

Happenings



24th March 2020

Give me Strength for this Day

Term 1 Week 9

Give me Strength for this Day

*To get through life I know I need You close to me, O Lord,
but today I need You closer than ever,
I need Your strength to face whatever is to come.
This day, I need to feel You are very near to me...
to give me courage and help to overcome my fear.
By myself I cannot meet the challenge of this day,
today I need a Higher Power
sustaining me in all that it may bring.
Dear Lord, hold my hand and be with me this day.
To know You are holding my hand, is all I need to know.
Just to know Your Blessed Presence is near.*

At this time, please know that the school is active in prayer, for those affected by the virus around the world directly through catching the virus, and everyone else affected in any way.

We continue to walk with Jesus in this circumstance, trusting him for peace, comfort and strength. We put into practice the words of the Apostle Paul, who, whilst in prison, said these words:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And, the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4: 6 – 7)

Submitted by

Brad Williams

Principal



IMPORTANT DATES

Thursday March 26

School and Parish AGM - 7:00pm

Friday March 27

STUDENT FREE DAY

Tuesday March 31

SPORTS DAY

POSTPONED

Monday April 6

STUDENT FREE DAY

**Parent Teacher Interviews -
CANCELLED**

Thursday April 9

Last Day of Term 1

From the Principal

Dear Families,

The situation regarding Coronavirus is evolving continually, with all families strongly encouraged to read all communication that is sent home. It is likely that there will be many more updates to come.

I would like to thank our parents for your cooperation thus far with all requests that have been made and for the positive feedback received about the level of communication we have been sending.

We know that the recent announcements from the Prime Minister in relation to social distancing are going to have a tremendous impact on families. We know there are going to be financial implications, health and wellbeing implications, work implications and social implications. We want our families to know that we are here to support you with these challenges as best we can. In times like this, it is imperative that we show kindness, care, compassion and patience to people. Now, more than ever, will it be important for us to look at for positives, no matter how small they might be. We must look for and celebrate any 'wins' we might have as we go about our lives. We need to do this for ourselves, our children, our friends and family, and for the wider community.

Anyone concerned about financial matters is invited to contact me at school at your earliest convenience.

I would like to take a small moment to thank our staff at LLS, who, at present, are going above and beyond the call of duty. They have been stoic in their approach to COVID-19, and have continued to put the needs and interests of students before their own, and those of their own family. Well done staff of LLS!!!!!!!!!!!!!!

House Captains

Congratulations are extended to our House Captains and Vice-Captains, who were elected recently:

Eyre – Yellow

Captains - Cody Hennig & Ella Holman

Vice-Captains - Sam Williams & Makayla Loxton

Sturt – Blue

Captains - Jasper Hutchinson & Sophie Ingerson

Vice-Captains - Mitchell Hoye & Tiarna Flight

Light – Red

Captains - William Nitschke & Jaida Skinner

Vice-Captains - Luke Noack & Olivia Pfeiler

Grey - Green

Captains - Jaylan Buhagiar & Anastasia Kargas

Vice-Captains - Youssef Mansour & Ava Knowling

Hopefully, later in the year our Sports Day will take place, and we can see the students competing in a range of events.

At the end of each week, I send a Bulletin to staff to give them information about the week ahead. In the last edition, I finished it by encouraging staff to use one of my favourite prayers, the Serenity Prayer. It is something I use to help internalise my own thinking and subsequent actions, particularly when things might not be going my way. In light of the huge challenges facing us all, I want to share it with you in the hope it may help, even in some small way, anyone reading this.

God, grant me the serenity to accept the things I cannot change,

Courage to change the things I can,

and wisdom to know the difference.

Take care and peace to all,

Brad

Helping with Anxiety - How to maintain Healthy Thinking during these uncertain times

Everybody that I have spoken to recently have had varying and fluctuating amounts of anxiety regarding the Coronavirus. It is normal to feel anxious as one of the most common drivers of anxiety is 'fear of the unknown' and fear of the things we can't control.

