

# St John's Lutheran School

## School Newsletter – 4<sup>th</sup> May 2023



### In our Prayers this week:

Fowles Family- Lacey Yr4, Layne Yr6  
Francis Family – Chandler Yr1, Ruby Yr6  
Francis Family – Ingrid Prep  
Freeman Family – Breana Yr10  
Fuller Sandys Family – Beau Yr4, Mason Yr 6  
Gadischke Family – Ellie Yr6, Sarah Yr9, Kate Yr10  
Gakuo Family – Nicole Yr7, Ian Yr11  
Gavioli Family – Theodore Yr3  
Gayatgay Family – Nica Yr9



### 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. . .

Kindness is being friendly, generous, considerate, and compassionate towards others. It involves showing empathy, understanding, and a willingness to help others. We can show many forms of kindness such as a smile, a kind word, or holding the door open for someone, to more significant actions such as volunteering, donating, or advocating for a cause.

As our school counts down the days to “Walk my Way” our community is showing kindness in a powerful force by making a significant difference in lives of others. It is something that we can all practice, regardless of our background, beliefs, or circumstances.

By cultivating kindness in ourselves and others, we can create a more compassionate, supportive, and harmonious world.



### Weekly Wellbeing

We can probably all relate that sometimes allowing children to attempt new tasks by themselves is more mess than help, especially in the kitchen. However, letting them have a go teaches children independence, which is a vital skill that they will need as they grow and become adults. Teaching children to take responsibility for their own belongings, their commitments, and importantly, their choices and behaviours, from a young age is so helpful. No matter how big or small they are, allowing your children to show their independence is beneficial and an opportunity for you to encourage them, boost them up, and empower them to know their capabilities.

# INDEPENDENCE

## From the Principal – Mrs Karyn Bjelke-Petersen

Thank you to the families who have already completed the School Survey, emailed to all families last Friday. Your responses will provide us with feedback for our upcoming Strategic Planning Sessions. This is an opportunity for you to have your say about how we are going in all areas of our school. I encourage more families to spend 30 mins of your time to provide us with feedback. It goes without saying that, the more responses we receive, the more robust our discussions will be to be able to guide our goal setting for the next 5 years.



Last Saturday, our Dance Team performed at the Kingaroy Eisteddfod and came away with a first place. I was able to be here for their practice session just prior and their excitement was palpable. Well done girls on your eye-catching performance. We thank Miss Canniford for preparing the team for this event.

We also have our choirs and bands participating in next week's eisteddfod competition. We thank the many staff who have spent countless hours preparing the students for these events. Mrs Hirsch and Mrs Ross have given up lunch times to work with students and the choirs are sounding beautiful. Mr Sharp has worked with the band students but unfortunately due to illness, he will not be conducting the bands next week. We are blessed to have Mr Lake step into that role with the baton to enable the students to still perform next Tuesday. Parents of instrumental students will have received an email with updated information.

Our Senior Building Project looks like it will be starting next week. As the contractors bring in their earth moving equipment onto the school grounds and erect safety fencing etc, there may be some changes to the areas we access. Currently we are having meetings with the contractors so we can keep all our stakeholders informed if there are changes to various areas of the grounds. Unfortunately, our tennis courts have seen the last few tennis games and being used as a sport or play area. We know this hard surface has been well used over the last 30 years and we thank God for the blessing this facility has been to our students. Many volunteer hours were used to build these courts but the cost to repair the drainage and surface area was exorbitant. We look forward to watching this area change and the double story building taking shape over the remainder of 2023. This building includes a number of classrooms and two Science labs, breakout rooms and more and is a very exciting upgrade of school facilities to take our secondary students into future years of education here at St John's.

