

# St John's Lutheran School

## School Newsletter – 27<sup>th</sup> April 2023



### In our Prayers this week:

Enkelmann Family – Jyoti Yr2  
Eschbank Family – Bridget Yr11  
Eyears Family – Hamish Yr4, Piper Yr2,  
Lillian Prep  
Fechner Family – Sophia Yr6, Juliet Yr3  
Ferdinands Family – Charlotte Yr 5,  
Thomas Yr 2  
Fitzpatrick Family – Elliot Yr1  
Fleming Family – Liberty Yr9  
Fogarty Family – Ella Yr10, Thomas Yr6  
Ford Family – Chelsea Yr7  
Foreman Family – Daniel Yr5, Abigail Prep



### Sunday Worship Services:

St John's Church  
(36 Markwell Street, Kingaroy) - 9:30 am

**St John's Lutheran School**

**84 - 94 Ivy Street**

**PO Box 506**

**Kingaroy QLD 4610**

**Phone: 0741623988**

**Email: [office@sjls.qld.edu.au](mailto:office@sjls.qld.edu.au)**

### Kindness is. . .

Sometimes war is difficult to comprehend, yet the ANZACS have served bravely, not only at Gallipoli, but in many different conflicts down through the years to the present day. There are no winners in war, but their sacrifice has brought freedom to many nations. Jesus said: *Greater love has no one than this: to lay down one's life for one's friends.* Christians identify very strongly with ANZAC Day and the sentiments and themes it celebrates, because themes of sacrifice, service and loyalty, sentiments of love and generous giving of self, follow the example of Jesus Christ. On ANZAC Day we remember those who have fallen protecting our country and our heritage.



### Weekly Wellbeing

Whenever your kids are out of control, take comfort from the thought that even God's omnipotence did not extend to His kids. After creating heaven and earth, God created Adam and Eve. And the first thing He said to them was, "Don't". "Don't what?" Adam asked. "Don't eat the Forbidden Fruit," God replied. "Forbidden Fruit? We got Forbidden Fruit? Hey Eve, we got Forbidden Fruit!", "No way!" "WAY!!", "Don't eat that fruit!" said God. "Why?", "Because I am your Father and I said so!" said God, wondering why He hadn't stopped after making the elephants. A few minutes later God saw the kids having an apple break and was angry. "Didn't I tell you not to eat that fruit?" the First Parent asked. "Uh huh," Adam replied. "Then why did you?", "I dunno," Eve answered. "She started it!" Adam said. "Did not!", "Did so!!", "DID NOT!!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own...thus the pattern was set, and it has never changed. But there is reassurance in this story. If you have persistently and lovingly tried to give your children wisdom and they haven't taken it, don't be too hard on yourself. If God had trouble handling His children, what made you think it would be a piece of cake for you?

## From the Principal – Mrs Karyn Bjelke-Petersen

Week 2 has been another busy week. Eisteddfod season is nearly here and we have many students participating in various performances, including choirs, band and dance. In previous years we have had our bands participating and it is wonderful to see our staff offer their talents to our students including Mrs Hirsch and Mrs Ross working with the choir students and Miss Canniford getting the dance team prepared for Saturday's performance.



While we know that many students also participate in individual events through their dance school or singing teachers, there is something special about working together as a school group to perform in front of a public audience. These experiences give students so much more than simply singing or dancing. Students learn how to listen and work with team members in other year levels, to listen to different staff member's instructions, to understand the intricacies of performing, develop confidence (and overcoming nerves) by being on the stage, listening to the adjudicators feedback to be able to improve and so much more. Congratulations to all students who will be performing over the next few weeks in the various sections.

Thank you to the many, many students who represented our school at the various Anzac Day parades around the South Burnett. The students were well behaved and demonstrated appropriate behaviour for the occasion.

We look forward to hearing all about the Year 8 & 9 camp and the student's adventures at Coolum and to be able to share some photos next week.

Hope all families enjoy the upcoming long weekend.

