



**ST PAUL  
LUTHERAN SCHOOL**

*Living and Learning Together in Christ*

# *inspire*

VOL 20, ISSUE 05 | 28 FEBRUARY 2018

## Upcoming Events

### WEEK 5

#### THU 1 MARCH

- District Swimming

#### FRI 2 MARCH

- Shed Men

### WEEK 6

#### THU 8 MARCH

- Parent Information Evening (Reception)

### WEEK 7

#### MON 12 MARCH

- Adelaide Cup Day (Public Holiday)

#### TUE 13 - 14 MARCH

- Year 3 Camp - Woodhouse

#### THU 15 MARCH

- School Tour 6:00pm

### WEEK 8

#### TUE 20 MARCH

- Harmony Day

#### WED 21-23 MARCH

- Year 5 Camp - Aldinga

## A New Season

What is it about a simple change in weather that can bring out the best in people? It's almost like each new season is a new beginning of sorts. It's very representation of newness stirs up changes in our souls. As we prepare to enter Autumn, our visions of our favourite warm cosy jumper; warm drinks; and cooler nights spring into action in our hearts.

The Bible also references new changes and beginnings in our lives as being seasons. Seasons are metaphors for God's perfect timing in delivering us through all the changes He makes in our lives. These certain seasons can bring about the blessings we reap from having been obedient in following him through those changes even if we did not fully understand or welcome them.

*And let us not grow weary of doing good, for in due season we will reap, if we do not give up. Galatians 6:9*

This scripture tells us to never give up. No matter how long, strenuous and painstaking the road or trials are in our lives, there is always a new season ahead, a season of new beginnings.

Every day we can make the decision to begin again. We can adopt a positive mind set to overcome, conquer, and live triumphantly. All beginnings must eventually come to an end so a new beginning, a new season, can commence. We need to take the opportunity to look ahead at what can be and forget the what-might-have-beens. We can challenge ourselves to be better, live higher, rise above our own self-appointed limitations. We can look ahead to a new season of thinking, speaking, acting and living more positively. Each subtle change we implement towards living a more positive life will eventually take root and manifest itself into our days, weeks, months and years.

(Adapted from CBN)

**Submitted by** Claire Kelly



### **INSPIRE photos featured this week:**

- TriSkills
- Coding

## **From the Principal**

### **RECEPTION PARENT INFORMATION EVENING**

Our Reception teachers have been preparing for their parent information evening, to be held next Thursday, 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!

### **SPORTS DAY ADVANCE NOTICE**

All families please note that Sports Day on Friday April 6 will be a morning event this year, beginning at 8:45am and finishing at lunch time. More details will follow, however please note that this is not an evening event this year. Please pay careful attention to sports day information from Kym Mickan and Jess Lampshire in coming editions of Inspire as we lead up through the term to this exciting day!

### **GRATITUDE**

This week during staff devotion time, Jan Daly led us in some prayer time thanking God for the wonderful students we work with every day here at St Paul.

During staff training in wellbeing in the past several years, the importance of positive emotions, as one of the five elements of the PERMA positive psychology model, has been a clear focus. This has been informing both how we can improve our quality of life as adults, and how we can support students to feel more positive at school. This is not a fake kind of 'put on a happy face' emotion. Rather, we can use strategies every day to improve our emotions in a genuine way, whilst still acknowledging that all emotions are important.

Gratitude is a simple, yet powerful tool to improve our mindset. It features in the well-researched [VIA Character Strengths](#); improves resilience; boosts your mood short term; and can become a habit which gives you

a more positive every day starting point to cope with tough times. Psychologists aren't the first to discover this! The Bible has many references to gratitude and thankfulness:

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18*

Students at St Paul may participate in gratitude exercises in class such as keeping a gratitude journal, sharing three blessings with a friend, or writing a letter of thanks to somebody. These are great strategies at home too, both for you and your child. When your child comes home from school today, try asking, 'what are you grateful for today?' I wonder how it changes your conversation about the school day?!

