Back to School Parents’ Prayer

Dear Lord,

As my children leave for school,
I pray that you will keep them in your care.
Send your Spirit to open their minds
to all that is true and beautiful and good.
Help them to see the gifts and talents
you have given them and to use them well.
Help them to grow in knowledge and wisdom.
Help them to be kind to others
and lead others to be kind to them.
Give their teachers patience and understanding
and help them teach what is just and true.
Send your angels to guide and guard my children
and to keep them from all harm.
Open their young hearts to your presence
and enfold them in your peace and protection.
Hold them in the palm of your hand
and bring them home safely at days end.
Amen.

Submitted by Lynn Grosser
Taken from ConcordPastor.blogspot.com
Welcome back to everyone as we begin 2016 on a positive note. This year I have chosen to focus my weekly chats with a positive quote or statement that we can all reflect upon and endeavour to build on in our own lives at home, at work and with our families and friends. Over the past 12 months our staff have been reading and reflecting upon the works of Ms Carol Dweck, a renowned psychologist and the author of a popular resource called “Mindset, the New Psychology of Success”. This year our challenge together is to actively look for ways and means to weave through our lives a positive mindset to all that we say and do. Current research supports this approach and shows that with a growing positive mindset you will flourish in many areas of your life. As I have shared with you all in the past, here at St John’s we are not just about working towards each child improving their grades, but we support and develop each child to reach their full potential as a human being and as an individual that is unique, special and courageous. I encourage us all to be a catalyst for positivity and to encourage each other to not give up, to take risks and see the good in all that we experience both academically, socially and emotionally.

In the coming weeks I ask that families keep our teaching and administration staff in your prayers as they prepare for this school year. I am excited at what this year will bring in both the learning experiences and opportunities our students will be exposed to and also the growing and blossoming of each child as they continue to develop as confident, respectful and mindful individuals.

I can’t wait to hear what everyone got up to over the holidays. I look forward to seeing everyone back on deck on Tuesday 2 February 2016.

Newsletters

Our weekly newsletters will be compiled and distributed on Thursdays from Week One of Term One. All notices for the newsletter need to be in to Fi or Sonya no later than Tuesday of each week.

2016 Form Packages

Form packages were due back to school on **Monday 7 December 2015**. Thank you to the many families who have returned these promptly. If you haven’t already done so, please ensure these forms are returned NO LATER THAN Tuesday 2 February 2016. For the new families who have not yet received the forms, they will be sent to you shortly.
2016 Book Packs

Book packs were available for collection on Friday 11 December 2015 as previously advertised and will be available on Wednesday 27 January, Thursday 28 January and Friday 29 January from 10.00am—2.00pm. The cost of books per child is as follows:

- Reception: $56.00
- Year One: $41.00
- Year Two: $63.00
- Year Three/Four: $50.00
- Year Five: $66.00
- Year Six: $68.00
- Year Seven: $68.00

Please note that payment of books is required upon collection.

Welcome to New Families and Students

A special welcome to the new St John’s families: Patrick and Karen Neal with Zoe (Reception), Scott and Stephanie Heidrich with Bryce (Reception), Randall and Mandy Verco with Lilly (Reception), Travis and Emily Friebel with Jackson (Year Five) and Will (Year Two), Matthew and Belinda McDonnell with Alexander (Year Three) and Thomas (Year Two), Jade and Jo Mosey with Mitchell (Year Five), Elisha (Year Three) and Nicholas (Year One), Philip and Vanessa O’Brien with Henry (Year Four) and Bradley and Bronwen Ross with Charlie (Year Two).

A special welcome also to new students of existing families of our school: Leni Geister (daughter of Stephen and Jessica), Sebastian Laucke (son of Paul and Chelsea), Eloura Mosey (daughter of Brenton and Fiona Mosey), Roxy Prior (daughter of Brett Prior and Kristy Sander), Ariel Rajkotwala (daughter of Mustafa and Sarah), Archie Roebuck (son of Liam and Anna), Nate Sauer (son of Shannon and Renae) and Shayla Scholz (daughter of Michael and Regina).

