

MESSAGE FROM THE PRINCIPAL



Staff are enjoying sharing great work they are receiving on Seesaw with one another. Overall, we are impressed with the level of work that is being produced and the willingness of students to have a go and take on challenges. Yesterday I participated in a webinar by Dr Tom Nehmy about understanding and overcoming anxiety. He emphasized how important it is for children to be willing to take on challenges and to experience discomfort. It is actually healthy for their minds and wellbeing! He said that, "It is better to build kids' willingness to experience discomfort than to make feeling calm the aim. Encountering and enduring challenges is necessary to build our capacity to handle future challenges. There can be no resilience in kids without the opportunity to be resilient." Being mentally healthy does not mean that we are happy all the time – it is like the weather – we have to be able to move through the different seasons of life and not get stuck in the negative emotions.

Can you please share with your children that this week around school I noticed that:

- ✪ The front entrance display board is looking very empty – PLEASE complete a cube and contribute to our whole school mission! (see details below)
- ✪ The koala is still in the tree at the back of the oval.
- ✪ One chook is laying blue eggs.
- ✪ A frog tried to hop into the Unity Centre on Tuesday.
- ✪ We have ordered new padding for the football goal posts.
- ✪ The fruit trees are sprouting.



JUST A REMINDER

We would greatly appreciate work to be returned to school at your front door by 11am on a Friday morning. ***If your child does not have any work to return, please just put out the yellow envelope and Safeway plastic bag so we can reuse these.***

Thankyou in advance!



ANNOUNCING NEW DATES



BOOK WEEK

The Children's Book Council of Australia (CBCA) Book Week has now been postponed to 17-23 October due to COVID-19. This will hopefully allow us to celebrate Book Week at school! For those who already had their costumes ready – you are now super organized! For those who are still undecided on a costume for Book Week, you now have extra time to find a costume relating to a book character or dressed according to the theme which is, 'Curious Creatures – Wild Minds'. We look forward to having some fun and engaging activities for our students during Book Week next term.

SHORT MOVIE COMPETITION

With students now **working from home**, a **great project** for them to tackle is a short movie competition organised by Lutheran Media.

The aim of this competition is to give students the opportunity to create an **original and creative short movie** under **4 minutes** long that is engaging, entertaining, and shareable and contains a **message of hope to deal with life's challenges**. (e.g. stress, anxiety, loss, relationships etc)

It's not too late to submit your entry for the **Lutheran Media Movie competition** closing on the 11th September 2020. There is prize money for the best 3 videos and a gift pack for each entry. Go to www.lutheranmedia.org.au/competition for more information and entry details.



From Mrs Pritchard...

CHAPEL

This week's Chapel service has been prepared by Chaplain Jurgen and will be available via Seesaw on Friday morning.



PARENT SATISFACTION SURVEY

You should now have all received an email for a Parent Opinion Survey which will help us to self-evaluate, plan and improve what we do. The aim of this questionnaire is to also help us understand your perceptions of the quality of your child's educational experience at this school. Your feedback is highly valued and should take approximately 15 minutes to complete. Either parent may fill out the questionnaire or both parents may complete the survey together.

Confidentiality is of paramount importance and the survey is completely anonymous. The data is analyzed by Independent Schools Victoria and is reported back to the school in aggregate only. We value the input of our parent body and thank you in advance for taking the time to help us reflect on how we can do things better.

FRONT ENTRANCE ART ACTIVITY

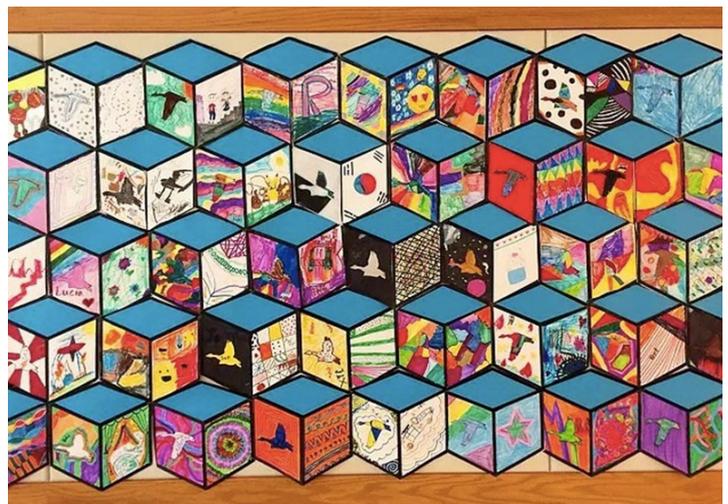
An artist called Thank You x created an abstract style painting using cubes. These 'cube paintings' have been a huge success for the artist.