**Leila Mattner** | Principal

## **From the Deputy Principal**

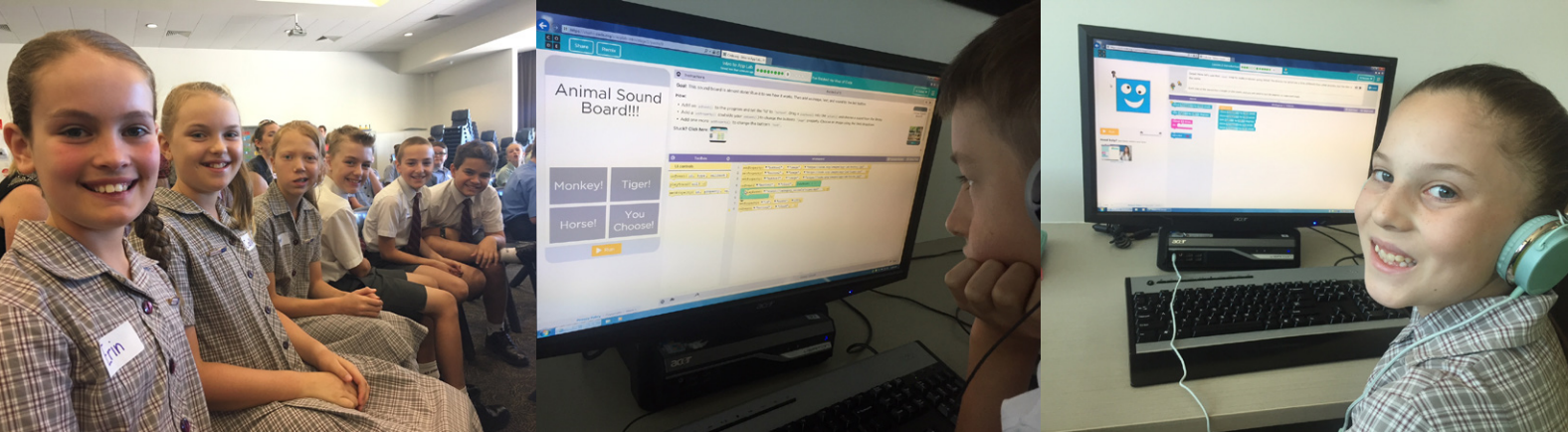
Over the last couple of weeks I have had a lot of feedback from parents regarding my recent articles in INSPIRE. I have had people send me through related articles on future workplace requirements and changes, automation replacing workers, office space designs, wellbeing in the workplace and entrepreneurship for children. It is fantastic to have this type of support in our community for our vision for learning and how this ties in with the future work lives of our children.

### **CARPARK/KISS AND DROP**

There has been an increased council presence around the school in the morning and afternoons to write tickets for poor parking, and just recently police have been looking at speed around the school. Just a reminder that safety needs to be the number one priority around the school at these times. This includes in the carpark and the driveway where the speed limit is 5Kmph. Attached again this week is the carpark map. Every morning this is filling quickly and only following the correct format allows maximum space for everyone to use.

**Jason Fay** | Deputy Principal





## SPLASH News

### SPLASH

On Tuesdays and Wednesday SPLASH is consistently reaching capacity. If you do not make a regular booking a day or two in advance you may be charged the full amount and receive no rebate. With increased numbers it is ESSENTIAL that you BOOK in early for SPLASH. Late bookings may incur the full fee.

**Rebecca Heinjus** | SPLASH director

## General News

### NATIONAL SELECTION

We say 'Congratulations' to Imogen Healy on earning selection recently in the Australian Junior BMX team. Imogen and her Aussie Teammates will participate in June against New Zealand in the Junior Trans-Tasman Test series.

To view Imogen's incredible winning ride in the 11 girls selection final, go to the link:

<http://bmxaustralia.com.au/new-zealand-wed-watch-out-if-we-were-you/>

**Kym Mickan** | Sports Coordinator

### SAPSASA SWIMMING 2018

The following students will be representing St Paul Lutheran School at tomorrow's annual Adelaide North East District swimming competition:

Lachlan Phung, Ethan Christian, India Langmead, Archie Kretschmer, Sebastian Duff, Samuel Clark, Riley Thornley, Xenia Salupalu, Milika Hussaini, Chloe Phung, Tom Pavlidis, Aleksa Novakovic, Hannah Ratsch, Bethany Fay, Lyla Muir, Tahlia Mundy, Indyana Case, Hayley Fechner.

Best wishes to all competitors.

**Kym Mickan** | SAPSASA Coordinator

## SRC NEWS

The School Captains and SRC members met for their first meeting this week. The following students have been elected by their peers:

Year 3: Setia Harris and Henry Reid

Year 4: Tianney Hong and Ethan Christian

Year 5: Ruby Hartwig and Archie Kretschmer

These students will be presented with their SRC badges at next Friday's Assembly, March 9.

### SRC CAFÉ.

We would like to invite (and thank) those of you who come along to our SRC Café each week before Chapel. All parents and families are welcome to join us in the hall for tea and coffee on Wednesdays until 9:00am. The SRC are able to provide this service to you through the kind gold coin donations people put into the collection bowl each week at the café. Please continue your great support of this SRC initiative and we look forward to seeing you on Wednesday mornings.

**Stacey Baldock** | SRC Co-ordinator

### SHED MEN

All Dads are invited to Shed Men. Shed Men is run by dads and is not a school event. Rather, it is a casual gathering of St Paul Dads and Male care givers at a different bloke's house on the first Friday of the month.

It would be great to see and meet some of the Dad's that are new to the school, and some of the ol' regulars too.

Shed Men - Friday 2 March from 6.30pm:

Leon's Shed, 49 Lionel Ave, Blair Athol.

BYO meat and drinks.

If you would like to host a Shed Men Friday in your Shed, we are looking for hosts for May, June and August. If you would like more information on Shed Men, please contact: Leon Semmens [lsemmens@aapt.net.au](mailto:lsemmens@aapt.net.au) 0432 575 126. See you on Friday!



