Good Morning!

You may or may not start your day with exercise, or a hot cup of coffee, but here are seven things you can wrap your faith around as you begin your day.

Love greeted you when you opened your eyes
Declare Your loving kindness in the morning. Psalm 92:2

Your day belongs to the Lord
My times are in Your hand. Psalm 31:15

Your theme song for the day is "Rejoice"
This is the day the Lord has made; We will rejoice and be glad in it. Psalm 118:24

Today is a fresh start in His mercies
The reason I can find hope is that I keep this one thing in mind: the Lord's mercy...His compassion is never limited. It is new every morning. His faithfulness is great. Lamentations 3:21-23

You're the best dressed person in town
He has dressed me in the clothes of salvation. He has wrapped me in the robe of righteousness. Isaiah 61:10

This is the day to live free from the cares of tomorrow
So don't ever worry about tomorrow. Matthew 6:34

Carry hope in your heart all through the day
Be zealous for the fear of the Lord all the day; For surely there is a hereafter, And your hope will not be cut off. Proverbs 23:17-18

P.S. At the end of the day, His faithfulness will be there to tuck you in at night
It is good to give thanks to the Lord, And to sing praises to Your name, O Most High...And Your faithfulness every night. Psalm 92:1-2

Taken from Devotional message by Roy Lessin, from his blog Meet Me In the Meadow.

Submitted by Lynn Grosser
For though we have never yet seen God, when we love each other God lives in us and his love within us grows ever stronger. 1 John 4V12

Love has been something both staff and students have been focusing on over this past week. At last week’s staff bible study we were guided by Pastor to search the meaning of love and at Chapel we focussed on the value of love and how we can pass that love onto others. I have challenged all students and staff to pass that love on through random acts of kindness. I pray that you may be recipients of a random act in the coming days.

Sports Uniform

All students will be required to wear their sports uniform on Wednesdays commencing in Week Three for the remainder of Term One.

Installation/Rededication of St John’s Staff

On Sunday 1st February 2015 our school staff and school council were installed at St John’s Church witnessed by the congregation. This is a special time for our staff and council as we commit to being called to fulfil our roles here at the school. Please keep us all in your thoughts and prayers. School council also met that afternoon at Marrabel for a pooled BBQ lunch. It was a great opportunity for the council to meet in an informal way with their families and enjoy each other’s company.

Caution in School Car Park

Parents and Carers are asked to please be cautious and aware of other children in the carpark when dropping off and picking up students.

Scholastic Book Club

Please return all orders and money to the front office by NO LATER THAN MONDAY 9TH FEBRUARY 2015.

Bus Changes

We have had a positive start to the year with families notifying the front office of any changes to buses before 2.30pm. Please continue to write clear messages in your children’s diaries notifying teachers of any changes to daily routines or bus travel. If there are changes that have not been noted in diaries, please phone the front office before 2.30pm to advise Fiona of these. Thank you for your cooperation.

Parents and Friends News

You are invited to attend the first P & F meeting for 2015 which will be held on Monday 16th February at 3.30pm in the school hall. Come along for a cuppa and a chat about ways to ensure our P & F meetings are something that you as parents would want to attend and enjoy. If you are unable to attend the meeting but would like some input, please call Sonya Mosey for a chat.
Welcome to the new Reception students who commenced their schooling at St John’s last week.

Family List and Directory
The directory will be collated and set out to all school families later in Term One. If you DO NOT wish to have your details printed, please let Fiona know ASAP. Thank you.

Have a blessed week

Paula Skinner
Lutheran Community Care
St John’s Lutheran School, Eudunda encourages parents/caregivers to access the services provided by Lutheran Community Care. Lutheran Community Care shares the love of Christ, meeting human needs by providing caring and professional services, of a high standard and without discrimination to people with physical, emotional, social and spiritual needs. For more information contact Lynn Grosser, Care Coordinator or speak direct to Lutheran Community Care, Barossa Valley to arrange an appointment. Phone (08)85622688 Office hours 9.00am – 4.30pm Monday to Friday.
Email: barossa@lccare.org.au or visit the website for more information: www.lccare@org.au
All appointments are confidential

Together we can light a candle in someone's darkness
At Lutheran Community Care our staff walk daily with people through their dark times, reflecting the light of Christ and supporting them to one day be a light for others.

As we enter the season of Lent we are asking our supporters, congregations and schools to help us reach our goal of lighting 1,500 candles to lighten the load of 1,500 people before Easter.

We invite you to think of ways you could help support the work we do in the community and ask that you join us in prayer during the 40 days of Lent. A daily prayer calendar is available for download on the LCC website www.lccare.org.au or from facebook.com/LutheranCommunityCare

Prayer and Care…..

<table>
<thead>
<tr>
<th>This term we pray for our school families, staff and their families:</th>
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<td>Nicolas Baker and Emily Voltz</td>
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End of Year Service 2014

Snapshots.....
**Community**

**News and Events.....**

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**Barossa United Junior Soccer Club**

**REGISTRATION DAY**

**NEW AND CURRENT PLAYERS WELCOME TO APPLY FOR THE**

**2015 SEASON**

**AGES 4 - 17 (as at 1/1/15) WELCOME**

**SUNDAY, FEBRUARY 15th**

11am – 1pm

U6 – U8 $150, U9 – U12 $180, U13 + $190

**less SA Government $50 Sports Voucher subject to T&Cs**

Fees to be paid on the day

**CLUBROOMS AT BAROSSA TOURIST PARK,**

**ENTER AT GATE BEHIND NURIOOTPA HIGH SCHOOL OFF PERNICE RD**

Info: Alison Schmidt: (0409 099 353)
Matthew Halman (0413 453766) or Suzanne Halman (0427 633640)


(Registration not accepted until all fees are paid and subject to team requirements)

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**Shedmen**

Friday 20th February 2015 from 6.00pm at the Eudunda Heritage Gallery. The BBQ will be at the back of the shed. Entry will be from Barwell Street. Marcus Reseigh will share some stories. BYO chairs, drinks and $7.00 for tucker.

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**Church Times**

**Sunday 8th February 2015**

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<thead>
<tr>
<th>EUDUNDA PARISH</th>
<th>ROBERTSTOWN PARISH</th>
<th>KAPUNDA PARISH</th>
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<tr>
<td>Peep Hill</td>
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<td>Eudunda</td>
<td>10.30am</td>
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<td>Geranium Plain</td>
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<td>Point Pass</td>
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<td>Robertstown</td>
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<td>Allen’s Creek</td>
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Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious.

Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

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