

# St John's Lutheran School

## School Newsletter – 18<sup>th</sup> May 2023



### In our Prayers this week:

Greef Family – Jonty Yr5  
Greenhill Family – Cristina Yr6, Jaylin Yr10  
Edwards Gunston Family – Charlie Yr4,  
Nicole Yr9  
Gusthart Family – Hannah Yr3, Lachlan  
Prep  
Haley Family – Thomas Yr1, Abigail Yr5  
Hampton Family – Fraser Yr3, Dane Yr6  
Hams Family – Connor Yr8  
Hansen Family – Scarlett Yr4, Hunter Yr5



### Sunday Worship Services:

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

### 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...

This week, we are reflecting on the power of being thankful and how it can have a positive influence on our lives and the lives of those around us. Thankfulness is a choice that we can make every day. It is easy when things are going well, but a lot harder when we are going through difficult times. Our ability to be thankful directly affects our ability to be happy or find happiness. Let's look at 6 different things that can help us be thankful.

- Count your blessings – list all the good things in your life that come to mind.
- Say thank you! – actually practise just saying THANK YOU more often and let people know you are grateful.
- Have no regrets – focus on the positive.
- Do a reality check – Sometimes it helps to get a little bit of PERSPECTIVE!
- Enjoy the simple things.
- Pray.



### Weekly Wellbeing

The Power of Kindness - Maya Angelou wisely once said "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." So why is kindness important? By being kind towards others, we not only make the world a better place, but we can also increase someone's else's confidence, encourage others to be kind, and connect with other people and build meaningful relationships. Just one act of random kindness a day can boost happiness, encourage optimism, reduce stress, and make you feel calmer. When you go about your week, take a moment, do a random act of kindness for someone else, and see how it makes you both feel. Click on the link below to learn more about the benefits that acts of kindness can bring to us.

[Random Acts of Kindness](#)

## From the Principal – Mrs Karyn Bjelke-Petersen

We were a bit worried early this week when the dreary drizzly rain set in - just as the builders started with the earthworks! It has been lovely to see the sunshine this morning and the excavator working almost non-stop. Things are starting to look very serious over there now as this area changes daily!

The rain didn't dampen the students' spirits as they walk each day this week to support the Walk My Way challenge. The support from our community has been overwhelming as we count up how many children we are able to send to school in an overseas refugee camp. We have a very generous and giving community – thank you! I am looking forward to seeing the sea of blue on Friday!

We have had a number of students and staff hit by the current winter flu and viruses going around. Please remember to keep your child at home if they are unwell. I know at times this can be inconvenient, but home is really the best place for everyone to be when they are feeling unwell. Thank you to the parents who pick their children up promptly when symptoms develop during the day. Click on the link below to read about the exclusion periods of sickness. This also can be read in the 2023 School Information Booklet. Take care and keep warm!

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



## From the Deputy Principal – Mr Steven Lake

As we head into the later part of Term Two, we need to be aware of the usual cycle of illness that often plagues us at this time of year. Families are reminded that if a child is unwell, then it is better that the child is kept home so not to infect others in their class environments. In most cases for secondary students, there will be work set on Google Classroom that will allow them to work from home, if they are well enough to do so. Year 11 students are reminded that if they are unwell when an assessment is due, then an accompanying medical certificate must be presented to the school to explain their absence.

Students are reminded that it is important to submit drafts of their assessment items, as per the assessment calendar. In that way, students will be provided with valuable feedback about their assessment and ways in which they may improve. If a student is unable to produce a final assignment for some legitimate reason, then this draft will give the teacher some form of feedback which may be used to help formulate some sort of grade or summary of where the student is at in that subject. It is extremely important for all Year 11 students to meet deadlines of all assessments, as per QCAA guidelines. If a student needs to request an extension, then I direct families to our website under the secondary area where you will find a Request for Extension Form.

This week will see our Year 10 and 11 students on camp in Brisbane. This will provide a valuable opportunity for students to forge teacher/student working relationships and to be able to develop their leadership and problem-solving skills. We wish them well in all of their travels and participation in all of the provided activities. I look forward to discussing their experiences on their return.

It has been wonderful that we are finally seeing progress on our new secondary building. Unfortunately, we are in the initial noisy stage of building, so it is something that we will just have to put up with in our school community for the short term. I ask that all families are aware of changed parking and driving conditions around the worksite and the hall area, to ensure a safe and smooth environment for our students.





## Staffing Updates

We all wish Mrs Suz Wilks safe travels and a wonderful trip away for her long service leave. I am sure Suz will have plenty of stories to share when she returns next term. Ms Holly Livett will be replacing Suz in 6W for the remainder of this term.

