

MESSAGE FROM THE PRINCIPAL



It was so lovely to see our Foundation – Year 2 students on Tuesday! The school looked so much better having students around and it was great to hear playground sounds of laughter and excitement. The children certainly enjoyed playing with their friends again and seeing their teachers.

Thank you so much to our awesome parents for observing the drop off and pick up rules. I know it is hard to refrain from coming into the school, but we really appreciate your support and efforts in keeping our school community compliant and safe. We all have a responsibility to respect others by following the guidelines and not becoming complacent.

Our students on site have returned to frequent hygiene practices such as handwashing and we have increased cleaning procedures throughout the day. We look forward to seeing our students in Years 3-6 return on Tuesday 9 June.



This term we will be completing a modified assessment schedule of Student Reports for Semester 1 that takes into account the transition to remote learning during Term 2. While we have continued to deliver our teaching and learning program, and monitor the achievement and progress of each student, there have been changes to our usual program. Our Semester 1 reports will be sent home in the last week of this term and then Parent/Teacher conferences will be available during Week 3 of next term. We encourage you to contact your child's teacher if you have points to discuss prior to the end of Term 2.

GROW MINISTRIES

The next edition of Grow Together newsletter is attached to our newsletter. The Grow Together newsletter can be used for a range of purposes and settings in supporting parents and families to share their faith at home.



With Christ, Tara Pritchard

School News...



STUDENTS ON SITE

While the Chief Health Officer has advised that **students will not be required to maintain physical distancing at school**, there will be several important changes to our school operations, consistent with health advice.

These include:

Student Entry: The Foundation – Year 2 students will enter the school as normal through the doors adjacent the library. Staff members will supervise this entry point in the morning and help students sanitise their hands before going to their classroom.

Hygiene stations: There will be hygiene stations located at every entry point and in every classroom.

Sanitiser/wipes: Sanitiser and wipes will be supplied for each classroom and at designated areas around the school.

Cleaning: Cleaning is taking place every school day with extra attention given to high touch surfaces. Surfaces and resources, such as books and stationery, will regularly be wiped with disinfectant.

Student Personal Hygiene: Signs and posters are located around the school reminding students of good hygiene habits. These include:

- Reminding students to wash hands with soap and water for 20 seconds and using hand sanitiser when entering school and at regular intervals throughout the day, particularly before and after eating and after going to the toilet.
- Covering coughs and sneezes with one's elbow or a tissue.
- Placing used tissues straight into the bin.
- Avoiding touching one's eyes, nose and mouth.

Water taps/bubblers: No drinking from bubble taps. Students will be able to re-fill their water bottles from the taps in each classroom.

Class ventilation: Doors and/or windows (weather permitting) will remain open to increase fresh air flow in the rooms.

Sport equipment: Sporting equipment will be cleaned at the end of lunch.

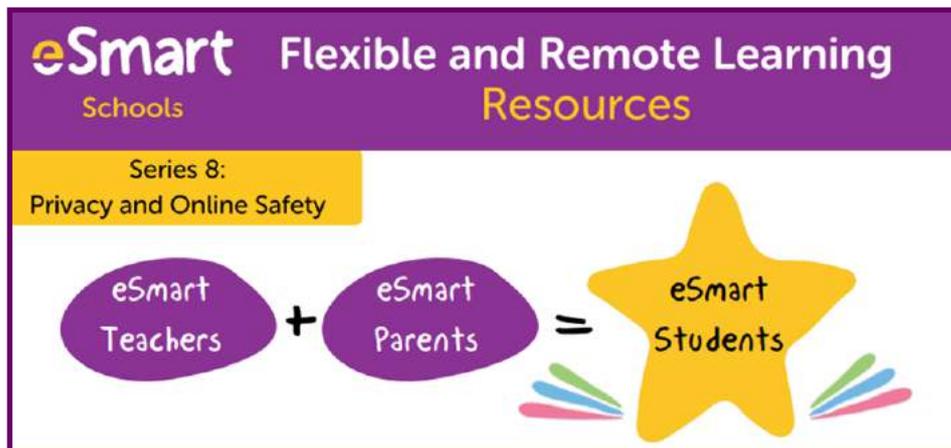
Attendance on-site: The most important action we must take to reduce the risk of transmission of COVID-19 is to ensure that any unwell staff, children and young people remain at home.

