advent event will follow for young and old participants. See Church News for more details.