It is normal and even Ok to have fears at any time. The positive side of fear is that it is normally an emotion that helps to keep us safe i.e. it generally stops us from picking up a snake, or getting too close to the edge of the cliff. Sometimes however our fear thoughts can take over our thinking and this becomes what we might refer to as anxiety.

A well-known Australian psychologist in Education settings Andrew Fuller once taught me about **Dolphin thinking and Shark thinking**. I often use this with students and it may be of use to you or your children at the moment.

Often the thoughts that keep us stuck in our fear are shark thoughts – the repetitive fear thoughts that run around our brain – circling us like a shark – threatening to devour us.

"I don't know what to do?" "What if's..." etc.

Dolphin thoughts are those thoughts that are problem solving or positive thoughts that help us keep moving like thinking of things we are grateful for.



Shark thoughts circle around and eat you up



Dolphin thoughts help you out

Like you and I, we will all continue to ride the anxiety waves as our situation and information changes.

It is important to realise though, now more than ever, that children are often more aware of how we feel and are often listening to everything we are saying, how we are responding and what we are watching etc, even when we don't think they are. Try to stay calm and find ways to manage your own anxiety, so that you can help our children do the same.

Children's anxiety may present as general moodiness, teariness, need for extra comfort, through to tantrums etc. Your knowledge of your child will help you to determine what is 'normal' and what you might need to take more notice of.

A few suggestions :

- Listen to children carefully and let them know it is OK to feel whatever feeling they are feeling
- Try to help them find the positive things we can do to stay as safe as possible
- Try to have some sort of routine for your day, or at least a plan, so that they know what to expect

SCHOOL ASSEMBLY

POSTPONED UNTIL FURTHER NOTICE

SCHOOL WORSHIP

(Worship services are normally held alternate fortnights to assembly)

NEXT WORSHIP SERVICE

POSTPONED UNTIL FURTHER NOTICE

PRAYER CORNER

This week we are praying for: -

- ◇ Riley Fletcher
- ◇ Aria Flight
- ◇ Tiarna Flight
- ◇ Ashton Gerlach
- ◇ Hayden Gerlach
- ◇ Ayrton Giles
- ◇ Carter Goodhand
- ◇ Cruise Goodhand

and Mr. Karl Klose
Year 1 Teacher

Prayer or care requests can be forwarded by email to:-

Brad - bradw@loxton-lutheran.sa.edu.au

CHURCH SERVICES

St Peter's Lutheran Church

SUSPENDED UNTIL FURTHER NOTICE

Concordia Lutheran Church

SUSPENDED UNTIL FURTHER NOTICE

Helping with Anxiety Cont'd

- Get some sort of exercise each day, inside or outside
- Listen to music – make different playlists for different moods (calming, sleeping, active, positive)
- Make lists of the things you are thankful for
- Play games together
- Pray or share about your cares with loved ones – God cares about how you feel
- Look for the helpers – the people who are being kind in the world and in our community
- Find a positive Bible Verse, Saying or song to focus on when you need it

There are many resources available online and I have included a few links and excerpts below that may be of use. You can also email me if you think I may be of help, knowing your specific child.

We continue to pray for peace and protection, thanking God for his love and the people who love us.

Yours in Christ,

Leonie Sheffield leonies@loxton-lutheran.sa.edu.au

Lifeline has a thorough list of suggestions and information to help under the following topics for

Mental health and wellbeing during the Coronavirus COVID-19 outbreak

- Manage your exposure to media coverage
- Follow a “calm yet cautious” approach
- Show compassion and kindness to one another
- Actively manage your wellbeing
- Strategies to cope with social distancing, self-isolation or quarantine
- Staying connected through the COVID-19 crisis
- Helping children cope through COVID-19
- Reputable sources of information
- Where to go for support?

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Beyond Blue

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

ABC – How to talk to children about the coronavirus

<https://www.abc.net.au/news/2020-03-04/how-to-talk-to-children-about-coronavirus/12020324>

Literacy Spot

01 DAILY REVIEW



Daily review is an important component of instruction. It helps strengthen the connections of the material learned. Automatic recall frees working memory for problem solving and creativity.