## From the Deputy Principal – Mr Steven Lake

When I look around our school, there never seems to be an end to the planning ahead that keeps going on and on and on. Teachers are busy writing lesson plans, term plans and yearly overviews each day. There are many special events in our community that we respect such as Anzac Day, TAFE Run events, among many. All of these takes tremendous planning to make sure they work well.



The Year 10 students are in the early stages of making Senior Education and Training plans and career goals for their Year 11 & 12 studies, as well as getting ready for their work later in the year. And the list goes on and on. Just when you think it is sorted, illness comes and puts teachers and students out of action and the plans have to be redone and reorganised! But why do we bother planning ahead? Surely, we are all smart people, and we can just wing it? There is so much more that comes with planning ahead that helps to make a task or an event so much better. Effort is a value that we should continue to strive for in all our actions and tasks. In everything we do we often want it to be the best that we can do. We want our tasks and achievements to represent us well, we want them to meet the needs or purpose for which they are designed, and we want them to serve others in our community the best way possible. Planning is such an important skill that we teach it to our students as part of their education. It is taught explicitly from Prep all the way through to Year 11 in the way we map out ideas for a task or assessment and follow various processes to get to the finished product. Students in the business class learn planning skills as they undertake term-long projects to develop and refine the many skills needed for success in that area. We help students to learn how to keep on top of and prioritise their tasks, activities, homework, and assessment tasks. We plan to meet certain benchmarks and checkpoints in their learning. We model for students' ways to worship God and keep time aside to reflect on His word. Planning might be annoying, seem like a waste of time (especially when Covid intervenes) and feel like it never ends; but look around you at all the successes in our achievements and events that we are part of as a community. Planning certainly pays off! What do you have to plan for this week? Don't let anything stop you from organising and planning.

As we near the end of our second week of term, we hope that all of our year 8 and 9 students are enjoying the outdoor aspects of school camp and work to forge new ties and friendships and see each other a new and engaging light. We also look forward to finally seeing some progress on the start of our new secondary building.

## School Reminders and Information

**P&F Meeting** - All parents are welcome and encouraged to attend our next P&F Meeting on Monday 8th May at 6.00pm

**Bookclub** - Issue 3 of Bookclub is due back on Wednesday the 3<sup>rd</sup> May.

**Weekly Devotion Times** - Reminder Every Monday we hold Junior School Devotion for students in Prep – Year 6. Year 3-6 are at 8.50am, and Prep to Year 3 are at On Friday mornings at 8:50am students in Years 7 – Year 9 gather for Senior School Devotion. The weekly devotion times are a lovely time of reflection and worship. We extend an invitation to all parents and friends to join us.

**Year 7 Immunisations** – On Monday the 8<sup>th</sup> May from 12:15pm, the Year 7 immunisation program will be held at school. Only the students who have returned their forms will be attending this. It is a health requirement that students are monitored for 15 minutes after the immunisation and they can then return to class if there are no side effects.

**Year 10 Career Planning – SET Planning Meetings** - All Year 10 Parents should have received an email on Wednesday with a letter attached regarding the important SET (Senior Education and Training) Plan process that will occur from May 8<sup>th</sup> to 10<sup>th</sup> for your child. This letter provides information on the process and further Careers / Work Experience opportunities. We invite you to book a time with Mr Huth (in person or a phone meeting ) using the link in the attached letter and to also download the questionnaire to complete before the meeting. If you have any questions, after reading the email and attached letter please email either Mr Huth [shut@sjls.qld.edu.au](mailto:shut@sjls.qld.edu.au) or Mr Schmidt [dsch@sjls.qld.edu.au](mailto:dsch@sjls.qld.edu.au).

### **Kingaroy 115th Annual Show**

St John's will have their display at the Education pavilion at this year's Kingaroy Show. This is a great opportunity to promote our school and be a part of the South Burnett community.

Below is the link to the Kingaroy Show Society's schedule page where you can download your entry forms. Please take note of the closing dates for each section.

[Schedules | Kingaroy Show Society](#)

## Walk My Way

St. John's is taking part in our first Walk My Way fundraising challenge! Walk My Way is part of The GRACE Project, which since 2019 has helped more than 62,500 refugee children go to school!

Our focus this year at St John's is...

