



**ST PAUL
LUTHERAN SCHOOL**

Living and Learning Together in Christ

inspire

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Upcoming Events

MON 6 MAR

- TriSkills Gymnastics (R-2)

TUE 7 MAR

- 9:30am School Tour

WED 8 MAR

- Parent Information Evening (Reception)

MON 13 MAR - FRI 17 MAR

- ALWS Awareness Week

MON 13 MAR

- Adelaide Cup Day (Public Holiday)

TUE 14 MAR

- Year 3 Camp

WED 15 MAR

- School Council Meeting
- Year 3 Camp

- Year 5 Camp

THURS 16 MAR

- Year 5 Camp

FRI 17 MAR

- Year 5 Camp

MON 20 MAR

- TriSkills Gymnastics (R-2)

Starting the New Year at School

Beginning school is a big event in a little person's life. There is so much 'newness'! New people, new rules, new routines and the list could go on. It can be quite overwhelming and hence, produce some undesirable behaviours, especially at home!

5 Sure Fire Ways to Stop The After School Attitude

It takes a great deal of emotional and mental work to follow the rules throughout the day, especially for little kids.

Each time your child refrains from hitting that boy who took his toy, holds up her hand and covers her mouth so she doesn't speak out of turn, or stops himself from running down the hall to recess, they have to restrain themselves. This restraint builds and builds, almost like a bubble.

Then they walk into their safe place, and POP! They can finally let loose and stop having to restrain themselves.

They get to let it all go.

As a parent, that's hard to deal with. It's frustrating when you have a child who hasn't had a tantrum in months come home from school and cry and whine about every single thing.

How can you help your child with the transition from home to school so they don't have to struggle, and you don't get frustrated?

Greet Without the Questions

"Do you want to tell me about your day now or at dinner?" This gives him/her the power to decide when to talk.



Feed Them

Hangry (angry because you're hungry) is a real thing.

Just assume that your child is hungry when they get home and have healthy snacks that will give them energy and fill them up.

Allow for Downtime

Give kids time to be kids. Allow them to have time to play and let loose.

Children need to play, it's how they process their world and handle their stress.

Be Consistent with Rules and Consequences

I know it's been a hard day, but that doesn't mean that rules have to go out the window.

Be consistent with your family rules and consequences.

Connect and Reflect

Find a way to spend one-on-one time with your child. This doesn't mean hours of your time, 10-15 minutes will do.

Filling your child's attachment tank is the best way to handle negative behaviours.

My prayer is for our little ones who have gone through massive changes recently. Bless their families, teachers and supporters with patience and love.

...the little children were brought to Jesus for Him to place His hands on them and pray for them Mark 10:13

Taken from <http://dirtandboogers.com/5-sure-fire-ways-to-stop-the-after-school-attitude/>

Submitted by Karly Voigt

From the Principal

RECEPTION PARENT INFORMATION EVENING

Our Reception teachers have been preparing for their parent information evening, to be held next Wednesday, March 8. This is a really valuable way to further explore the school-home partnership now that our newest students have begun to settle into the year. The session will begin at 6:30pm, in the Creative Space. Please enter via the administration office. We look forward to seeing you there!

TRAFFIC AT ST PAUL

The traffic safety campaign has begun! Thank you for adhering to the following important points and for accepting the additional information from our traffic duty staff.

- There is to be strictly no right turn from Audrey Avenue into the school grounds. All vehicles must proceed to the roundabout and come back to approach from the west and turn left into the school.
- All vehicles should be driven at walking pace at all times through the school.
- Be aware that priority is always given by all staff members on duty to reducing the traffic on Audrey Avenue. This is over and above allowing cars to exit car parks.
- We do not recommend allowing students to cross Audrey Avenue alone to enter the school. The practice of dropping students off on either side of Audrey Avenue should not continue, for obvious safety reasons. Whilst the traffic moving through the school may take up to five minutes longer, it could save your child's life.

2019 ENROLMENTS

In the coming weeks I will be conducting enrolment interviews for new families enrolled for Reception in 2019. If you are a current family of St Paul and believe you may not have completed an enrolment form for your younger child, please ask at the office for a form



as soon as possible. If you would like to check that you have a form in, please ask Ann Belcher to check for you. We provide priority entry to siblings if we have their information on file.

If you have friends or extended family who are seeking a suitable place for their child's education, we'd love you to direct them to us for a tour. We have now put our promotional video on our website – you can view it by simply going to our home page and clicking to play: www.stpaulba.sa.edu.au.

Leila Mattner | Principal

From the Assistant Principal

SHROVE TUESDAY

Shrove Tuesday proved to be a highlight of the week as staff and students at St Paul received the gift of pancakes during recess time. Great feedback from parents acknowledged the school's willingness to inclusively cater for students with food allergies ensuring all those who wanted to, could take part in this occasion. We are particularly grateful to Louise Venning for her work in coordinating this special opportunity and to members and friends of St Paul church and school community for their assistance.

YEAR 3 & 5 IPADS

It's been an exciting fortnight for our Year 3s and 4s who all took delivery of their new iPads. The iPads are a great tool for many and various tasks promoting classroom engagement and arousing curiosity in learning.