Late last week, Dr Chris Abrahams tendered his resignation effective immediately. We thank Chris for his time here at St John's and wish him good health as he returns down south. We have advertised this position and while it would be our preference to find a replacement immediately, we understand that there is a teacher shortage. Please keep this process in your prayers.

Over the next few weeks, will be endeavouring to secure regular replacement teachers to ensure consistency for the students. There may be some changes to the specialist timetable so we can accommodate these changes. Class teachers will let you know the changes to specialist lessons.

In Primary, Mrs Doneale Clausen will step into taking some of the Wellbeing classes and Visual Arts for the remainder of the term, along with Mr Scott Collier in the upper primary classes. Mrs Sue Hyde will cover most of the Mondays for the remainder of the term in 4P, also as part of this transition and Mrs Rachel O'Hara will take the Friday Visual Arts in Primary.

## School Reminders and Information

**Year 2 Bible Presentation** – On Monday, the 29th May, we will have a combined Primary devotion can present the Year 2 students with their bibles. Members of the St John's congregation will join us and we invite families to join us also. Please be at the school hall by 8:50am.

**School Fees** – School Fee Statements for Term Two have been mailed out to families. Fees are due for payment tomorrow, the 19th of May, and can be paid at the school office by cash, cheque or EFTPOS. Phone payments can be made also, or pay by the credit card slip printed on the bottom of the account. If you have any questions regarding your fees, please contact Mrs Williams.

**Purser Coaches – Pick up & Drop off Location change – MURGON** - As of Monday 15th May, the pickup and drop off location for the Murgon students has changed. 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.

**LLL Banking Deposit Rate Update** – This month LLL will reward depositors by increasing interest rates on all deposit accounts. The following deposit interest rates will take effect Monday, 15 May 2023 and are subject to change:

Product/s	Current	Change	New
<b>LLL Savings Accounts</b>	1.45%p.a.	+0.25%	1.70% p.a.
<b>LLL Term Deposit – 6 months</b>	2.85% p.a.	+0.25%	3.10% p.a.
<b>LLL Term Deposit – 12 months</b>	3.60% p.a.	+0.25%	3.85% p.a.

**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.

## **P&F News**

The St Johns School Disco is on Friday 2nd June at the school hall. This year's theme is "Outer Space" - think stars, moon, planets, aliens, astronauts - or just wear your best disco gear. Juniors from 5.30 to 7pm, and Seniors 5.30 to 7.30pm - Senior students are also welcome to volunteer to help out during the night. Student entry tickets cost \$5.50, includes a sausage and drink.

This year we are welcoming parents to stay for the disco if they wish - we hope you can volunteer to help out for part of the evening, but we also encourage families to socialise. Adults can choose to order a grazing box to enjoy during the disco - Savoury \$25.50 or Sweet \$18.50. Grazing boxes must be ordered online by 5pm, next Wednesday 31<sup>st</sup> May - so get in quick.

Book student disco tickets, order extra sausages or grazing boxes and volunteer to help out, all online - click this link [www.trybooking.com/CIIBU](http://www.trybooking.com/CIIBU). You can email [sjlsfp@gmail.com](mailto:sjlsfp@gmail.com) for more info. There will only be limited entry tickets at the door, so please pre-book by next Wednesday 31st May.

Glow sticks, extra drinks and some other snacks will be available to purchase on the night.



## Walk My Way

Walk My Way Week has finally arrived!

After much anticipation, our staff set off for their 12 km walk early on Saturday. With perfect weather and great company, they survived the distance, then enjoyed breakfast together, which had been prepared by other staff at their destination. Some keen walkers even walked the 12 km back to their cars as well! 290 km achieved on Saturday - well done!



Monday saw some very enthusiastic students head outside for 15 minutes of walking in their class groups. So many chose to run, and it was mentioned that we should call it "Run My Way" instead! Rain on Monday night meant no walking on our soggy oval on Tuesday, much to the disappointment of many students.

Wednesday's sunshine and our crazy socks made for a very colourful display as we set off again, this time on a modified course. Many students tried to go a further distance than Monday. By the end of Wednesday's walking, as a school, we had walked a distance of 1700 km. Incredible! Wednesday also saw a visit from Martin Scharnke from ALWS. He came dressed in his crazy socks and updated staff on the current projects of ALWS. Martin also spent time walking with the students and sharing information about refugee life with them.

Our donations for Walk My Way continue to grow each day, with each \$26 providing a year's education for a child in a refugee camp. As we go to print, we have now raised \$5914 and supported 227 children. What an amazing effort!