As the main risk of transmission in the school environment is between adults, it is important that visitors to school grounds are limited to those delivering or supporting essential school services. We must be mindful of the mingling of adults and avoid these situations if possible. Staff are currently adhering to social distancing measures at school of keeping 1.5 metres apart. Parents will also need to abide by social distancing. **Adults are to remain in their vehicles at drop off and pick up times.** Staff will supervise and direct students during these times.

Where possible, adults are not to enter the school building. If you must enter the building via the front office, please ensure it is only a short visit. Only one family will be permitted in the building at a time and must follow hygiene and social distancing measures. If an individual, child or adult, is unwell they must not enter the building. Communication via phone, email or Seesaw is preferable. We realise this is somewhat unnatural, especially as we value the sense of community and connection at St John's – hopefully this will not be the case for too much longer.

Thank you in advance for your understanding and co-operation in implementing these actions.

Child Safety...



Online Safety video about how parent-child relationships can protect children online:

<https://raisingchildren.net.au/school-age/videos/online-safety-how-parent-child-relationships-protect-children>

St. John's Lutheran Primary School is a Child Safe School



WEEK 6—RECIPIENTS

Foundation/Year 1

- ☺ Eva Prentice
- ☺ Annabella Miles

Year 1/2

- ☺ Marius Carr
- ☺ Aria Reeves

Year 3/4

- ☺ Zach Reeves
- ☺ Isabella Stiles

Year 4/5/6

- ☺ Petal Phillips
- ☺ Harley Borer



WANTED—STEM RESOURCES

Can you please help Mr P restock our STEM resources?

Mr P is looking for the following:

1. Plastic bottles of any size and shape—clean please
2. Newspapers and magazines
3. Any other useful “JUNK” that you think the STEM room can use.

If you have any of the above please off in the undercover area near the grade 4/5/6 room door.

Devotion...

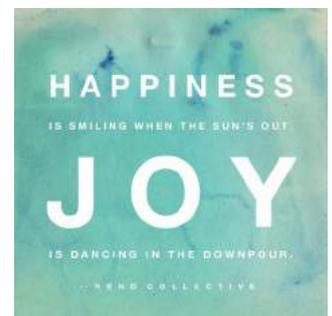
HAPPINESS VERSUS JOY

"Honor and majesty surround him; strength and joy fill his dwelling." 1 Chronicles 16:27 (NLT)

Happiness and Joy are not the same thing.

Happiness depends on this world, on what is going on around you. Happiness is when you get 10/10 on a test, or make the winning shot, or when you're going on a holiday with your family or best friend. It depends on everything being just right. Happiness is wonderful, but it lasts only a little while.

But *Joy*—true Joy—is something entirely different. Joy doesn't depend on this world, or whether you're having a good day. It depends on Me. Joy is knowing that I am in control, that I love you and will take care of you—even when you fail a test, or when you get chosen for the team last, or your family can't afford a holiday. Stay close to Me, and I'll give you My Joy in every situation.



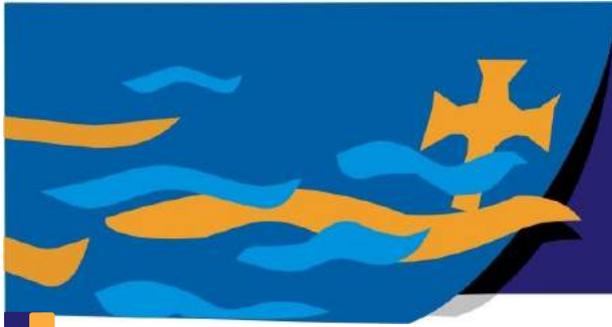
READ ON YOUR OWN: Habakkuk 3:17-19

Taken from "Jesus Calling—365 Devotions for Kids" by Sarah Young

STORY OF THE WEEK

Read or view the video at www.lca.org.au/sow





Playground Fun





In the four editions of Grow Together this year, our prayer is that you find wonderful ways to connect with your children, and together as a family. One of our deepest longings is to belong, and when we connect with others we gain a sense that we belong together. May these simple ideas and thoughts inspire you to connect in more purposeful ways with those around you.