**"Kindness is..."**.

By participating in our Walk My Way, our children get the opportunity to show kindness to disadvantaged children in another part of the world.



There are 2 walking events for St John's.

1. Staff Walk My Way – Saturday 13th May 2023- Staff are completing a 12km walk.
2. Student Walk My Way - 15th-19th May 2023 – Students are walking for 15 minutes each day at school, during this week.

***Students pay nothing but are encouraged to collect sponsorship.  
Click on the link below and support our teams!***

[St John's Walk my Way Website](#)

***Who will raise the most money?***

***Will it be **Wivenhoe**? Will it be **Boondooma**? Will it be **Somerset**?***

***Each \$26 you raise can help a refugee child go to school for a whole year!***

Please feel free to share our link with family and friends. Let's make this an event to remember!



## Anzac Day

Thank you to those members of the St John's Community who represented us so well at the Kingaroy and Wondai ANZAC Day Services. A day to reflect and give thanks for sacrifice and service.



Lest We Forget



## Kingaroy Eisteddfod

**Tuesday 9th May 2023**

Tuesday 9th May 2023			
Group Performing	Arrive St Johns	Bus Leaves St John's	Session Time
Junior Concert Band	7:15am	7:30am	8:00 am
Year 3 Junior Choir	7:15am	7:30am	8:00 am
Senior Concert Band	7:45am	8:00am	8:15 am
10:30am approx. - Year 5 and 6 students who are in the Senior Concert Band will stay at the hall.			
The bus will return all other students to school except students in the Primary Instrumental Ensemble.			
Primary Instrumental Ensemble	Students at hall no bus required		10:45 am
Primary Instrumental Ensemble students will return to St Johns at approx.1:30pm by bus			

GROUP PERFORMING	BUS INFORMATION	Afternoon Session Time Com-
Senior Choir	Bus leaving St. John's at 1:45pm –	Performance approx. 3pm
<b><u>There will be NO bus returning to St Johns after the Senior Choir performance</u></b> as their section will finish after school hours. Parents are to please collect students from the Town Hall forecourt after the Senior Choir performance at approx. 3.30pm.		



## Primary Snippets

### **CANCELLED - Year 6 Camp Fundraiser – Car Wash**

Unfortunately, this weekend's Year 6 Fundraiser Car Wash has been cancelled.

Keep a lookout in the school newsletter & social media for other fundraising events!



**Primary Devotion** - Our week started off with a beautifully themed ANZAC day memorial service for Preps- Year 6. Students and staff listened to a capturing address by ex- serviceman Pat Daley, who spoke to the Primary School about the spirit and legacy of the ANZACS. Many Australians showed courage, mateship, endurance, and sacrifice when they represented Australia in battles throughout Afghanistan, East Timor, Korea, Iraq and Vietnam. It is important for us to remember these brave and unselfish acts not only on ANZAC day, but every day. Thank you to the students and staff who marched at Parades in Kingaroy and Wondai.



## Secondary Snippets

Four St John's students have joined the South Burnett Youth Council for 2023 - Maggie Livett, Charlise Tennant, Kayleigh Johannesen, and Nicole Gunston. Students recently participated in a weekend long Leadership Conference to develop goals for implementation in the coming weeks. We look forward to seeing their plans come to fruition for the benefit of the youth in the region.





## Secondary Snippets continued. . .

Year 8A students have begun their term of Drama. This sequence of three freeze frames clearly depicting, 'The Accident'. Well done Charlise, Declan, Tyla and Bree.



The Year 8 & 9 students ready to set off on their camp to Luther Heights.



## National Sporting Recognition

Recently, one of our Year 6 students Emily Bolden competed at the Australia Junior Athletics Championships, with athletes from all over the country. Emily was in the new U13's category and competed in Shot Put and Discus. Emily qualified for this event by competing in the Queensland Athletics Championships in March this year where she placed 2<sup>nd</sup> in both Shot Put and Discus.

At the Australian Junior Athletics Championships, Emily competed in Discus and Shot Put, where she medalled in both! In discus she placed 3<sup>rd</sup> and in Shot Put she finished 2<sup>nd</sup>.