STAFF AND COUNCIL MEET AND GREET

Did you know that the School Council has already held their first meeting for 2017? Members on Council this year are:

- Sally-Ann Bearman - Parent rep
- Dennis Clark - Church rep
- Jason Fay - Director Teaching & Learning

- Scott Hartwig - Acting Chairman
- Eileen Jeffree - Church and Parent rep
- Robyn Mader - Business Manager
- Leila Mattner - Principal
- Carolyn Nuske - Church and Parent rep
- Greg Priebbenow - Pastor
- Tiffany Raethel - Parent rep
- Greg Ratsch - Church and Parent rep
- Merryn Ruwoldt - Church rep
- Helen Vonow - Assistant Principal

Staff and Council members are looking forward to a 'meet and greet' this Friday afternoon at the conclusion of the school day. We look forward to spending this time together.

REGISTERED VOLUNTEERS

With a number of camps and excursions planned in the coming weeks, teachers have been asking for registered volunteers to support. If you are not yet a registered volunteer, I encourage you to consider becoming one. The process has a few simple steps including some paperwork, a police check at the school's expense, an online workshop (30 minutes) and a brief meeting with our Principal, Leila Mattner. Getting your volunteer badge now will avoid disappointment later if you are unable to attend an excursion because your police check has not come through. Please contact the office for any questions and feel free to collect a volunteers pack.

Helen Vonow | Assistant Principal

General News

TWILIGHT SPORTS DAY ADVANCE NOTICE

This year we are once again holding a twilight Sports Day, with events starting at 1:30pm and finishing at 5:30pm. Care will be provided in the morning leading up to lunch time; however, no formal lessons will occur



on this day. Please pay careful attention to sports day information in Inspire as we lead up through the term to this exciting day!

TRI -SKILLS GYMNASTICS

A reminder for *Reception, Year One and Year Two* parents that children need to wear their Sport Uniform each Monday from 20 February to 20 March for Tri-Skills Gymnastics.

SAPSASA DISTRICT SWIMMING

Best wishes to the following students who will represent St Paul Lutheran at the 2017 Adelaide North East District Swimming Carnival on Thursday 2 March:

Riley Thornley, Taliese Wilson, Samuel Clark, Bethany Fay, Lyla Muir, Indyana Case, Tahlia Mundy, Archie Kretschmer, Felicity Cheng, Tom Pavlidis, Georgie Pavlidis, Evelyn Fay, Sara Wilson, Jake Thornley, Jordan Jenkin, Max Davey, Hayley Fechner, Callie Weiss, Aleksa Novakovic.

SHED MEN

All dads and men in the St Paul community are invited to 'Shed Men' which is a casual gathering where we share an opportunity on the first Friday of each month to gather at a nominated 'shed' to meet, chat and socialise in friendship and fellowship. This has proven to be an excellent way for men to be involved in the school and in the education of their children.

Shed Men is about guys getting together informally, usually around a BBQ at someone's shed, and just getting to know each other while establishing, broadening and strengthening friendships. It's as simple as that. Often there's a footy match or a cricket match to watch, but the important thing is that this is a gathering of men ... for men ... organised by men. (No salad is the rule!) We even have a constitution!

A flyer went home yesterday with your eldest child with information about Shed Men and coming events.

Our next Shed Men will be held this Friday, 3 March at Leon's Shed, 49 Lionel Ave, Blair Athol (please enter down the right-hand side of the house).

Save the date: Shed Men Go Bush 2017 Camp: Friday 19 May to Sunday 22 May.

For more information please contact Leon on 0432 575 126.

HOW TO RAISE INDEPENDENT KIDS

'Never before has a generation of children been so dependent on their parents.' Michael Grose.

Lose the bubble-wrap and step away from the helicopter!

Join bestselling author and parenting expert, Michael Grose for an interactive evening designed to challenge thinking and empower parents to raise independent, resilient and confident children.

Michael will share hands-on and practical strategies to help:

- Encourage independence
- Build strong, caring and cooperative family relationships
- Reduce anxiety
- Foster emotional intelligence

You'll leave feeling empowered to move forward in raising your independent children.

- When: Thursday 2 March
- Where: Trinity College, Evanston South
- Time: 7pm to 9pm
- Cost: \$35 per ticket

To book your ticket visit: [spoonfedgenerationparents.eventbrite.com.au](https://www.spoonfedgenerationparents.eventbrite.com.au)

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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Church News

EXPERIENCE LENT

Come and join us and discover through a selection of activities what Lent and Easter are all about.

Spend an hour as a family exploring elements of this story. Build an Easter garden, make a cross and hammer some nails. Share this experience with all ages.

When: Sunday, 5 March.

Time: 10:30am to 11:30am after our 9:30am St Paul Community Worship Service.

Where: St Paul Lutheran Church Hall

Cost: Free (although a small donation to help cover the cost of craft materials would be appreciated)

SPY

St Paul Youth for Year 6-8 runs on the first and third Friday of the month during the school term.

When: 7.00pm - 9.00pm

Cost: \$2.00

Our next meeting is on Friday 3rd March - Water into Wine
(Boys to bring supper)