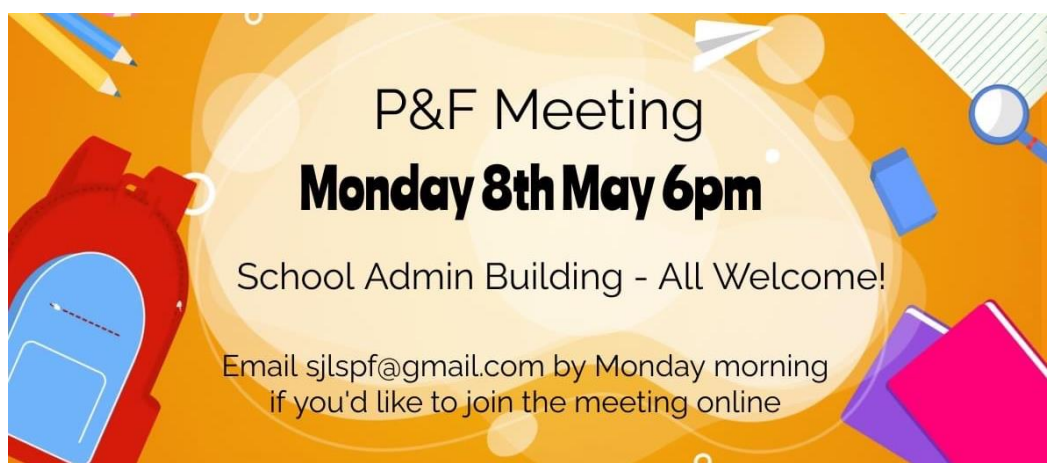
Make sure if you are visiting the Kingaroy Show on the weekend, make sure you drop by our display in the Education Pavilion. Thanks to our staff who organised this - and for the students who have provided their work for display.

Yet another busy (and short) week!

## School Reminders and Information

**P&F Meeting** – All are welcome to attend the P&F meeting this Monday evening at 6pm in the Administration building. We would also like to invite senior school students to join us. We'll hear a update on the school and make some plans for future events.

If you can't be there in person but can join online, please email us at [sjlspf@gmail.com](mailto:sjlspf@gmail.com) before Monday at 11am and we'll organise a virtual meeting.



**Cross Country Age Champion Presentation** – Tomorrow, Friday the 5<sup>th</sup> May, we will be presenting all age champions and the house shield after Senior Devotion. Parents and Carers are welcome. Please join us in the hall at 9.10am

**Year 7 Immunisations** – Next 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 responded a yes for permission 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 Mr Huth [shut@sjls.qld.edu.au](mailto:shut@sjls.qld.edu.au). The meetings will be held in Mr Lakes office in the administration building.

**Non-State Schools Transport Assistance Scheme** - Do you qualify for a Bus Fare Assistance rebate? If you are not participating in a SPA agreement you may qualify for Bus Fare Assistance. You must answer "Yes" to the following question... does your **family spend in bus fares more than the threshold?**

***[Threshold - Semester 1 2023 (January to June 2023 travel) - \$35 per family (or \$25 per concession family for those applicants who hold a current Health Care, Pensioner Concession or Veterans' Affairs Pensioner Concession card.)***

**Bus Fare Assistance will pay parents some of the amount you spend above the threshold.**

#### **Bus Fare Assistance for non SPA parents**

1. Check your eligibility for: [Bus Assistance](#)
2. Make a note in your calendar to **apply** here each **May 1-31<sup>st</sup>** (for travel January to June) and **October 1-31<sup>st</sup>** (for travel July to December)
3. Pay for transport throughout the semester
4. Keep your public transport receipts
5. [Apply](#)
6. We calculate how much we can pay you
7. We pay you by the end of August/January after you apply

#### **Transport Assistance for Verified Students (see list below)**

1. Check your eligibility for [Students With Disability](#)  
The SWD student must meet the following eligibility criteria: has been **verified** (or awaiting verification) through the school as eligible **under Queensland criteria** for the **'Students with Disability Program for Non-State Schools'** - Education Adjustment Program (EAP) under one or more of the following **impairments**

- Autism Spectrum Disorder
- Hearing Impairment
- Intellectual Disability
- Physical Impairment
- Social Emotional Disorder (non-state students only)
- Speech-Language Impairment
- Vision Impairment

2. [Apply](#)

If you have any questions regarding either Assistance program, please contact Tracey Williams in the school office.