*We are very proud of her efforts as a school, what an outstanding achievement!*


## Mother's Day Stall

Year 6 students will be holding a Mother's Day Stall this year to raise money for their Cairns Trip. A lovely selection of gifts will be available, ranging in price from \$1 - \$10. This stall will be open on Thursday, the 11th, and Friday, the 12th of May, from 8:00am-9:00am. If you would like your child to purchase a gift from the Mother's Day Stall, please only send them to school with coins or a \$5 or \$10 note to avoid lost change. Bus students will have an opportunity to go to the stall on Thursday, the 11th of May, at Morning Tea Play Time. A time will be scheduled for students in the younger grades (Prep – Year 2) on Thursday to attend the Mother's Day Stall with their classroom teacher.



## Dates to Remember

### April/May 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
24	25	26	27	28	29	30
Combined Primary ANZAC Service 8.50am	<b>ANZAC DAY</b> 	St John's Playgroup 9am- 10:30am			Dance Eisteddfod	
		Year 8 & 9 Camp at Luther Heights				
1	2	3	4	5	6	7
<b>Labour Day Public Holiday</b>	RYDA – Year 11 Driving Program KSHS	St John's Playgroup 9am- 10:30am	Year 10/11 Business Excursion to Plenty Foods			

## Community Notices

### CASUAL CLEANER REQUIRED

A local accommodation business is looking for a casual cleaner (approx. 10 -15 hrs a week). Flexibility across Monday to Friday and driver's licence are required. Attention to detail and being able to work with minimal supervision are crucial. Cleaning materials and training are provided. Hours will range between 9am and 2pm as required. Please email resume and contact details to: [info@bethany.net.au](mailto:info@bethany.net.au) Attention: John



# Youth Mental Health First Aid for Parents & Carers

The Youth Mental Health First Aid (MHFA) Course teaches adults (18 years and over) how to provide initial support to adolescents who are developing a mental illness or experiencing a mental health crisis.

**Date & Time:** The course will run over 3 sessions on a Thursday from 5pm to 8pm on the following dates: 11<sup>th</sup> May, 18<sup>th</sup> May, 25<sup>th</sup> May.

Participants need to attend all three sessions to receive a Mental Health First Aid certificate.

**Venue:** Barambah Youth Services Hub (up from the Murgon State High School administration centre)  
Gore Street, Murgon

**Facilitator:** Anita Smith (Rural Ed LinQ Coordinator - Senior Psychologist)

**Cost:** FREE. All participants will receive a YMHFA manual and certificate.

## Course Content

Mental illnesses often start in adolescent or early adulthood, and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem or are in a mental health crisis. The YMHFA course teaches adults how to assist adolescents who are developing any of the following mental health problems or mental health crises:

### Developing mental health problems:

- \* Depression
- \* Anxiety
- \* Eating disorders
- \* Psychosis
- \* Substance use problems

### Mental Health Crises:

- \* Suicidal thoughts and behaviours
- \* Non-suicidal self-injury
- \* Panic attacks
- \* Traumatic events
- \* Severe Psychotic states
- \* Severe effects from alcohol/other drug use
- \* Aggressive behaviours
- \* Medical emergencies with eating disorders

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.

Please email your registration for this course to Barambah Youth Services Hub at [BarambahYouthServicesHub@qed.qld.gov.au](mailto:BarambahYouthServicesHub@qed.qld.gov.au) or 41 729 728.

For details regarding course content contact Anita Smith [anita.smith2@health.qld.gov.au](mailto:anita.smith2@health.qld.gov.au) or 07 4169 2632.



Queensland  
Government



# Healthy Kids Program

Kingaroy 2023



The Healthy Kids Program is a 5 month behaviour change program that has been developed to help children aged 5-12 and families enjoy a healthier lifestyle together. The program is designed to assist children who are overweight or obese. However, it is eligible for all primary aged children who may benefit from improved diet and lifestyle behaviours.