Connection through quality time

LEARNING THE LANGUAGES OF LOVE

In their book *The Five Love Languages of Children*, Gary Chapman and Ross Campbell suggest that people – children and adults – express their love and receive expressions of love from others in five distinct ways: through words, gifts, service, time and touch.

In the previous edition of Grow Together we explored the language of physical touch. In this edition we will unpack what it looks like to give and express the love language of quality time. And given we are all spending a lot more time together as family in our homes, at present– what a great opportunity to engage with each other in this way.

Quality time is a parent's (or grandparents) gift to a child, saying, 'You are important. I like being with you.' The most important factor in quality time is not so much what you do but your focused attention. Paul Tournier, often considered (one of) the twentieth century's most famous Christian physician(s), wrote; 'To love is to give one's time. We never give the impression that we care when we hurry'.

Spending time with our children and with our families will help them to feel loved, secure, and safe, and creates many memories that will last a lifetime. What will be the gift your family remembers after this season? We pray you'll find much inspiration, encouragement and comfort in this edition of Grow Together.

Spiritual Practice

BREATH PRAYERS FROM PSALM 46:10

Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the words of the Psalm in five consecutively diminishing sentences.

Either aloud or quietly to yourself, say the words,

"Be still and know that I am God."

After a couple deep breaths, pray,

"Be still and know that I am."

After a couple deep breaths, pray

"Be still and know."

After a couple deep breaths, pray,

"Be still."

After a couple deep breaths, pray,

"Be."

When ready, pray,

"Amen."

This prayer can also be prayed with your family. The leader (not always an adult) says each phrase and the group repeats aloud after each consecutively diminishing phrase. The pause between each phrase can be lengthened depending on your need or the need of the group.

Verse to learn.

Copy, cut and place this around your home this term...

Be still
and
know
that
I am
God.

PSALM 46:10

Equipping grandparents to connect



"What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort, lessons in life. And, most importantly, cookies."

– Rudolph Giuliani

Parents are certainly the primary spiritual guides of their children, but research continues to tell us that grandparents' influence also makes a difference too. In this edition we continue to share the significant role grandparents play in enhancing their grandchildren's faith formation.

2

LOVE UNCONDITIONALLY

Unconditional love is caring about the happiness of another person without any thought for what we might get for ourselves. Grandparents are so good at showing the love of Jesus to their grandchildren. Their HUGS are the best! Even virtual ones at the moment. Grandparents – ask how grandkids are going at school or with their friends. What are they happy or sad about at the moment? Pray for them – via zoom/FaceTime! Keep them in the loop of the goings on. Send photos just because. Buy them flowers just because.

Resource to share



Parenting for Faith (an organisation in the UK) encourages all those involved in discipling children and young people through the ups and downs of everyday life.

In particular, it equips parents to raise God-connected children and teens who have a lasting and two-way relationship with God. It's a video-based resource for individuals or communities.

Go to www.parentingforfaith.org to watch for free!

Processing the Pain and seeking the Good – a family practice for this time

We all require practices to make meaning from our experiences, to process the emotions and feelings we are wrestling with and to give language that helps express the current reality we find ourselves in.

Put up two lists on the wall: One says **Grateful**, the other **Loss**. Each person lists their losses, because naming them is really important. Little things and big things. Kids camp is cancelled. We can't go to church. Wondering if I will graduate from school? Will Grandpa get sick?

Also, list your gratuities. Find things to be thankful for, and the little surprises that have come out of this disruption. What are the gifts you are discovering? Playing guitar again. Watching movies together. Not packing lunches every morning. Having devices to connect with friends.

This practice of naming both losses and gifts is important for a few reasons.

1 NAMING LOSS HELPS US BE HONEST ABOUT GRIEF.

We don't have to pretend like everything is just fine. We can name what's lost, and lament it together. We can say, "That's rough." We can be sad. We can acknowledge sources of anger and irritability and sadness. A list of emotions might be a helpful tool here to help identify what people are feeling.

2 NAMING LOSS KEEPS US FROM MINIMISING OR SILVER-LINING.

During this difficult time it can be easy to compare, minimise or downplay our response to others' losses. We are all experiencing the impact of these changes differently and while our first response 'your life isn't so bad' statements might be true,



they are unhelpful. It's also useful if we can remove the words 'at least' from our vocabulary as we learn to practice empathy, urges Brené Brown. Saying "at least" is a way to try to add a silver-lining around a dark-cloud experience. Instead, most of us just want someone else to acknowledge that our experience is sad, and to *be with us* in our sadness for a while.

