**BE THANKFUL**

Be thankful that you don’t already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don’t know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you’re tired and weary, because it means you’ve made a difference.

It’s easy to be thankful for the good things. A life of rich fulfilment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

Author Anon

Submitted by Paula Skinner
From the Principal…..

’ve being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus’ Philippians 1: 6

Over the past few days our staff investigated further the approach to developing a sense of belonging and community for our students through the philosophy of “Restorative Justice”.

This process is as follows:

Restorative Justice is a range of processes that advocates that the people most effective at finding a solution to a problem are the people who are most directly impacted by the problem, creating opportunities for those involved in a conflict to work together to understand, clarify and resolve the incident and work together towards repairing the harm caused.

At its core it is about building and maintaining relationships that are meaningful and relevant to those involved.

Teaching staff also learnt about Executive Function and Working Memory. Executive Function is a set of mental processes that helps us connect with past experience with present action. It includes the following behavioural categories:

  - Impulse Control
  - Emotional Control
  - Planning/Prioritizing
  - Flexibility
  - Working Memory
  - Self – Monitoring
  - Task Initiation
  - Organisation

These important aspects of Executive Function will be elaborated on further at our Parent Information night and I encourage you to discuss them with your child’s classroom teacher and how you may be able to support your child from home building their Executive Function.

Just like our students we as teachers and educators are constantly reflecting, learning and readdressing new, current and established philosophies and ways of learning. It is very important that we too are open and engaged to current research and its impact on learning today. God is always finding ways for us to grow as Christian Educators. We have had a fantastic few days of preparing for our new year and I look forward to seeing everyone’s smiling faces this week.

Installation / Rededication Service / Bible Presentations

St John’s Lutheran School will be holding the Installation Service for our new teachers and the rededication of Staff and School Council, as well as Bible Presentations for Year 4s (plus new students in Year 5-7) on Sunday 6th April 2014 (Please note date change) in St John’s Lutheran Church. Please keep this date free and add it to your diary. More details will be given at a later date.
From the Principal

Uniforms
The student uniform creates a sense of belonging and is a distinguishing aspect of our school. Parents regularly comment on the importance of sending their student to a school where the uniform is valued and enforced. Wearing the correct uniform is also an expectation of the school, and one that parents and students agree to at the time of enrolment.

The uniform shop will be open on Monday mornings this year from 9.30am after Chapel. Order forms can be submitted throughout the year and are available from the front office.

A reminder about the following uniform issues:

- No coloured shoe laces - white only
- All hair ties and accessories must be navy only
- Hair should be shoulder length or greater is to be tied back neatly. Hair should remain up on buses after school please.
- No nail polish
- Wrist watches can be worn to school and the band colour must be a plain brown, black, gold or silver and they can only be closed by a clasp or buckle fastner.

Swimming Lessons
Swimming lessons will be held during the second week of school, Monday 3rd February until Friday 7th February. Times are as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.45am to 10.30am</td>
<td>Year 7 class</td>
</tr>
<tr>
<td>10.30am to 11.15am</td>
<td>Year 1/2 class</td>
</tr>
<tr>
<td>11.15am to 12.00noon</td>
<td>Reception class</td>
</tr>
<tr>
<td>12.00noon to 12.45pm</td>
<td>Year 3 class</td>
</tr>
<tr>
<td>1.15pm to 2.00pm</td>
<td>Year 4/5 class</td>
</tr>
<tr>
<td>2.00pm to 2.45pm</td>
<td>Year 6 class</td>
</tr>
</tbody>
</table>

The Swimming Carnival will be held on Friday 21st February, with a practice being held on Thursday 20th February.

Skoolbag App
We are pleased to advise that with technology always improving we now have our own free Skoolbag iPhone and Android App to help us communicate more effectively with our parent/student community. We are encouraging parents to install our Skoolbag School App onto their phones. To install, search for “St Johns Lutheran Skoolbag” on either the Apple App Store or Google Play Store. Over the coming weeks we will be adding our school newsletters and other helpful resources for parents to access. This means of communication will be very helpful to both staff and parents.

With this change, we will be modifying our newsletter distribution to a fortnightly basis, rather than weekly. It is encouraged that families begin to access newsletters via our Website or the Skoolbag App to avoid unnecessary printing by the school. If you have any relevant items for the newsletter please ensure they are submitted to Fiona no later than the Monday morning of the week it is to be printed. Thank you.
ST JOHN'S LUTHERAN SCHOOL, EUDUNDA INC.