Thank you for sharing this project with your family and friends. Can you believe that Somerset is still in the lead for donations; however, Boondooma and Wivenhoe are hot on their heels! It's not too late to get involved, so jump on the website and help if you can.

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

**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!**

***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!**







WALK MY WAY  
STEPPING OUT TO BRING LOVE TO LIFE





## Primary Snippets

**Year 6 Cairns Fundraiser** - Notes were sent home last week to announce that we will be holding a "Pizza Day Fundraiser" for our Year 6 camp. The fundraiser will take place on Thursday, the 25th of May. All proceeds from the pizza day fundraiser will go towards funding our Year 6 camp. Only the pizza types listed on the order form are available to order (no special orders available).

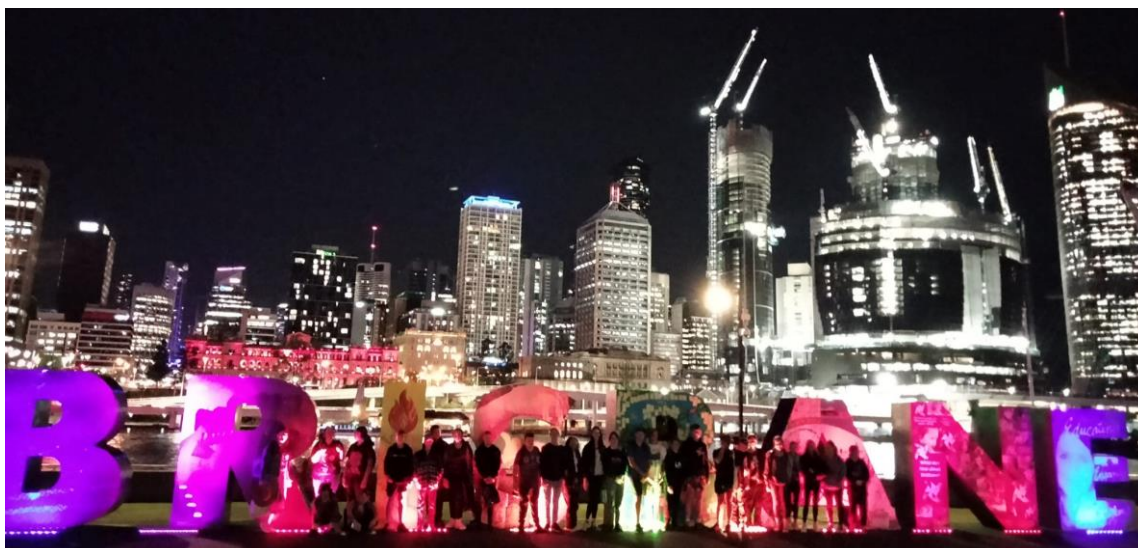
Please complete the order form and return with your cash payment by tomorrow, Friday, the 19th of May. Spare orders forms are available in the school office. We appreciate your support and look forward to enjoying pizza with you!

**Save the Date** – Free Dress Day for State of Origin, wear your blue or maroon!






## Secondary Snippets

**Year 10 & 11 Camp** – Our Year 10 & 11 students headed off to Brisbane yesterday. It is anticipated that students will arrive back at St John's around 3.30pm tomorrow, Friday, the 19th of May. More photos will be in next week's newsletter. Follow the school Facebook page for daily posts about camp!



**Debating and Public Speaking Opportunity** - Masters Academy run the Virtual Debating Competition that St John's has participated in for a number of years. They are now offering online courses for individuals who want to improve their debating and public speaking skills. Masters Academy have proven to be a very professional provider of this service and I would strongly encourage any student, Primary or Secondary, debating participant or not, to enrol in a course. There is a special Early Bird Discount happening at the moment, so, if you would like to utilise this discount, please follow the link and register your child directly.

#### [Masters Academy Online Courses](#)

 <p><b>INTRODUCTION TO DEBATING: PRIMARY SCHOOL</b></p> <p><b>Introduction to Debating - Primary School</b></p> <p>This online course will teach you the fundamentals of debating. Led by debating experts, you will learn all the different theories, techniques, and methods to participate in debating.</p> <p><b>\$89.00 AUD</b></p>	 <p><b>INTRODUCTION TO DEBATING: HIGH SCHOOL</b></p> <p><b>Introduction to Debating - High School</b></p> <p>This online course will teach you the fundamentals of debating. Led by debating experts, you will learn all the different theories, techniques, and methods to participate in debating.</p> <p><b>\$89.00 AUD</b></p>	 <p><b>INTRODUCTION TO PUBLIC SPEAKING</b></p> <p><b>Introduction to Public Speaking</b></p> <p>This online course will teach you the fundamentals of public speaking. Led by expert public speakers, you will learn all the different theories, techniques, and methods to create a strong public speaking speech.</p> <p><b>\$89.00 AUD</b></p>
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## **Sporting News**