3 NAMING GRATITUDE PREVENTS US FROM DROWNING IN SORROW.

We can be honest about what's hard without getting stuck. Finding things to be thankful for is a well-researched practice that can help all of us manage both daily struggles and bigger challenges. As we discussed in our last edition, practicing thankfulness can increase positive emotions, sleep quality, and overall well-being. It's especially important during this season that we look for the things that are going right in our lives when all feels wrong. What are the gifts of this season together as a family?

The coming weeks and months will offer a lot to navigate within our homes. Continuing open conversations and being real about honouring the losses felt right now will be important work, while also preparing for a long work ahead.

Information for this article has been adapted from an article from Fuller Youth Institute, read the article in its entirety here <https://fulleryouthinstitute.org/blog/naming-loss-and-gratitude-with-young-people>

Family Quality Time Ideas

Your family might have to do some things differently due to physical distancing, but there are still many things you can do together.

Here are some fun ways you can spend time together and build your relationships:

- Encourage your child to draw a picture for someone, then take a photo and send it to family or friends.
- Play family games together – you could try board games, 20 questions or charades. When was the last time you played hide and seek as a family? Go on!
- Have a picnic in the garden or living room, or just lie on a rug outside together and watch the clouds
- Start a chapter book, and read one chapter each day. Or tell a story together – you can take turns to add the next instalment.
- Turn on some music and have an indoor singing, lip sync or dance party.
- Follow along to some YouTube exercise videos.
- Make and edit a short video together.
- Take a virtual tour of a gallery or historic place together.
- Go for a walk or bike ride together - remember your responsible distance from other people.
- Continue to establish one-on-one time with each child. This will deepen your relationship immensely and also provide an opportunity to share your faith. Mark a date in your calendar for this 'date' when you will have a milkshake or go for a walk together. Don't forget the 'Talk Time' cards that we've also written to help you have meaningful conversations with your families.
- Serve Together - use the 'Serving Hands' activity idea from the GIFT 'Serving Together' resource kit which can be found at www.growministries.org.au/product/gift-serving-together



Worship at Home

As we are currently in our homes on Sunday mornings, I wonder what this time can look like in your home?

- **PHYSICAL** - Have you set up a family altar space? This is a great physical reminder that God is everywhere, even in our homes! Get your family involved in what to place in this space. A candle and a Bible might be a good start. Add and change things as time goes on.
- **RESOURCES** - Use Growing Faith at Home to read a Bible passage together, or use it just for the prayer or blessing. Take a small part and add it to your week. It's free in the Church at Home resource pack #2 www.growministries.org.au
- **SPIRITUAL** – this gift of time affords us to 'not just plant the words' but also see God in the everyday, ordinary, sacred moments. In the worship song together, in the quiet walk, the hanging of the clothes, the setting of the sun, in the new meditation practice, the art collectively created. Let's listen and see the work of God in each day.
- **WORSHIP** – discuss what 'church' looks like, sounds like and involves. Invite the people in your family to be part of your own worship service where each person is invited to prepare and present a small section. A simple outline might follow; opening, confession & forgiveness, Bible readings & reflections, prayers & blessing. Add in your own songs wherever you decide!

The gathering together as congregation in worship on Sunday morning is a dress rehearsal for living a life in constant communion with God. We come together as the body of Christ to praise, thank, confess, accept forgiveness, listen for God, share our concerns with God, bless and encourage one another.

Our task is to help children grasp not just what we do in worship but what it leads us to do every day. We teach them that just as they can thank God with songs and prayers in church, they can go through every day with grateful hearts. Likewise, if they can confess and be forgiven in the church, they just might be able to do it in the back seat of the car, the classroom, or at the dinner table. Over time the patterns they learn in worship, become the patterns of their lives. So we are not just inviting them to worship and to be the body of Christ (no small thing in itself), we are rehearsing them into the Christian life. Not easy - but a worthy goal to ponder during this time we have together.

Be blessed as you draw near to God and near to each other as family during this time.

