

MESSAGE FROM THE PRINCIPAL

Spring! The school yard certainly has glimpses that the season of Spring is here. Our fruit trees are all blossoming and we have some daffodils appearing in the garden beds. My Grandma used to say that you can smell Spring in the air! As a kid, the season of Spring meant that the longer Summer days were ahead, and the paddocks were full of lambs. I am grateful for the great memories as it gives me hope in the everyday things that we are blessed with. I hope our students have also noticed that Spring is in the air – encourage them to step outside, take a deep breath and enjoy the wonderful sounds and smells of creation.



We extend to all Dads a wonderful Father's Day on Sunday. Thank you for all you do for your family and for blessing them. We will miss not being able to share a breakfast with you this year, but we know that your children will spoil you at home!

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

- ★ The chooks have been roaming around the school yard. I think they are wondering where you all are and are looking for you.
- ★ Mr P is enjoying trying out all the experiments he is getting you to do in STEM!
- ★ Mrs Lane donated some new books and puzzles.
- ★ The cube designs look amazing and our front entrance now looks colourful and inviting.



PARENT SATISFACTION SURVEY

Thank you for those who participated in the Parent Satisfaction Survey. We look forward to using the data to reflect on how we can do things better and reaffirm what we are doing well.

OPERATION CHRISTMAS CHILD

Operation Christmas Child (OCC) is a project of Samaritan's Purse. It partners with local churches in developing nations to reach out to children by providing gift-filled shoeboxes and bring the Good News of Jesus Christ. Many of these children have never received a Christmas present before as many have come from impoverished communities. Churches around the world also organise outreach events for the children and every shoebox represents an opportunity to share the hope of the Gospel of Christ. Families are encouraged to fill a shoebox as a home activity – perhaps during remote learning as it is an opportunity for children to give to others in need. For more information or to download a brochure, visit <https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child>



NATIONAL ESMART WEEK



Next week we recognise the great work that communities are doing in championing cyber safety and preventing online bullying. Together we can raise awareness about cyber safety and help educate and empower all Australians to be safe online. The web is a great place to learn, be creative and stay connected. However, it's important we invest in giving our students the skills they need to be responsible digital citizens. There are many resources available to support parents and students during remote learning. This can be accessed via

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

From Mrs Pritchard...



CHAPEL

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

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.



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



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

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:

- ☆ **Be You** – has a range of resources that we use at school. Please see the attachment on the next page for a reminder of how important exercise is in promoting health and wellbeing.

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



Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

Devotion...

DO AS THE WISE MEN DID

“When they saw the star, they rejoiced with exceedingly great joy. And when they had come into the house, they saw the young Child with Mary his mother, and fell down and worshipped Him.” Matthew 2:10-11 (NKJV)

Come and sit with Me for a while. I want you to think about who I really am.

I am the only Son of God. I was born completely human and yet I am completely God—all at the same time. This is a mystery that is beyond your understanding. Rather than trying to figure it out, do as the wise men did. They followed a spectacular star, and then they fell down in humble worship when they found Me.

Praise and worship are the best responses to the wonder of who I am. Sing praises to My holy Name. Gaze at Me in silent worship. Look for a “star” of guidance in your own life, and be ready to follow wherever I lead you. I am the Light from heaven that shines upon you—to guide you along the path of Peace.

READ ON YOUR OWN: Luke 1:35; John 1:14; Matthew 2:9; Luke 1:78-79

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



WEEK 7—RECIPIENTS

Foundation/Year 1

- ☺ Penelope Copley
- ☺ Camerin Trewick

Year 1/2

- ☺ Scarlett Spencer
- ☺ Oliver Copley

Year 3/4

- ☺ James Hunter
- ☺ Isabella Stiles

Year 4/5/6

- ☺ Matilda Brown
- ☺ Brianna Trewick



GROW MINISTRIES

Grow Ministries is a resource put together by the Lutheran Church of Australia to support you in your role as parents. Here is the link!

<https://www.growministries.org.au/product/02-digital-subscription/>



There is a lovely free support pack that provides devotional resources to encourage caring conversations about the difficult times we find ourselves in.

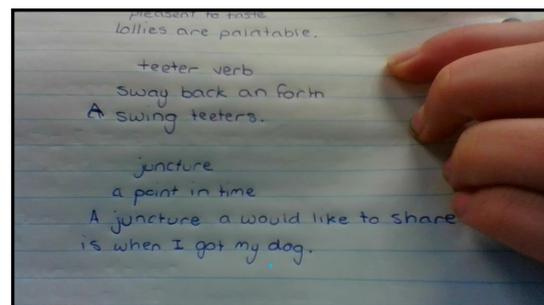
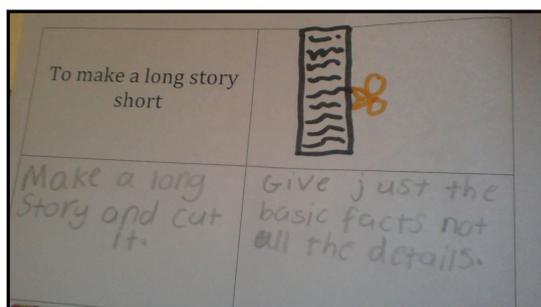
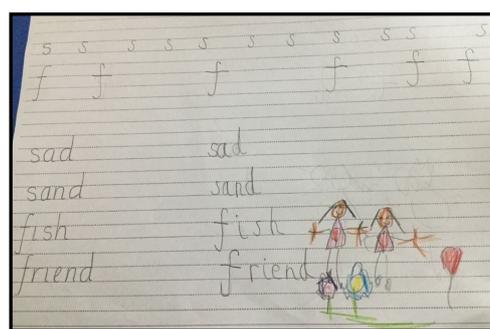
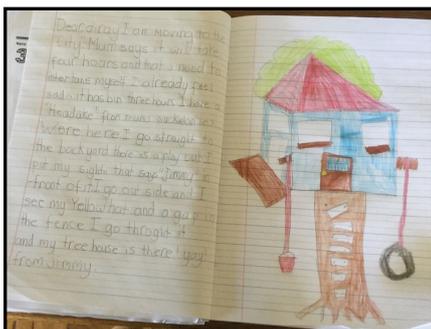
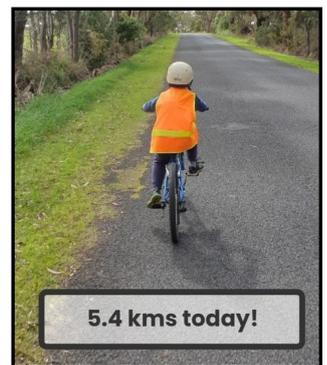
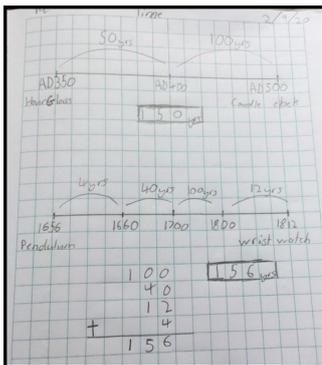
STORY OF THE WEEK

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





Remote Learning St. John's Style...



LEFT: Thank you to everyone who returned their art filled Cubes! They look amazing in our front foyer ☺



**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

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**