Following on from JoAnne Dooner's visit last month I introduced to you, in a previous Happenings article, the 10 Principles of Instruction. I would now like to take the opportunity to explain each of the 10 Principles in greater detail and the significance they have on your child's learning. I will take 1 principle each newsletter and explain it in greater detail.

The first principle is 'Daily Review'.

We encourage teachers to begin a lesson with a short review of previous learning: Because daily review can strengthen previous learning and can lead to fluent recall.

At LLS we use a daily review in all of our lessons, especially Morning Routine, by quickly going over previous information learnt. Students may need to write out the days of the week, recite the continents of the world or draw and label the various oceans on earth, in order to review and build up schema to recall the information instantly. Material that will be needed in subsequent learning (e.g. camera words, grammar, maths facts or chemical equations) are all included in the daily review. This daily review only needs to take 5-8 minutes at the beginning of a session.

Tricia Wright

Instructional Leader

UNIFORM SHOP OPENING TIMES

CLOSED UNTIL FURTHER NOTICE

Uniform order forms can be downloaded from the portal or our website and emailed through to the school office

BUSINESS MANAGER HOURS

Not available Wednesday's

LLL SCHOOL BANKING

Every Tuesday

CANTEEN OPEN DAYS

Wednesday's and Friday's

FRIDAY SPECIALS

March 13th

HOT HAM & CHEESE CROISSANT - \$3.00

HOT X BUNS

Fruit or Choc - \$1.00

Gluten Free fruit - \$1.50

***Yoodle noodle cups are not currently available*

Trudy Battams

Canteen Manager

Happy Families

In need of a good podcast? I suggest having a listen to Dr Justin Coulson on the Happy Families website (<https://www.happyfamilies.com.au/podcasts/>).

The Happy Families podcast is for busy parents who need answers. Episodes address a specific topic and offer expert advice in short, easy to understand episodes.

Through his website, Dr Coulson (psychologist, author, international speaker, husband and father of 6 girls) provides simple strategies that lead to positive results on many topics such as blended families, teenagers, screen time, sympathy, anxiety, confidence and more. Resources include books, webinars, workshops and programs.

Amy Harvey
School Chaplain



NOTE CHANGE

This meeting will be moving online. If you would like to take part - please send email details to Amy Harvey - amyh@loxton-lutheran.sa.edu.au

Bible Verses

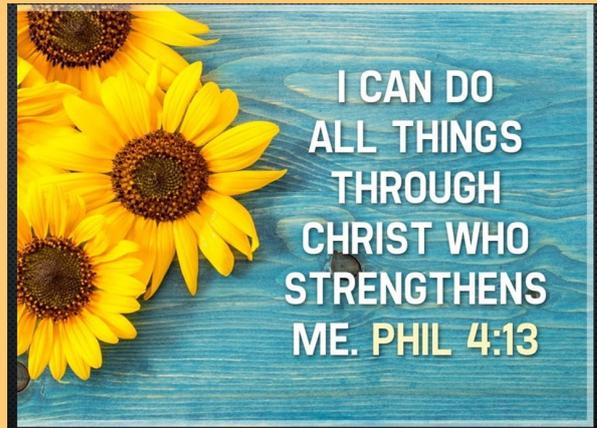
Have I not commanded you?
Be strong and courageous. Do not be afraid;
do not be discouraged, for the Lord your God
will be with you wherever you go.