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

This weekend is the Kingaroy 115<sup>th</sup> Annual Show. Thank you to Mr Wayne Springhall, Mr Darren Farmilo and Mrs Michelle Walters for setting up the school display in the education pavilion. This is a great opportunity to promote our school and be a part of the South Burnett community. Below is the link to the show's events and attractions.

[2023 Kingaroy Show Events & Attractions](#)





## Walk My Way

Only two weeks to go!!!

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](#)**

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

***Our school has raised enough so far to send 86 children to school!***

***Who will raise the most money? Will it be **Wivenhoe**? Will it be **Boondooma**? Will it be **Somerset**?  
Click on the house shirt below to support your team!***



## 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.



## Kingaroy Eisteddfod

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.		

## Dance Eisteddfod

Congratulations to our Dance Team for 1st place at the Kingaroy Eisteddfod in Section: Primary and Secondary U12 School Group! The adjudicators said she loved their wonderful energy & dynamics, seeing their personalities and smiles shine on stage and seeing them all have fun. The students had wonderful timing and the adjudicators could see how committed they all were and loved the choreography. Thank you, Miss Canniford, for training the group.





## Primary Snippets

We are so proud of our student leaders stepping up to the plate and taking on extra responsibility throughout the Primary school campus. In keeping with the 'Kindness Is' theme for 2023, they came up with the idea of engaging in some kindness activities with Prep students.

It was an enjoyable afternoon for Prep B as the students played some fun- filled parachute games.



## Secondary Snippets

For the first time last week, St John's students in Year 10 took advantage of the "Trade Taster" program on offer from TAFE Qld. The students will spend nine weeks in Term 2 at the TAFE campus sampling a selection of trades, including carpentry, automotive and electro-technology. Later in the year, students will also be attending a "Health Taster" to try out a range of vocations and skills associated with the health industry.

The "Taster" programs are a great opportunity for these students and will help them plan their future pathways. St John's is committed to consolidate its role as a "pathway school" that helps light the journey for our students and their families whatever their aspirations and capabilities.



**Year 8 & 9 Camp** – Students had an amazing time on their camp to Luther Heights. Team building games, leadership development, swimming, raft building, and ropes courses were a few of the fun things they got up to on their trip. We hope all students had a great time!



## Dates to Remember

*May 2023*

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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	Cross Country Age Champion and Shield Presentation.	Kingaroy Show	Kingaroy Show
8	9	10	11	12	13	14
P & F Meeting 6pm  Year 7 Immunisations  Year 10 SET Planning	Kingaroy Eisteddfod  Year 10 SET Planning	St John's Playgroup 9am- 10:30am  Year 10 SET Planning			Staff – Walk my Way	

## 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





# Chamber Orchestra Concerts

Featuring soloist  
Sue-Ellen Paulsen

## **Saturday 27<sup>th</sup> May, 6pm**

Kumbia Memorial School of Arts Hall  
Includes supper - hot & cold finger food  
Beer, wine & soft drinks available for purchase  
Doors open 5.30pm  
Tickets \$30

[www.trybooking.com/CHURS](http://www.trybooking.com/CHURS)

Also at Kingaroy Office Central til 24/5

## **Saturday 17<sup>th</sup> June, 3pm**

Kingaroy Town Hall

Includes tea, coffee and biscuits  
Doors open 2.30pm  
Tickets \$20

[www.trybooking.com/CHURU](http://www.trybooking.com/CHURU)

Also at Kingaroy Office Central til 16/6



Limited tickets also available at the door.



This event is supported by RADF.  
The Regional Arts Development Fund is a partnership between  
the Queensland Government and South Burnett Regional  
Council to support local arts and culture in regional Queensland.



[www.sbco.com.au](http://www.sbco.com.au)

[www.facebook.com/sbcorchestra](https://www.facebook.com/sbcorchestra)

Caz 0418 847 067 AH



# 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.



# 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

SouthBurnett 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



