# St John's Lutheran School School Newsletter - 25<sup>th</sup> May 2023



## In our Prayers this week:

Hansen Family – Olivia Yr5
Harch Family – Charlotte Yr1
Harrison Family – Dane Yr6, Blake Yr3
Harrington Family – Nicholas Yr9
Hayden Family – Charlotte Yr1
Hayes Family – Kobee Prep, Indi Yr6,
Noah Yr7, Will Yr9, Rylee Yr10
Healey Family – Allison Yr2, Elizabeth Yr5
Hedges Family – Shiamber Yr5
Henderson Family – Raquel Yr7



## **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

#### Kindness is...

Jealousy and rudeness are two distinct, but interconnected, behaviours often exhibited by individuals. Let's take a closer look at each of them:

Jealousy: Jealousy is an emotion that arises when a person feels threatened or insecure about their relationship, possessions, or achievements being undermined or surpassed by someone else.

Rudeness: Rudeness refers to impolite or disrespectful behaviour toward others. It can manifest through actions, words, or gestures that disregard social norms or the feelings of others.

The attitude we choose to show matter. Don't blame others for their success or your loss. May we all be like Jesus and treat others kindly.

**Bible Reading: 1 Corinthians 13:4-5** Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no account of wrongs.



## Weekly Wellbeing

Social media has opened us up to a new world, one that is not always great for our kids' wellbeing.

Think back to when you were in high school. Imagine something embarrassing happened to you and everyone laughed, it was awful, and you felt mortified. Weeks went by, all was forgotten, and everyone found new things to laugh about.

Fast forward to today and imagine you did something embarrassing at high school and everyone laughed; it was awful. A class peer wrote about it on Snapchat. Someone else turned it into a meme and shared it on their group chat. Everyone in school saw it and saved a screenshot of it and kept spreading it months later. No one forgot and you couldn't forget either.

While social media has some positive attributes, sometimes the negative experience for young people outweighs the benefits. Chat with your kids about their experiences on social media, and check-in that they are doing okay.

Over the next few weeks, we will share further insights and thoughts about social media, and the way you as parents can help make it a more positive experience for your children.

#### **School Reminders and Information**

<u>Year 2 Bible Presentation</u> – Next Monday, the 29th of May, we will have a combined Primary devotion and will be presenting 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 8:50 am.

<u>Uniform Shop</u> – as of next week, if you wish to visit the uniform shop on a **Monday**, please call in to the office first. Mrs Davison will be in the admin building and will take you over. **Wednesday** opening hours will remain the same, 8am – 9:15am. **Thursday** opening is by appointment only. We have noticed an increase in the use of the ordering system on the **school app**. This is a great tool for parents. If sizing is incorrect, please email Tricia <u>tdav@sils.qld.edu.au</u> and she will happily swap items for the correct ones.

**Scholastic Bookclub** – Issue #4 orders need to be returned to the office by next Friday, the 2nd of June.

## **₩**SCHOLASTIC

<u>Non-State Schools Transport Assistance Scheme</u> - 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 <u>family spend more</u> in <u>bus fares than the threshold?</u>

[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 for assistance.
- 6. We calculate how much we can pay you for assistance.
- 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 for assistance.

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

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

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

<u>Larrikin Book Fair</u> - Larrikin Book Fair will be held in the library from Monday, the 5th of June until Friday, the 9th of June.

Families are welcome to shop between 8am and 8.45am each morning and from 3pm to 4pm each afternoon.

The school receives a percentage of sales, which will be used to purchase new books for the library.

Eftpos will be available for purchases. Hope to see you there!



#### **P&F News**

Outer Space School Disco - The St John's School Disco is on next Friday, the 2nd of June, at the school hall. This year's theme is "Outer Space" - think stars, moon, planets, aliens, and astronauts - or just wear your best disco gear. Juniors from 5.30pm to 7pm, and Seniors 5.30pm to 7.30pm - Senior students are also welcome to volunteer to help out during the night. Student entry tickets are \$5.50 including 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, the 31st of 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.

You can email <a href="mailto:silspf@gmail.com">silspf@gmail.com</a> for more info. There will only be limited entry tickets available at the door, so please pre-book if you can.

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



## Walk My Way

What an amazing response we had to our first Walk My Way! It's incredible to think as a school community we walked from Kingaroy to Perth last week – that's 3530 kilometres.

\$7540 was generously donated by our community to enable 290 children in refugee camps to go to school for a whole year. We are very proud of the way our students enthusiastically embraced the daily challenge of walking and running. It turned out to be a very colourful week with crazy socks, decorated shoes, and a sea of blue clothes. Thanks for helping to make this an event to remember.

Please click on the link to view an amazing video produced by Mr Scott Collier summarising our amazing week.

Walk My Way - Students

It's not to late to make donations, visit Walk My Way 2023 - SJLS to make your donation.



## **Library News**

Yesterday, Wednesday the 24th of May, was a special day in the library. St John's students got to listen to the entertaining story 'The Speedy Sloth' read by Mrs T as part of National Simultaneous Storytime. Did you know that over 2 million students heard the same story at the same time throughout Australia? Thank you, Mrs T, for reading to the students in the beautiful outdoors on this special occasion.





## **Primary Snippets**

<u>Year 6 Fundraiser</u> – Next Wednesday, the 31st of May, there will be a Free Dress Day for State of Origin; wear your blue or maroon!

<u>Virtual Debating</u> - Congratulation to the 6L debating team who won their first debate in the Australian National Virtual Debating Competition (ANVDC). They were the affirmative team for the topic, 'Bus travel should be free for school students'. They worked so hard in the lead-up to the debate, preparing their arguments and thinking of possible rebuttals. It was a close one, but our arguments won it in the end. Well done to Megan, Elizabeth, Giaan, and Logan!