**Winter Carnival** - Next Friday, the 26th of May, our Year 4 to 6 students will be participating in the Primary Schools Winter Carnival. This is a great opportunity for our students to compete socially against other schools. We will be sending teams to Soccer (Kingaroy Junior Soccer fields), Basketball (Kingaroy State School), Netball (Taabinga State School) and Touch Football (here at St John's). Students will be leaving St John's by bus at 9:00am sharp and returning by 2:30pm. Students need to ensure they have a hat, comfortable sports shoes, sunscreen, and plenty of water and food. Canteens will be operating at each of the venues. Students may wear black or dark sports shorts to these events, along with sports socks and shoes. Students attending soccer need to wear shin guards. The school will provide shin guards to those who do not have any. Soccer boots (moulded soles) are preferable, but not essential. Touch football players can wear moulded sole boots or normal joggers. Contact Greame Moseling at [gmos@sjs.qld.edu.au](mailto:gmos@sjs.qld.edu.au) if you have any questions.

**Whipcracking Team** - The St John's Whip Cracking Team wowed the crowds at the Bunya Mountains on the weekend during a demonstration for the Bunya Mountains History Association. A big thank you to Giaan Z, Josh L and Braxton B for your efforts. Your performance was amazing and as a school we are so proud of you all. Well done! Thank you to Mr Landherr who led the students performance on Saturday.



**Wide Bay Trials** – Well done to Lachlan P, Mason F-S, Jekobie C and Jonty G who represented South Burnett at Wide U11 Rugby League Trials in Kingaroy. Lachlan, Mason and Jekobie made the Possibles and Probables team, and Mason and Jekobie are now off to represent Wide Bay in the school holidays for U11 Rugby League in Townsville. South Burnett was undefeated on the weekend beating Bundaberg, Hervey Bay and Gympie.





**Touch Football** – All the best to Taliyah Cameron, Mason Fuller-Sandys and Hudson Murphy who are competing at the State Championships for Touch Football in Cairns this week.



## Dates to Remember

*May 2023*

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15	16	17	18	19	20	21
Student – <i>Walk my Way</i> Sticker	Student – <i>Walk my Way</i> Wear House Shirt	Student – <i>Walk my Way</i> Wear Crazy Socks  Year 10/11 Camp	Student – <i>Walk my</i> <i>Way</i> Decorate school shoes  Year 10/11 Camp	Student – <i>Walk my</i> <i>Way</i> Free Dress – wear something <i>BLUE</i>  Year 10/11 Camp		
22	23	24	25	26	27	28
		St John's Playgroup 9am-10:30am	Pizza Day – Year 6 Fundraiser	Winter Carnival		

## Community Notices

### POSITION VACANT

South Burnett Lutheran Parish has a vacancy for an experienced Administration Assistant in the Parish Office. Current hours of employment – up to eight hours per week. Weekly bulletin is usually printed on Friday.

Applicants must have a good knowledge of general office practices and procedures, including basic computer software programs.

Further information and a detailed Job Description and Criteria is available upon request from the Parish Office – [kroy.luth@gmail.com](mailto:kroy.luth@gmail.com)

Applications close 11 June 2023.



FREE WEBINAR TRAINING

## Breakfast Ideas to Boost Energy, Concentration & Learning

Online: Wed 24th May 8pm AEST

Simple breakfast options to help keep tummies full and take the pressure off lunchboxes.

**An exclusive Community Engagement Parent Seminar for parents of the Children's Health Program Partner Schools**



Scan to register

or go to

<https://therootcause.com.au/gfm2023/>

Children's Health Program  
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Standing for Children's Health

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 & WONDAI**

**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

FLORISTRY WORKSHOPS

FAIRY FLOSS & MORE!



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

# BUCK TO BRONCO

KINGAROY CLINIC

\*MUST PRE BOOK

## WHERE

T.J. O'Neill Oval, Bunya Hwy,  
Kingaroy, QLD 4610

## WHEN

Tuesday 4th July  
10:00am-11:30am

## COST

\$49



TO BOOK, SCAN THE QR CODE OR VISIT  
[am.ticketmaster.com/brisbanebroncos/clinic](http://am.ticketmaster.com/brisbanebroncos/clinic)







# 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)

