

St John's Lutheran School

School Newsletter – 11th May 2023



In our Prayers this week:

Gibson Family – Izak Yr5, Chloe Yr7
Gilboy Family – Lexi-Mae Yr6
Godden Family – Hayden Yr8
Goodrich Family – Jacob Yr3, Liam Yr7, Tyla Yr8
Gormley Family – William Yr1, Matilda Prep
Gould Family – Arron Yr5
Gray Family – Jack Yr3, Billy Prep
Gray Family – Hailey Yr1



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

Kindness is. . .

Patience is the ability to remain calm and composed in the face of difficulties, obstacles, or delays, without becoming frustrated, angry, or discouraged. Having patience can help you in many aspects of life, such as in relationships with our friends in the classroom and playground, work colleagues, and personal growth. It can allow us to stay focused on our goals, make better decisions, and handle challenges more effectively.

It's important to note that having patience doesn't mean being passive or complacent. It means being persistent, resilient, and determined. God encourages us to be patient in many bible verses. This week's bible reading is from **Corinthians 1:4** says, "Love is patient and kind".

*love is patient
love is kind*
1 CORINTHIANS 13:4

Weekly Wellbeing

We often hear about the importance of talking things out, of sharing with someone else as a means of unburdening ourselves. But how well do we listen if someone is talking to us? Do we allow them to feel heard and understood? Here are a few tips to help to listen with your children, family members and friends.

- Be fully present. Put your phone down, turn the telly off and focus on the person who is speaking. Don't plan what you're going to say to them as they speak.
- Use eye contact (but not too intense or it feels weird!), nods and smiles to show that you're listening.
- Use empathy. Try to understand how they see the issue or situation they are experiencing and how it is impacting them. Put yourself in their shoes and try not to give advice or opinions.
- Listen to learn using questions such as, "What has that been like for you? How did that impact you?"
- Ask the person if they just need to vent or if they want suggestions or advice.

Talking through our issues is important, but being a good listener is just as valuable.

From the Principal – Mrs Karyn Bjelke-Petersen

It has been exciting this week to see some action finally taking place over the old tennis courts. We eagerly anticipate the new Secondary building starting and have been meeting with the contractors regularly over the last few weeks. This project has been a work in progress over the last 15 months. I certainly didn't anticipate so many hurdles along the way, but they say – 'No Pain, No Gain'! And what we will gain is a building that will house and cater for our secondary Science classes, general classrooms and break out areas for small groups and flexible study areas. We are thrilled that many local contractors will also benefit from this project as one of our briefs was to keep as much business local as possible. I pass on our special thanks to Mr Schmidt and Mrs Lucas who have worked enormous hours behind the scenes to get the building to this stage. There are many, many steps that need to be undertaken with plans, permits, testing, budgets, applications etc and their work cannot be underestimated in this project.



This building will be an asset that will see us well into the future and be adaptable to the ever-changing education landscape.

Please make sure you take note of all the things happening this week mentioned in this newsletter. There is a lot on!



From the Deputy Principal – Mr Steven Lake

It was a pleasure to be back in my old job as Music Teacher for the Eisteddfod this week. Congratulations to both the Junior and Senior Concert Bands and Junior Choir who performed well to earn First Place. Congratulations also to our Senior Primary Choir who gained Third Place and the Year 5/6 Ensemble who received Highly Commended.

Term 2 is always a busy term with so many learning opportunities, as well as the time for completing assessments. I encourage all families to engage regularly with the assessment calendar to ensure they are addressing all aspects of their upcoming assessments and meeting all of the feedback and due dates in an organised and complete manner.

Our Year 11 students participated in a Rotary – Sponsored Driver program last week, called RYDA. This was held at Kingaroy SHS and had St Mary's, Nanango SHS, Kingaroy SHS and St John's students participating in various workshops and information sessions throughout the day. Hopefully these skills will translate well over the next months and years as our students become drivers. Our older students have been engaging in TAFE Taster days at the TAFE. These will be ongoing throughout the term, and we encourage our students to explore these opportunities to help them become more informed about future pathways.

As a matter of priority, I encourage all students to continue to communicate with their teachers to ensure they solve any issues and to enhance their learning opportunities. They can use both their pastoral care teachers and their subject teachers for further information.



School Reminders and Information

Purser Coaches – Pick up & Drop off Location change – MURGON - As of Monday 15th May, the pickup and drop off location for the Murgon students will be changing. This is due to increased traffic around the current location and for the safety of all involved the decision has been made to move to the Murgon RSL footpath, Lamb Street.