Joshua 1:9



Week 8

Week 9



I CAN DO
ALL THINGS
THROUGH
CHRIST WHO
STRENGTHENS
ME. PHIL 4:13

Peace

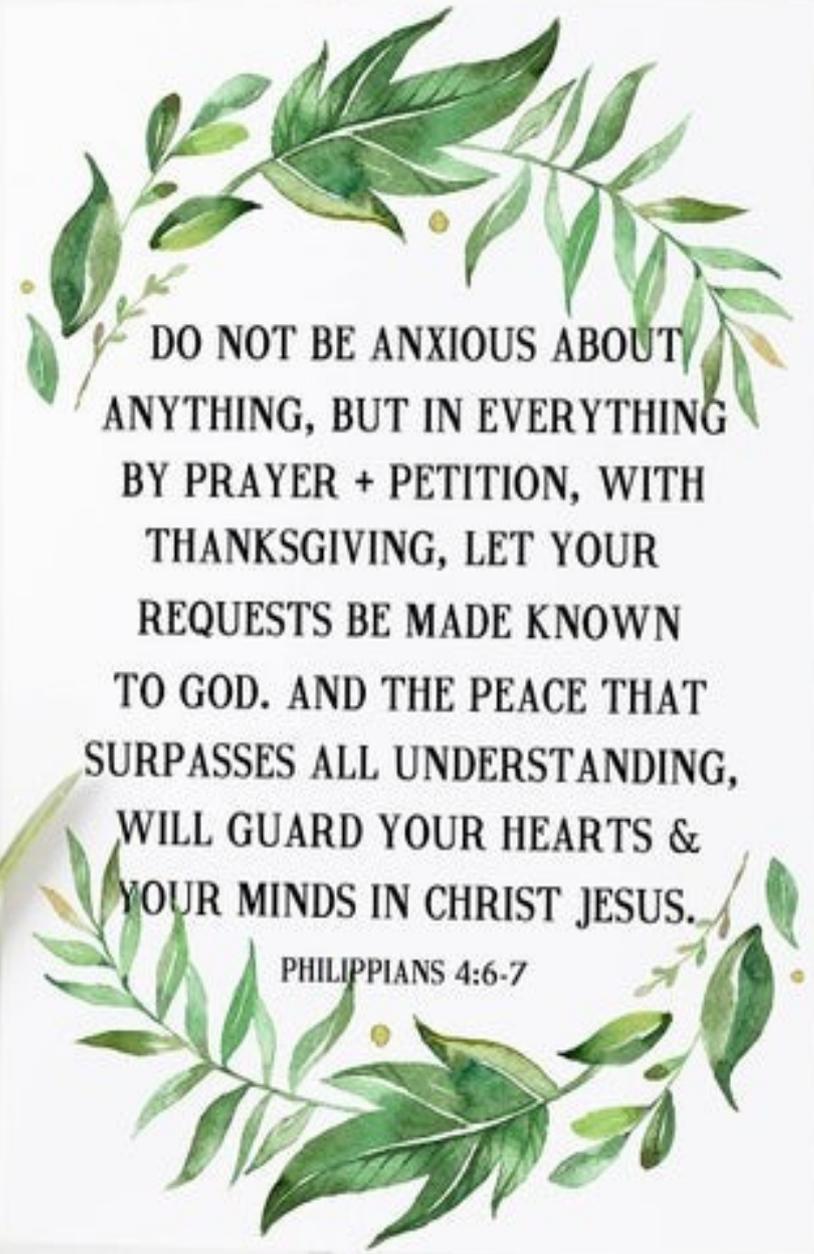
My all-time favourite verse from the bible is Philippians 4:6-7: "Don't worry about anything, instead, pray about everything, tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus." Now more than ever I think it is crucial that we pray for our school, the wider Riverland community and the world and put our trust in Jesus.

In many trying times throughout history, and indeed today, we see leaders calling their people to seek God in prayer. The bible also gives account after account of people facing hardship and seemingly impossible circumstances who humbled themselves, prayed (and sometimes fasted) and then saw miraculous intervention. The bible states in Luke 1:37: "For nothing is impossible with God."

God's wonderful word reminds us that He loves us, has a good plan for us and if we give Him our worries, He will exchange them for peace that surpasses understanding. This is my prayer for you.

God bless, **Amy Harvey (Chaplain)**

COMMUNITY NOTICEBOARD



DO NOT BE ANXIOUS ABOUT
ANYTHING, BUT IN EVERYTHING
BY PRAYER + PETITION, WITH
THANKSGIVING, LET YOUR
REQUESTS BE MADE KNOWN
TO GOD. AND THE PEACE THAT
SURPASSES ALL UNDERSTANDING,
WILL GUARD YOUR HEARTS &
YOUR MINDS IN CHRIST JESUS.

PHILIPPIANS 4:6-7

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Principal: Mr Brad Williams
School Board Chairperson: Mrs Rebecca Arnold

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Facebook <https://www.facebook.com/LoxtonLutheran>