We are going to be creating a collaborative cube drawing similar to Thank You x's style. Every student is encouraged to create a cube (The template will be delivered in the remote learning bags tomorrow). The top of the cube is already coloured green. The two sides of the cube can be any pattern or design that the student chooses. Below is an image created by a school – they incorporated the image of geese to represent the theme of community and collaboration. We ask that students incorporate an image of a tree/bush/flower/plant etc. to represent the theme of Growth at our school.

Please send back completed cubes in the bag to be collected on a Friday and we will then assemble the cubes to make a whole school mural.

(I can't wait to see the result!!)

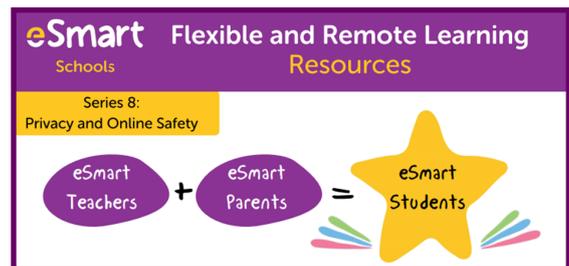


Child Safety...

CHILD SAFETY

For handy tips and support for conversations at home about online safety, visit:

<https://www.esmart.org.au/esmart-schools/resources/#forparents>



Click on the following link to access The Ultimate Guide to Parental Controls. Do you need parental online controls? What are the options? Do they really work? Here's everything you need to know about the wide array of parental control solutions, from OS settings to monitoring apps to network hardware.

<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-parental-control>

WELLBEING SUPPORT FOR FAMILIES

Chaplain Jurgen is here to support you if you have any concerns or would like our support in any way. Other support services include:

- Kids Helpline Log in <https://kidshelpline.com.au/> or phone 1800 55 1800
- Beyondblue <https://www.beyondblue.org.au/>
- Partners in Parenting <https://app.partnersinparenting.com.au/home>
- Growth Ministries <https://www.growministries.org.au/>



Looking for an app for children aged 4-7 to play? The Happyland app can be downloaded from the App Store on your iPhone or iPad and Happyland Stories are available to watch on the website.

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



Devotion...

TINY STEPS OF TRUST

"Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal." Isaiah 26:4

Trust Me with every fiber of your being! The more you choose to trust Me, the more I can do in you and through you.

I want you to trust Me in the big things, the crisis moments, the important decisions. I also want you to trust Me in the small things, the everyday moments, the decisions you hardly even think about.

Trusting Me in the everyday things tells Me that your trust is a daily habit—not something you forget about until times get tough.

I care just as much about your tiny steps of trust as I do about your gigantic leaps of faith. You may think that no one notices, but the One who is always beside you sees everything—and rejoices!