Sickness and Exclusion Periods – As the cold weather seems to have hit early this year, the symptoms of the dreaded colds and flu's have already been quite noticeable with the absence of children and phone calls to parents to have children collected. Gastro and other bugs have also been circulating through classes, and although we are very proactive with washing hands, sanitising, and cleaning classrooms, we ask for children to remain home until their symptoms subside. Click on the link below to read about the exclusion periods of sickness. This also can be read in the 2023 School Information Booklet

[Time Out - Keeping your child and other kids healthy!](#)

Sporting Schools – Volleyball & Table Tennis – Due to lack of numbers, we have had to cancel Monday (Table Tennis) and Wednesday (Volleyball) sporting schools this term. Parents have been notified. Thursdays Touch Football for Years 1-4 (selected students) will commence this afternoon.

End of an Era - Monday marked the 'end of an era' as we began the process of demolishing the much loved and well-used tennis courts to make way for the new secondary precinct. Mr Collier was able to take some amazing photos with his drone as staff and students farewelled the courts.

We even had a special visit from a cargo plane on a training exercise which flew close to the courts (we would like to think that this display was especially for us.)

We look forward to watching the new building and the amazing facilities it has to offer, take shape over the next few months!

P&F News

Thanks to all those who attended the P&F meeting on Monday night. In the next few months, we will be working on supporting the purchase of some new games and activities for use in the library during lunchtimes, as well as some sports equipment.

We are also planning our next fantastic school disco! Save the date for Friday evening 2nd June. The theme this year is "Outer Space" - think stars, moon, planets, aliens, astronauts - or just wear your best disco gear. This year we are welcoming parents to stay for the evening if they wish - we welcome helpers but also encourage families to socialise. We'll have a sausage sizzle and drinks for the kids, but also have some grazing boxes available to preorder.

Watch next week's newsletter for more info and booking links.



Walk My Way

ONLY A FEW DAYS 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.

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

Further involvement includes:

Monday 15th May	Students will receive & wear a Walk My Way sticker.
Tuesday 16th May	Wear House shirts
Wednesday 17th May	Wear Crazy socks
Thursday 18th May	Decorate your school shoes
Friday 19th May	Free dress wear BLUE clothes

Students pay nothing but are encouraged to collect sponsorship, so go to our website [St John's Walk My Way Website](#) and support your team.

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!

Our school has raised enough so far to send 152 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

The Mother's Day stall was very busy this morning with all students invited to purchase treasures and gifts for their Mum's, Grandmothers and their special people in their lives. There will be a limited amount available tomorrow for purchasing if your child has forgotten their money today.

Thank you to the Year 6 Parents and Students for running this event. A big thank you to Krista Holznagel and her amazing team who work so hard leading up to these events year after year to make wonderful gifts!



Primary Snippets

Kindness & Cupcakes - Year 4 & 5 students wanted to raise money for our sponsor child. To show kindness these students baked and decorated cupcakes for our staff and raised \$57 for Adriana our sponsor child.



Mr Kotzur and Mrs Muller talked about how important it is to keep calm when we are placed in stressful and challenging situations- no matter how much we just want to lose our cool!
Emily Bolden (Year 6) also shared with us how athletes show persistence and resilience during competitions. Emily also shared with us some of the challenges that she faced during the recent National Athletics Championships (in which she earnt a silver and a bronze medal!) Patience is a skill that pays off in the long run.



St John's Primary PE Lessons			
Tuesday	Wednesday	Thursday	Friday
Year 2J and 2P	Prep B	Prep C and Prep D	Year 5B and 5G
	Year 1C	Year 1K and 1M	Year 6L and 6W
	Year 3H and 3S	Year 4K and 4P	
	Year 4W	Contact Teacher: Mr Scott Collier e. scol@sjls.qld.edu.au p. 4162 3988	
	Year 5N		

Secondary Snippets

Year 10 & 11 Camp – Our Senior students set off next week to Brisbane from Wednesday the 17th to Friday 19th May. Students need to be at school by 6:45am (for a 7am departure) on Wednesday. It is anticipated that students will arrive back at St John's on Friday the 19th May at 3.30pm.

SCHOOL CAMP

SET Planning Meetings – Thank you to our Year 10 Parents who made time to meet with Mr Stephen Huth regarding their child's SET Plans. This time was beneficial for the students' future pathways.

Japanese Fun and Games - In Japanese we play a number of games to help students learn vocabulary and symbols. Year 8 are currently trying to master the reading and writing of the hiragana script. In this Hiragana Egg Race teams work together to match the hiragana symbol with its matching sound. It has been great to see the teamwork and application of efficient strategies for success, but also to see the improvement in times to complete the matching of the 46 symbols. An important aspect of mastering a foreign language is regular revision. Students have links to suggested revision activities on their Japanese Google Classrooms. You can support them by encouraging them to spend 10 minutes each day studying Japanese.



Music News

Beginner Band - A note has gone home today regarding general reminders and expectations about rehearsals and lessons. Mrs Janet Million has expressed that after three rehearsals she can see good habits forming and encouraging sounds. Well done to band members!