We wish these students and their families well as they settle into our school community. God bless you all.
From the

**Principal continued…..**

**School Uniform 2016**

Please peruse our school’s Uniform Policy when planning for 2016. The Policy can be found on our Website. Please take note of items such as jewellery, sneakers and socks without logos etc. Although these items are small on their own, they do impact on the overall appearance of our students. Our school is well-known for taking great pride in its appearance, from our beautiful grounds and facilities to the way our students represent the school, so please take the time to look through our Policy before buying new sneakers etc over the holidays. The Uniform Shop will be open on Wednesday 27 January, Thursday 28 January and Friday 29 January from 10.00am—2.00pm. Order forms can be obtained from the front office and dropped off on book pick up days. Please note that all uniform items must be purchased from the Uniform Shop (except for footwear). Please see attached flyer regarding white sports shoes that are available at Sportspower, Nuriootpa.

**School Times**

Please note that school begins at 8.45am and ends at 3.10pm. Children should be at school by 8.40am to ensure a prompt 8.45am start. Teachers will be in classrooms from 8.35am. Please also note that the first morning duty commences at 8.30am so children should arrive after that time to be supervised. Thank you.

**Office Hours**

The office will be attended Monday to Friday from 8.30am to 4.00pm. Phone calls received before 8.30am will be redirected to the answering machine as staff devotion is held at 8.15am.

**School Opening Chapel**

You are invited

2016 Opening Chapel

Tuesday, 2nd February

Commencing at 9.00am at St John’s Lutheran Church

There will be a time of fellowship and morning tea for parents, friends, grandparents to start the new school year.
Bakery Lunch Orders

Bakery orders will be available on the first day of school (Tuesday 2 February 2016) and each Monday and Friday thereafter for lunch only. Bakery orders will be available on a Tuesday after a Monday public holiday. When ordering, students will need to place money in a lunch bag (available from the front office at a cost of $2.00 for 50 bags) with their order, name, class level and teacher. Please ensure that there is only one item per bag and each bag states the student’s name etc. Orders will be collected by 9.00am and taken to the Eudunda Bakery for processing. Orders will be picked up and brought back to school by lunch time.

Installation/Redirection Service and Year Four Bible Presentation

On Sunday 28 February Pastor Josh will be leading St John’s service where our staff and School Council Members for 2016 will be installed. We will also be presenting our bibles to students during this service.

This year is a little different as the Eudunda and Robertstown Congregation will present picture book bibles to all Junior Primary students from Reception through to Year Two students and the Years Three and Four students will receive a student bible that can also be used in the classroom. In the following years all new Reception students will receive a picture bible and all Year Three students will receive a student bible. St John’s School is very grateful for such a generous gift and I know that our students will be very excited at the prospect of having their own bibles to refer to and use in class. This is a special school event and all students are expected to attend. More information will be sent out as it gets closer to 28 February. Please keep this date free.

Communication 2016

For the new families of St John’s we have our own free Skoolbag iPhone and Android App to help us communicate more effectively with our parent/student community. We encourage parents to install the App onto their devices. To install, just search our school name ‘St John’s Lutheran School Eudunda’ in either the Apple App Store or Google Play Store. School newsletters and other helpful resources can be viewed from this App. It is encouraged that families access newsletters via our Website or the Skoolbag App to avoid unnecessary printing by the school. If you have any relevant items that you wish to appear in the weekly newsletter, please ensure they are submitted to Fiona/Sonya by no later than Monday afternoon of each week. If you have any problems installing the Skoolbag App on your device, please contact Fiona/Sonya at the front office.
Swimming Lessons

Swimming lessons will be held during the second week of Term One, Monday 8—Friday 12 February 2016. The Swimming Carnival will by held on Thursday 18 February 2016 at the Eudunda Pool.

Term Dates for 2016

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<tr>
<th>Term</th>
<th>Start Date</th>
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<tr>
<td>Term One</td>
<td>Monday 1 February</td>
<td>Monday 15 April</td>
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<td>Pupil free day</td>
<td>Last day of Term One</td>
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<td>Term Two</td>
<td>Monday 2 May</td>
<td>Monday 1 July</td>
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<td>Term Two begins</td>
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<td>Term Three</td>
<td>Monday 25 July</td>
<td>Monday 2 September</td>
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<td>Term Three begins</td>
<td>Pupil free day</td>
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<td>Term Four</td>
<td>Monday 17 October</td>
<td>Monday 15 December</td>
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<td>Term Four begins</td>
<td>Pupil free day</td>
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Blessings to you all and I look forward to seeing you on Tuesday 2 February 2016.