*What does the program include:*

- Input from dietitian, exercise physiologist, child health nurse and psychologist.
- Each month offered 1 x group education session and 1 x individual session with paediatric dietitian. To get the most out of this program it is expected that participants will attend all sessions.
- Workbook with notes on each session and weekly nutrition, exercise and wellbeing activities to complete at home

*Topics covered include:*

- Breakfast, lunch boxes, meal planning and family meal ideas.
- Good food choices and movement
- Mindful eating
- Healthy sleep and screen time.

**Cost:** The program is free of charge

**Location:** Allied Health, The Annexe, Kingaroy Hospital

**Referrals:** Via Smart Referrals – direct referral to the Dietetics department and indicate the referral is for Healthy Kids Program.

**Dates:** The next cohort will run from May 2023 – September 2023. Individual and group sessions are on Tuesday afternoons from 3.30 – 4.30pm.

**Who is eligible:** Children with poor diet quality or who are overweight or obese and appropriate for group education sessions.

**More information contact** Berneice Fitzpatrick Dietitian – ph 4162 0400

[berneice.fitzpatrick@health.qld.gov.au](mailto:berneice.fitzpatrick@health.qld.gov.au)



It all starts here...

# Gymnastics Nanango

South Burnett PCYC



**Prep 1 & 2  
Gym 1 & 2**

**Gymnastics**

<b>What</b>	Gymnastics for boys and girls. Register for bookings at the South Burnett PCYC
<b>When</b>	Wednesday's 3.30-4.30pm - Prep 1 & 2 (5-7 yrs) 4.45-5.45pm - Gym 1 & 2 (8-11 yrs) Classes to be paid per term
<b>Cost</b>	
<b>Where</b>	St Patrick's School 16 Alfred Street, Nanango 4615
<b>Contact</b>	South Burnett PCYC P 07 4168 1889 E southburnett@pcyc.org.au
<b>T&amp;C's</b>	-Fees to be paid by week 2 of term -Classes are subject to change -Free Trial for new members only -Unpaid fees may result in bookings being cancelled -Fees can be paid in advance, in person or over the phone

 Building safer, healthier communities through youth development  
**pcyc.org.au**


## Bunya Mountains Walks Back through Time

**"In the Bush where it happened"**  
Date: 13 and 14th May 2023

Bring the family for the weekend to experience the history of our natural wonder **"The Bunya Mountains"**  
Cost: \$25 person or \$60 for a family of 2 adults and 2 children  
Ticket Order Forms and further information available by emailing [bunyamcainc@gmail.com](mailto:bunyamcainc@gmail.com)

You can select your experiences from the following activities:



- ◊ A Welcome to Country and Indigenous story-telling
- ◊ Shuttle bus excursions to meet Storytellers and Historians situated at a variety of iconic, Bunya Mts locations- some with "one off" or "rare" access to normally off limits areas not open to the public
- ◊ An invitation to a genuine bush picnic
- ◊ An invitation to an ecumenical Campfire Church
- ◊ A bird watching trek with a local bird-watching expert
- ◊ Viewing a variety of historic artefacts at Cedarvale Museum
- ◊ Learning more about the natural wonders of the Mountains from Indigenous Rangers



**Lars Andersen's Tramway** (Photo from "Lars Andersen's Amazing Timber Tramways" Ray Humphries)

**And more....**  
A great way for young and old to discover our history together!  
[See the program on the back of the flyer to provide details and learn how you can gather further information]




**BOOK NOW and We'll Meet you 'in the Bush where it happened!'**

From earliest times family groups travelled to the Bunyas to take in the views, enjoy a picnic and boil the billy - always a memorable adventure!

Cedarvale Museum, Bunya Mountains, will be open for the Bunya Mountains Walks Back Through Time event.

This event has been organised by the Bunya Mountains Community Association Inc (BMCAI) and is proudly sponsored by AGL Coopers Gap and supported by the Bunya Mountains Natural History Association

# 115TH KINGAROY SHOW

## 6TH & 7TH MAY 2023

**Kingaroy Showgrounds**

Bull Ride \* QLD Wood Chop  
\* Horse Events  
\* Motocross \* Cattle \* Pavilions  
\* Sideshow Alley \* Fireworks  
Much, much more!

Adults \$15  
Pensioners \$10  
High school students \$10  
Kids under 12 free entry with paying adult

Gates open at 8am