Junior & Senior Concert Band - As many of you know, Mr Sharp is currently on leave. In the interim, Mr Joel Mollenhauer will be here keeping our students on track with their instrumental lessons and band sessions. We thank him for his flexibility at this time. A very special shout out to Mr Lake as he picked up the music baton to conduct our bands at the Eisteddfod this week- especially at such short notice. Mr Lake has previously worked as a Music/Instrumental teacher, and I know he enjoyed working with the students. It was wonderful that our students were able to perform at the Eisteddfod after their hard work throughout the year and that we were able to access Mr Lake's experience at this time. Thanks Mr Lake!

Eisteddfod – On Monday, the Year 3 Junior Choir and Senior Choir, along with the Junior and Senior Concert Band and the Instrumental Ensemble made their way to the Kingaroy Town Hall to perform their much practiced performances.

Junior Choir – 1st Place

Senior Choir – 3rd Place

Junior Concert Band – 1st Place

Year 5 & 6 Instrumental Ensemble – Highly Commended

Senior Concert Band – 1st Place

Congratulations to all the students in this wonderful result! We know how hard you have been practicing. Thank you to Mrs Heather Hirsch, Mr Rosanne Ross, Mr Bill Sharp and Mr Steven Lake with all their work leading up to this event. A big congratulations to all students who have done their individual performances. We have heard of some great results!





If a parent/guardian of a Senior Choir student has photos of the Senior Choir, we'd love to share them. Please email your photos to Michelle Walters in the office – mwal@sjls.qld.edu.au

Sporting News

Congratulations to all the students who participated in last terms Cross Country. It was great to see students doing laps for their team. Last Friday at Senior devotion we celebrated the Age Champions and winning house - well done to Somerset!



South Burnett Cross Country

Well done to all of the students who attended the South Burnett Cross Country on Tuesday in Wondai. It was great to see you all representing your school and giving it your best shot. Congratulations to the following students who made the South Burnett Team. They will be competing at the Wide Bay trials in the coming weeks.

Scarlett Hansen
Deegan Zemek
Megan Jorgensen
Elexia Reilly
Lily Seng
Seth Christensen
Hudson Murphy
Amelia Jorgensen
Noah Hayes
Bailey Marshall
Kate Gadischke



ABSENT FROM PHOTO: Elexia Reilly, Scarlett Hansen

Congratulations to Emily Bolden who made the Under 12 Tennis team and Taliyah Cameron who made the Under 12 Netball team. They will be competing at the State Championships in the coming weeks.



Wide Bay Winter Trials - Last week over 20 of our students were involved in the Wide Bay Winter trials for Under 12 Tennis, Soccer, Rugby League and Netball. This was great to see. A number of our students made Possibles and Probable's, well done.



Dates to Remember

May 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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 – <i>Walk my Way</i>	Mother's Day
15	16	17	18	19	20	21
Student – <i>Walk my Way Sticker</i>	Student – <i>Walk my Way Wear House Shirt</i>	Student – <i>Walk my Way Wear Crazy Socks</i> Year 10/11 Camp St John's Playgroup 9am-10:30am	Student – <i>Walk my Way</i> <i>Decorate school shoes</i> Year 10/11 Camp	Student – <i>Walk my Way</i> <i>Free Dress – wear something BLUE</i> Year 10/11 Camp		

Community Notices

It all starts here...

Gymnastics Nanango

SouthBurnett PCYC



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

Gymnastics

What	Gymnastics for boys and girls. Register for bookings at the South Burnett PCYC
When	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
Cost	
Where	St Patrick's School 16 Alfred Street, Nanango 4615
Contact	South Burnett PCYC P 07 4168 1889 E southburnett@pcyc.org.au
T&C's	-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


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 AGI Coopers Gap and supported by the Bunya Mountains Natural History Association



Chamber Orchestra Concerts

Featuring soloist
Sue-Ellen Paulsen

Saturday 27th 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

Also at Kingaroy Office Central til 24/5

Saturday 17th June, 3pm

Kingaroy Town Hall

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

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

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: 11th May, 18th May, 25th 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 or 41 729 728.

For details regarding course content contact Anita Smith 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

Free shuttle bus running to and from nearby towns - call 4162 7788 to book



South Burnett CTC

SOUTH BURNETT CTC

your key to the future

SMALL TOWN SKILLS & FAMILY FUN DAY

BLACKBUTT & WONDAL

**WEDNESDAY
JUNE 29
FROM 11AM-3PM**

**THURSDAY
JULY 6
FROM 11AM-3PM**

FREE WORKSHOPS & ACTIVITIES FOR ALL AGES

LASER TAG + BBQ
SNOW CONES + POPCORN
BAKING CLASSES
SEWING + CRAFT
INDIGENOUS ART
BIKE REPAIR + PREP L
BATH BOMB MAKING
FLORISTY WORKSHOPS
FAIRY FLOSS & MORE!



This program received grant funding from the Australian Government through the Safer Communities Fund Round 6 Early Intervention grants stream