Paula Skinner

Principal
ST JOHN’S LUTHERAN SCHOOL, EUDUNDA INC.

Parenting ideas INSIGHTS
Building parent-school partnerships

WORDS Renee Klaassen

Stay sane when travelling with kids

The thought of travelling with children can cause some parents to reconsider their travel plans, but there are some practical, easy ways you can make the trip enjoyable for the children and the parents and keep your sanity in the process!

Family holidays are amongst my most treasured childhood memories. I remember trips to Lakes Entrance, our flappy red tent and running free amongst trees leading into the sea. Although my memories are happy, my mother often reflects that these holidays were quite stressful for her — but I never would have guessed; they must have been well prepared!

In order to ensure your children have happy memories and you reduce your stress, here are a few things you can do to remain sane these holidays when travelling with your kids.

Prepare yourself mentally before you leave
Parents should begin to use a Mindfulness technique at least a week before departure such as this Mindful Breathing exercise.

MINDFUL BREATHING
Research shows that even five minutes of relaxation per day has a cumulative, beneficial effect.

› Come into the present moment
› Accept any unwanted feelings without judgment
› Focus on the breath, feel it go in and out of your body until you sense calm
› Ground yourself by feeling your feet on the ground or noticing your posture
› Return to present moment.

Prepare Mindfulness activities to relieve boredom and for ‘mental time-out’

MINDFUL ACTIVITY 1 Bring craft along to do in the car, simple wool and icy-pole sticks create a gods eye. Craft activities require your full attention to the present moment and therefore distract away from both boredom and anxiety provoking thoughts. Make great mementos too!

MINDFUL ACTIVITY 2 Mindful colouring books are becoming well known and feature detailed images that provide opportunity for children and grown-ups alike to unwind and focus on creativity. Your brain cannot be stressed and in creative flow at the same time.

MINDFUL ACTIVITY 3 Liam Taylor, Mindfulness coach, advocates creating a Mindfulness Breathing Space. Do it in the car as you’re driving or pull over. Ask children to close their eyes and take a deep breath. Ask them to begin the activity by scanning their body from the very tip of their head down through their face, neck, chest, tummy, legs and finally feet. Have them notice whether there are any places in their body that feels ‘uncomfortable’ or ‘tingly’.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au
Suggest that they visualise the feeling as an object (a lumpy ball or prickly blob), then have them put the object into a bubble. Now open the window of the car and blow the bubble (containing the feeling) off into the wind!

**Be prepared to listen**

What’s a holiday without the odd tantrum or bickering with a sibling? Quickly curb the situation using emotion coaching:

1. Encourage your child to **tell what happened**. “I pinched her because she grabbed my stuff”.
2. **Listen**, focusing mainly on the child’s emotions. (His tone is angry).
3. **Name the emotion** for them “you’re feeling angry because your sister grabbed your stuff, right?”
4. Allow the child to **confirm the emotion** (did you get it right?) “Yeah I’m angry at her”.
5. **Affirm the emotion**, model that it is ok to have difficult emotions. “Well maybe I would be feeling angry too if someone took my things”.
6. Then without solving the problem – **ask them what they think they could do about their feeling/the problem**. “What do you think you could do instead of reacting by pinching her?”
7. Wait for a response and guide towards a solution within limits (I could ask her to stop, I could tell you what she did but being aggressive is not an option).

**An opportunity for reflection**

Sometimes stories and issues arise about the year in retrospect, for example your child might recall a time she did not get along with some friends and mentions, during the trip, that she remembers it as a very unhappy time.

- **Listen** to the story and ask the child how the situation was handled by both her and also other students or adults involved.
- **Reflect** on positive ways in which the situation was handled and if not handled well, how it could have been dealt with.
- **Now have her re-tell the story** including the positive aspects. Creating an alternative narrative teaches her the skill of reflection and helps her to find evidence of positive outcomes, it teaches resilience and self-confidence.

**Prepare to have fun** – **“We’re here!”**

Finally you arrive at the destination but the problems aren’t over for some parents. After sitting for a long time kids bodies are ready to be used so you need to find a place where they can run or burn off some of that pent-up energy. Depending on your environment, you may need to set boundaries for this activity to take place safely and without affecting other travellers. Rather than quash the child set boundaries and expect them to adhere to those boundaries.

Finally, stay sane by remembering that holidays which end with happy memories begin with (mental) preparation!