

## MESSAGE FROM THE PRINCIPAL

**YOU'VE  
GOT  
THIS**



Well done everyone for another great week of remote learning! We continue to be amazed by how you are all persevering and finding the positives even though some days can be very challenging. I encourage you to keep in contact with your classroom teacher and to be kind to yourselves. We understand that some days are better than others and please be mindful of you and your child/ren's wellbeing. Please see the links of resources for support and wellbeing in our newsletter that may be helpful to you. Continue to pray for one another and for our staff

who are working very hard to support you and your family. We are so thankful to be blessed with staff who care and value your partnership in educating your child/ren. We pray that everyone in our school community continues to stay safe and well, we can't wait to be back together at school! We continue to plan for exciting things next term, so the students have plenty to look forward to. One example is a Walkathon organized by the Year 3/4 class who would like to raise money for a hospital in Vanuatu. Even though we are doing it tough, there are some people around the world who are in desperate need of our help and support. We will send out the Walkathon information in the Week 9 remote learning pack.

Can you please share with your child/ren that this week around school:

- ★ We have 2 new hens and 1 lavender Guinea fowl.
- ★ The junior hydroponic plants have sprouted and are growing really well.
- ★ Our new football goal post protectors have arrived.



### PARENT SATISFACTION SURVEY

**Tomorrow is the last day** to participate in the Parent Satisfaction Survey. We encourage you to complete the survey which will take approximately 15 minutes. Thank you in advance for taking the time to help us reflect on how we can do things better and reaffirm what we are doing well.

### THANKYOU!

It was wonderful to have so many Safeway bags and yellow envelopes returned last week. We really appreciate you putting out these items on Friday morning so we can reuse them.



### CUBE ART ACTIVITY

Don't forget to send in your completed Cube Art activity. We will collect this tomorrow morning when we drop off the remote learning bags. We look forward to putting the cubes together and making a whole school mural!

### COLOURING COMPETITION

Tomorrow in your packs you will find a colouring page which you can colour using pencil, texta or crayon. Don't forget to send back your completed page to school so we can make a display!



### 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](http://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.



### PAST STAFF MEMBER

Congratulations to Mrs Anthea Shields (Previously known as Miss Lytwyn) and her husband on the safe arrival of Alexis Brooke Shields on the 19<sup>th</sup> August in Adelaide. We wish Anthea, Chris and Alexis every blessing for the future.



## Child Safety...

Families are invited to participate in White Balloon Day – Friday September 11 - a national day to break the silence on child sexual assault. For more information visit:

<https://fundraise.whiteballoonday.com.au/event/white-balloon-day/donate>

**Bravehearts' FREE Personal Safety Guide** is a vital resource to help parents and carers teach their children about keeping safe. This resource can be accessed at [www.bravehearts.org.au](http://www.bravehearts.org.au)



The following resources may be useful for parents with young children to help teach personal safety. All these resources can be purchased from Bravehearts' website:

[www.bravehearts.org.au/shop/resources](http://www.bravehearts.org.au/shop/resources)

Ditto's Keep Safe Adventure Parent Packs (0-4 years and 5-8 years)  
Bravehearts' parent and carer packs contain resources to assist parents or carers with educating their children about personal safety. The packs contain: Parents Guide; Ditto's Keep Safe Adventure Show DVD; 3 full colour posters displaying Ditto's 3 Rules; Ditto's Keep Safe Adventure Activity Book; and Ditto's Keep Safe Adventure Music CD.

### 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:

- ⇒ **Smiling Mind** is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.

Visit [www.smilingmind.com.au](http://www.smilingmind.com.au)



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

# Devotion...

## THE ONE WHO HEALS

*"He forgives all my sins and heals all my diseases."* Psalm 103:3 (NLT)

I am a God who heals. I heal hurt bodies, troubled minds, aching hearts, messed-up lives, and difficult relationships.

When you come in My Presence, the healing begins. Whether you ask for it or not, My Spirit goes to work in your life. But when you come to Me in prayer and ask for My healing, amazing things can happen. Remember that I am a God who can do awesome things! Nothing is too difficult for me.

I don't heal all the hurts and troubles in a person's life. Why? Because it is those very problems that keep you close to Me. They are the things that help you grow—teaching you to depend on Me more and more. Even My servant Paul was told, "My grace is enough for you", when he asked to be healed.

While I may not take away every hurt, I will always give you what you need to live joyfully—in spite of the hurts. Just ask.

**READ ON YOUR OWN:** James 4:2; 2 Corinthians 12:7-9; Matthew 7:7

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



### WEEK 6—RECIPIENTS

#### Foundation/Year 1

- ☺ Della Wilson
- ☺ Arlee Hogan

#### Year 1/2

- ☺ Noah Hill
- ☺ Sienna Tozer

#### Year 3/4

- ☺ Chaz Hann-Robb
- ☺ Breeanna Crumpen-Slade

#### Year 4/5/6

- ☺ Cody Hein
- ☺ Harley Borer



## Lutheran media outreach turns 75

Read this week's story at  
[www.lca.org.au/sow](http://www.lca.org.au/sow)

### STORY OF THE WEEK

Read or view the video at  
[www.lca.org.au/sow](http://www.lca.org.au/sow)





Hi! I'm Ditto the lion cub.  
I teach kids about keeping safe.  
I have 3 RULES to teach you.  
Do you think you can learn  
them by heart? Let's see!