## NEWS FROM THE UNIFORM SHOP

As from Monday 26 February, the uniform shop will be open as normal with the addition of Monday and Tuesday afternoons from 3:00pm - 4:00pm. The second hand racks have been re-stocked, so come in and have a browse. Feel free to email me if you can't make it in. [uniformshop@stpaulba.sa.edu.au](mailto:uniformshop@stpaulba.sa.edu.au)

### Uniform Shop Opening Hours:

Monday	8:30am - 10:30am	3:00pm - 4:00pm
Tuesday	8:30am - 10:30am	3:00pm - 4:00pm
Wednesday	8:30am - 10:30am	
Thursday	CLOSED	
Friday	8:30am - 10:30am	



# OPEN DAY

**Sunday,  
18 March**  
1:30pm – 4:00pm

 **Connected  
SCHOOLS**

Bookings not required.  
Personal Tours of the  
College can be arranged  
outside these times  
upon request.  
Please call 8368 3311


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Free parenting seminar

## Raising brilliantly behaved children







**Are you the parent of a 5 - 12 year old?**  
**Want fewer behaviour dramas at home?**

Hear psychologist, parenting author and commentator  
*Jodie Benveniste* talk about:

- dealing with challenging behaviour in ways that bring out your child's strengths and true character
- alternatives to discipline and punishment
- encouraging cooperation rather than conflict.

**Wednesday 21 March**  
When: 7.00 - 9.00pm  
Where: Adelaide Convention Centre  
North Terrace, Adelaide  
Riverbank Room 7 & 8  
(easy access via West entrance)

**Register to attend in person or view the live webcast at:**  
Online: <http://parentingsa.eventbrite.com.au>  
Phone: 8303 1660  
Email: [health.parentingsa@sa.gov.au](mailto:health.parentingsa@sa.gov.au)

Presented by Parenting SA.  
For more information about raising  
children visit:  
[www.parenting.sa.gov.au](http://www.parenting.sa.gov.au) or  
[www.cyh.com](http://www.cyh.com)

For the benefit of all participants we request no babies and young children.

Helping parents be their best



## Church News

### ST PAUL COMMUNITY SUNDAY SERVICE AND EXPERIENCE EVENT

The first St Paul Community Sunday of the year is on Sunday 25 March - Experience Holy Week.

I am looking for a few of our St Paul students to be involved in our service time at 9.30am. If your child is keen, please let me know. It is a fantastic way for our young people to be involved in this special community service.

### Experience Holy Week





## 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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7 PM WEDNESDAY NIGHT LENTEN WORSHIP  
INNER NORTHERN LUTHERAN CHURCHES  
Blair Athol—Hampstead—North Adelaide

## Journey to Golgotha *Five Stations on the Way to the Cross*

21 February—North Adelaide (139 Archer St.)  
28 February—Blair Athol (44 Audrey Avenue)  
7 March—Hampstead (28 Muller Rd., Greenacres)  
14 March—Blair Athol  
21 March—Hampstead



**BIBLE GIFTING!** At this service we will be gifting our Reception students with their very own My First Storybook Bible. Letters and reply slips have gone home this week to our Reception families with all the details.

For more information, please feel free to contact Louise Venning, St Paul School Ministry Worker, email [LVenning@stpaulba.sa.edu.au](mailto:LVenning@stpaulba.sa.edu.au)

### SAVE THE DATE – ST PAUL QUIZ NIGHT!

St Paul Lutheran Church Quiz Night, Saturday 26 May 2018. More information to follow soon!

### BACKPACKS 4 SA KIDS

This year, the Hearts and Hands Women's Fellowship at St Paul Lutheran Church are supporting Backpacks 4 SA Kids and we welcome members of our school community to take part if interested. This organisation helps children and teens who are suddenly displaced from family or who find themselves in traumatic situations. It offers them real hope.

If you would like to find out more, there will be an information session at their warehouse, 5/1421 Main North Road (access road) Para Hills West this Friday 2 March, 7.00-9.00pm. Anyone keen to come along would be very welcome. Please let me know and I can add your name on the list in the Church foyer. Flyers and directions will be available too.

If you are interested in donating any items, we are collecting small battery operated torches during February and March. Donations can be left at the Front Reception. For further details check out the website: <http://backpacks4sakids.org/#> Thank you, Louise Venning

### PLAYGROUP @ST PAUL – NEXT WEEK MESSY PLAY DAY!

Playgroup @St Paul is held on Tuesdays during school term from 9-10:30 in the Church Hall. Children 0-5 years and their parent or carer are invited to join us for a time of play, craft, stories and singing. Come along and join the fun – Cost is \$2.00 per family – bring a small snack for your child at snack time.

\*Next week (week 6) will be a Messy Play Day, please bring a towel and a change of clothes.

### SPY NEWS

St Paul Youth for children in Years 6-8 runs on the first and third Friday of the month during School terms. Our next get together is this Friday 2 March. Time 7:00-9:00pm. Cost is \$2.00 Girls please bring something to share for supper. For more information contact Nicole Hall 0412686342