From the Principal

Continued ….

Zooper Doopers this Friday
Due to particularly hot weather this week, the P & F will have Zooper Dooper ice blocks available for 20 cents at lunchtime on Friday.

Absentees
Please call the school before 8.45am if your child will be absent. As part of our duty of care policy, we need to know the whereabouts of all of our students. The new Skoolbag App also has an absentee note that you can forward to the school. If students need to leave the school premises for appointments, could you please be sure to sign them in and out through the office so that we can keep a record of students’ whereabouts. All absentees are recorded on a daily basis so accountability is important.

Book Found
A book entitled “The Adventures of Tintin Red Rackham’s Treasure” was found on the street. If this book belongs to anyone, please come and collect it from the front office.

Opening Chapel
It was wonderful to be able to start our school year with a time of worship on Wednesday. Chapel this year will again be held on Mondays at 9.00am. Thank you to the many parents, grandparents pre-schoolers and friends who attended and to the P & F who provided the opportunity of fellowship with a cuppa following Chapel.

Paula Skinner
Principal

Prayer and Care…..

We pray for the new families and students, staff (Kate and Daniel) and Pastor Josh as our school community begins another school year.

We pray for a wonderful term 1 with lots of learning, fun friendships, safety and good health.
ST JOHN’S LUTHERAN SCHOOL, EUDUNDA INC.

Notes and News.....

SOUTHERN SAINTS FOOTBALL CLUB

Southern Saints U14 football training commences Tuesday 11th February 2014 at 4.30pm at Eudunda Oval. Please contact Jamie Launer (coach) on 0400 018 004 for more information.

EUDUNDA/ROBERTSTOWN WATCH SA AND POINT PASS AGRICULTURAL BUREAU

PUBLIC MEETING

Tuesday 11th February 2014 at 7.30pm
Eudunda RSL, Bruce Street

Senior Police will address the following issues:

- Heavy Vehicle Rules and Regulations
- Operation “Nomad” - Fire and Arson

If you are interested in these issues please come along to see and hear what is being done to deal with these problems.

Contact Allen or Pam on 8581 1409 or Eudunda Police on 8581 1100

PIANO LESSONS

There are currently a couple of vacancies for piano lessons at school. These lessons are available for children of all ages, subject to consultation with their class teacher. If you are interested, please contact piano teacher Chris Ruediger on 0488 047 861 by 7th February 2014. Preference will be given to older students as younger children can go on the waiting list for tuition in the future. Piano lessons will resume in Week 5 after swimming has concluded. Timetables (including notes to parents) will be sent home in Week 4. Parents of 2013 students who have not yet made contact to indicate whether or not their child is continuing, are asked to please do so as soon as possible.

Church Times

Sunday 2nd & 9th February.....

<table>
<thead>
<tr>
<th>EUDUNDA PARISH</th>
<th>ROBERTSTOWN PARISH</th>
<th>SADDLEWORTH PARISH</th>
<th>KAPUNDA PARISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eudunda</td>
<td>10.30am</td>
<td>8.30am</td>
<td>8.00am</td>
</tr>
<tr>
<td></td>
<td>P</td>
<td>Parishes</td>
<td>9.30am</td>
</tr>
<tr>
<td></td>
<td>geranium Plains 7.00pm</td>
<td>Geranium Plains 7.00pm</td>
<td>Point Pass 8.30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parish Service</td>
<td></td>
<td>Geranium Plains 7.00pm</td>
<td></td>
</tr>
<tr>
<td>Installation of Pastor</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EUDUNDA PARISH</th>
<th>ROBERTSTOWN PARISH</th>
<th>SADDLEWORTH PARISH</th>
<th>KAPUNDA PARISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eudunda</td>
<td>10.30am</td>
<td>8.30am</td>
<td>8.00am</td>
</tr>
<tr>
<td></td>
<td>HC</td>
<td>Black Springs 8.00am</td>
<td>9.30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.00am</td>
<td>Kapunda</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Black Springs 8.00am</td>
<td>Kapunda</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kapunda 9.00am</td>
<td>Kapunda 9.00am</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Allen’s Creek 9.00pm</td>
<td></td>
</tr>
</tbody>
</table>

By Parish AGM
5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. Sleep: Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. Exercise: When my mum told me all those years ago to turn the television off and go outside and play she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

3. Help others: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. Talk: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. Relaxation: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they’ll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get over looked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.