## Rule 1

We all have the right to  
feel safe with people.

## Rule 2

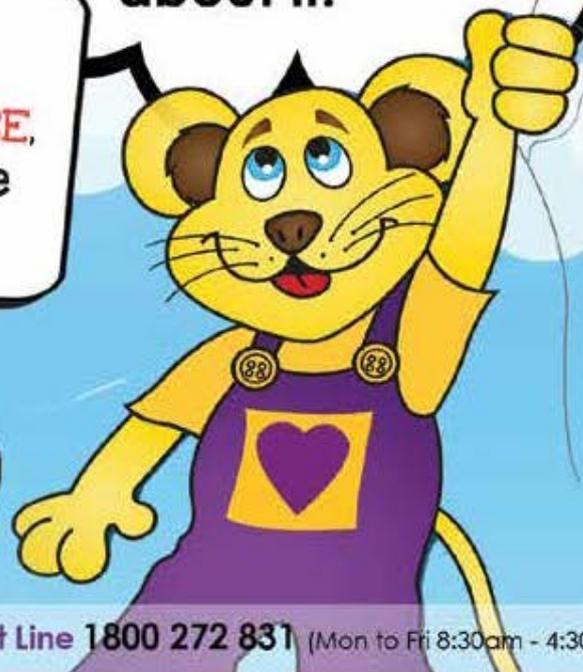
It's OK to say "NO!"  
if you feel unsafe  
or unsure.

## Rule 3

Nothing is so  
yucky that you  
can't tell someone  
about it.

## Ditto says...

If you ever feel **UNSAFE** or **UNSURE**,  
you should **RUN** and **TELL** someone  
you can trust.

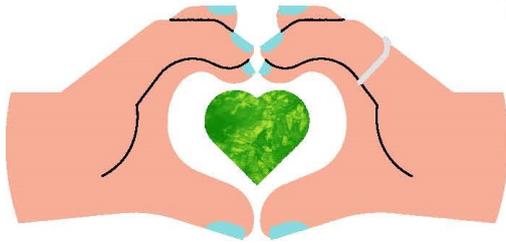


# Bravehearts

Educate Empower Protect Our Kids

[bravehearts.org.au](http://bravehearts.org.au)

Information & Support Line 1800 272 831 (Mon to Fri 8:30am - 4:30pm)



## 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](https://headspace.org.au/centres)



### Create a headspace account

Just by visiting the headspace website at [headspace.org.au](https://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



**Flagstaff Hill  
presents the**

# **Big Bag of Awesome Things**

**We know how much you loved this year's online Autumn and Winter school holiday programs so this Spring we are bringing Flagstaff Hill's famous school holiday program to you!**

**The Big Bag of Awesome Things is a treasure trove of craft supplies, templates, instructions, recipes and links to tutorial videos for families to make 5 fun craft creations and two delicious sweet treats\*\*.**

**The bags will be filled with all the crafty goodness you will need to get through lockdown including pom poms, beads, wool, felt, material, googly eyes and more.**

**Bags are just \$15 each, and Flagstaff Hill members get their first bag for FREE!**

**Free local pick up or postage extra.**

**Limited stock so please pre-order now to claim your bag!**

**PRE-ORDER** be emailing [flagstaffhill@warrnambool.vic.gov.au](mailto:flagstaffhill@warrnambool.vic.gov.au)

**Bag contains small pieces that can be a choking hazard, please be careful, supervision is recommended for younger children.**

**\*Colours of craft materials may vary from bag to bag\***

**\*\*Please note recipe ingredients are not included in the bag.**

# Kids' Club Online

## Understanding Water and Filtration

(ALL KIDS)

Have you ever wondered how water is filtered naturally in the environment? Hear from a current Deakin student to find out the different ways that water is filtered in the environment and then make your very own water filter from materials you can easily find at home!

THURSDAY 20 AUGUST, 2PM



## When Maths meets Art

(GIRLSTEAM)

In this creative session, learn all about Dutch artist, M.C. Escher. Mathematically inspired, Escher used architecture, perspective and impossible spaces to inspire his art. Create your own graphic masterpiece with guidance from a current Deakin student.

SATURDAY 29 AUGUST, 10.30AM

## How do you solve crime with insects?

(ALL KIDS)

Forensic Science! Hear from a Deakin student who breeds and researches flies. You will also learn all about how these fascinating insects are crucial in helping detectives in solving crimes.

THURSDAY 3 SEPTEMBER, 2PM

## Coding with Colour

(GIRLSTEAM)

Art and Technology collide! Have you ever heard that you should 'learn how to code'? Have no idea where to begin?

Let us help you! In this session our Deakin educator will show you some basic coding language and help you to build a random colour generator!

SATURDAY 12 SEPTEMBER,  
10.30AM

## Design a tracking satellite (GIRLSTEAM)

We are lucky to live near some of the most beautiful coastline in the world! In this session you can find out about how scientists are creating new ways of caring for and monitoring the ocean. Design your own ocean tracking satellite.

SATURDAY 19 SEPTEMBER, 10.30AM

For more information contact WAG on **5559 4949** or by email **ahawkins@warrnambool.vic.gov.au**

All events are FREE and bookable through WAG's Eventbrite page **eventbrite.com.au/o/the-warrnambool-art-gallery-14483395012**