<u>Primary Devotion</u> - Mr Kotzur and Mrs Muller had a very important message at devotion last week that tied in beautifully with our 'Walk My Way' project. We realised that we have raised enough money to send the equivalent of nearly three-quarters of our primary students to school for a whole year. What an achievement! Mrs Muller showed us that these refugee students don't have the privilege of eating some of the gourmet foods that we have daily access to. She even asked Mr Landherr and Mr Kotzur to try some basic refugee rations. Thank you to all the staff, students and parents who have supported the Walk My Way project this year. A big thank you also must go out to Mrs Kotzur and Mrs Wilks who have worked so hard behind the scenes to organise all of the Walk My Way events.







## **Secondary Snippets**

<u>Debating and Public Speaking Opportunity</u> - 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 has 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. <u>Masters Academy Online Courses</u>

<u>Virtual Debating</u> - Year 7 debating students, Hayley, Flint, Jayce, and Josh put up a terrific fight in their first debate of the season. They competed against Scotch College to argue that classes should NOT vote to decide which books they will study. They highlighted the negative impact of this with regard to meeting curriculum demands, the increased workload to teachers, and the negative economic impact of such a decision, but they were unable to disprove the affirmative case from Scotch. Our team worked well, spoke with confidence, and were praised for their strong rebuttals.





<u>Year 10 & 11 Camp</u> - Brisbane was the destination for 30 adventure-hungry Year 10s and Year 11s last week for a three-day excursion. Students slept at a backpacker hostel at night but by day they had the opportunity to sample a range of activities, including:

- Visiting QUT at Gardens Point, which included hands-on STEM workshops and a typical "uni lunch"
- A walk through the Botanical Gardens
- A cruise up the Brisbane River on the CityCat in front of Kangaroo Point cliffs
- Visiting Anzac Square and King George Square
- Retail experience in Queen Street Mall
- Museum and art gallery visits and meals at Southbank
- NRL game at Suncorp Stadium (the Panthers beat the Broncos and broke some hearts)
- An energetic session at the "Bounce" facility with multiple trampolining environments.

For some students, this was one of the most immersive city experiences they'd had. Most indicated that they'd had an exhausting but very stimulating and enjoyable excursion. Thanks to Mr Moseling, Ms Starkey, Ms Welch, Ms Dalton and Mr Schmidt for supervision, and thanks to Year 10 and 11 parents for supporting their child's participation in this somewhat more challenging excursion.



## **Sporting News**

<u>Winter Carnival</u> - Tomorrow, Friday the 26th of May, all 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. Students have nominated themselves in a sport during class time.

We will be sending teams to:

- Soccer (Kingaroy Junior Soccer fields)
- Basketball (Kingaroy State School)
- Netball (Taabinga State School)
- Touch Football (here at St John's)

Students will be leaving St John's by bus at 9:00 am sharp and returning by 2:30 pm. 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 need to wear their school uniform (NOT house shirts, or Year 6 shirts).

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 <a href="mailto:gmos@sils.qld.edu.au">gmos@sils.qld.edu.au</a> if you have any questions.



Inter-house Athletics Carnival - Our Inter-house Athletics Carnival is scheduled for the last week of the term from Monday, the 19th of June, to Wednesday, the 21st of June. Please see the timetable of events attached to this newsletter for an outline of when children will be competing. A more detailed event program will be published in the forthcoming weeks. Parents and spectators are allowed to attend. Please note that event participation is based on the age your child is turning this calendar year.



## **Music News**

Joshua Lonsdale was nominated for SHEP (State Honours Ensemble Program) on trumpet, and he was selected to participate in the program in Toowoomba last weekend. They did 11 hours of rehearsals and performed for half an hour in the concert on Sunday. The audience said the performance was wonderful, with a diverse choice of repertoire. The ensemble conductor, Stephanie Smith, congratulated Joshua on Sunday saying he did very well and held his own in a much older cohort. Congratulations, Joshua!





### **Dates to Remember**

May 2023									
Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
22	23	24	25	26	27	28			
		St John's Playgroup 9am-10:30am	Pizza Day – Year 6 Fundraiser	Winter Carnival					
29	30	31	1	2	3	4			
	AG Taster at TAFE for selected Yr10 students	St John's Playgroup 9am-10:30am Year 6 Fundraiser – State of Origin Free Dress Day							

## **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 – <a href="mailto:kroy.luth@gmail.com">kroy.luth@gmail.com</a>

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/











#### **UPCOMING WORKS AND OPPORTUNITIES**

GFG Projects are proud to partner with St John's Lutheran School for the construction of a new Senior's Block.

Commencing on site in March, the project will include demolition of existing sports courts, and construction of a new two-level building in their place.

If there are any parents, relatives and friends of the school who would like to send through an expression of interest to quote works within this project, please send through your expression to amelia.robinson@gfg.com.au.

The GFG Projects team looks forward to working alongside the community of St John's Lutheran School!

#### **CONTACTS AND ENQUIRIES**

Our team is committed to keeping staff, students and their families informed about works on the project site. If you have any queries or concerns, please do not hesitate to contact:

#### Amelia Robinson, Contracts Administrator - GFG Projects

Phone: 0401 225 353

Email: amelia.robinson@gfg.com.au Mail: PO Box 6441, Toowoomba, Qld, 4350

GFG Projects Pty Ltd QBCC Act Licence No: 15250242













# 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

## Darling Downs Health

## 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