READ ON YOUR OWN: Psalm 40:4; Psalm 56:3-4; Psalm 62:8; Isaiah 26:3

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



WEEK 5—RECIPIENTS

Foundation/Year 1

- ☺ Zoya Bhullar
- ☺ Brandon Bartoselli

Year 1/2

- ☺ Jordan Hein
- ☺ Fynn Treble

Year 3/4

- ☺ Katie Pitts
- ☺ Jasper Pye

Year 4/5/6

- ☺ Cruz Smith
- ☺ Harvey Bradbury

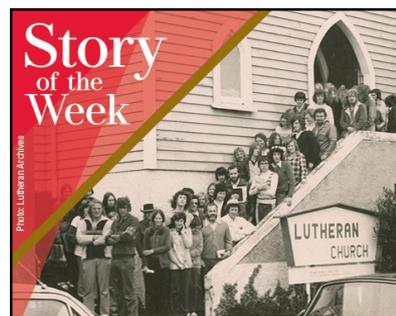


Photo: Lutheran Church

Story of the Week

Share your Lutheran youth experiences

Read this week's story at www.lca.org.au/sow

STORY OF THE WEEK

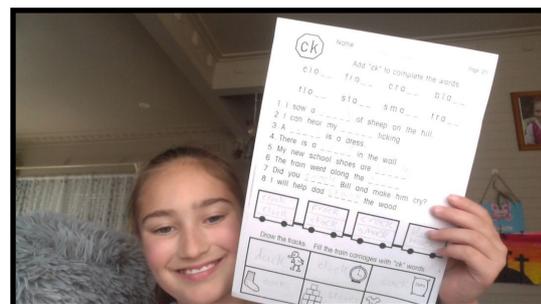
Read or view the video at www.lca.org.au/sow

Remote Learning St. John's Style...



Monkeys Underline the correct answer.

- Monkeys live in the desert / forest.
- Monkeys eat fruit / pizza.
- Monkeys are an Australian animal. True / False
- Monkeys use their tail for balancing / holding on.
- A group of monkeys is called a troop / herd.
- All monkeys have tails. True / False
- There are 2 / 250 different kinds of monkeys in the world.
- The pygmy marmoset is the largest / smallest monkey in the world.
- Draw your favourite thing a monkey can do.
- Draw some food that a monkey might eat.



Observing the moon

- Look at the moon each night (or day if visible) from the first day of the month to see the phases of the moon.
- Draw what you see in the 'moon' shapes. Colour block the part of the moon you cannot see.
- Write the numbers 1, 2 etc. in the bottom left-hand side of each box to show the date.
- Write the names of each phase next to the date.

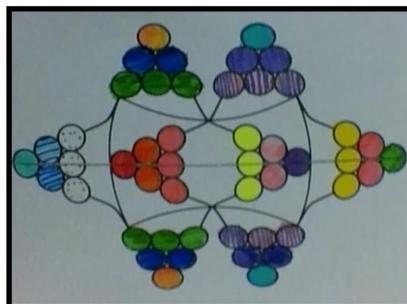
Month: August 2020	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.

BLM77 Isometric Dot Paper

BLM77 Isometric Dot Paper

Our father which art in heaven, hallowed be they name
Thy Kingdom come They will be done as it is in
heaven Give us this day our daily bread and
forgive us our debts as we forgive our debtors
And lead us not in to temptation but deliver
us from evil for the Kingdom the power
and glory are yours now and forever Amen

Our father which art in heaven We are praying to God.
hallowed be they name Holy is your name.
Thy Kingdom come Holy is your name.
They will be done on earth
as is in heaven.
Give us this day our Give us what we need,
daily bread.
And forgive us our debts Asking for forgive ness
as we forgive our debtors for our mistakes
And lead us not into Asking God to help us
temptation but deliver us from evil what to do
for they kingdom, the power
and glory be yours now and
forever. Amen!



Cod is Our Protector

Protection Acrostic

Why does God protect and save his people? Look at the bold letters and find the missing letters in the acrostic. Fill in the words on the lines of the acrostic. Then read the letters in the boxes.

- God is our hiding place (Psalm 32:7)
- We can take refuge in God (Psalm 18:1)
- David said, "I will save myself because God was keeping him safe." (Psalm 4:3)
- God promises to protect the just (Psalm 37:28)
- Our God is a God who saves (Psalm 68:20)
- Don't be afraid, because God will be with you where you go. (Isaiah 41:10)
- David said that God was his shield and his horn of salvation. (Psalm 18:35)
- David prayed, "When I am in distress, I will trust in you." (Psalm 56:3)
- God is an ever-present help in trouble. (Psalm 46:1)
- The Lord saves those who trust in Him. (Nahum 1:7)

Cod is Our Protector

1. hiding place
2. refuge
3. shield
4. saves
5. where
6. when
7. shield
8. you
9. trouble
10. trust



Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at headspace.org.au/centres



Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health