

# Happenings



11th May 2021

## Always on God's Mind

### Term 2 Week 3

#### Psalm 139:17-18

***'How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I am awake, I am still with you.'***

Did you know that God thinks about you all the time? King David knew this and recorded his understanding in Psalm 139. God *never* stops thinking about you. You are on His mind all day, every day.

When you understand God's heart for you it is easier to 'see' and become aware of the things that He does for you, just because He loves you. There have been many times in my life when I have 'bumped into' the right people, or 'just happened' to find something I needed for an awesome price in an op shop. Of course, those things were not random, but organised by my loving Father. Such moments confirmed to me that God was thinking about me and that I meant something to Him.

I remember walking down the street when it was my birthday once and popping into the local op shop on my way home (I love op shopping if you had not noticed). I had been looking for vintage Fire King mugs like the ones my grandma used to have for quite a while and would always take the chance to browse other's unwanted items. Can you believe I found a whole set? I was so excited because there they were, and on my birthday as well. It was quite significant for me as that particular type of mug was attached to some wonderful memories of my grandma. I knew God had put them there just for me, just because He loves me and is always thinking of how He can bless me.

My challenge for you is twofold. First believe what Psalm 139 says, that you are constantly on God's mind. Secondly, keep your eyes open and be on the lookout for moments where God is telling you that He cares.

*Amy Harvey*

*Chaplain*



## IMPORTANT DATES

### Friday May 14

Worship - 2:30 pm In the LIFE Centre, led by the Yr 6 class

Uniform Shop OPEN 3.15-3.45pm

### Friday May 21

Whole School Assembly - 2:30 pm in the LIFE Centre, led by the Yr 4 Class

Uniform Shop CLOSED

Term 2 School Fees are due today

### Monday May 24

Prayer & Catchup Group - 2.15pm in the LIFE Centre

### Friday May 28

Worship - 2:30 pm In the LIFE Centre, led by the Yr 7 class

Uniform Shop OPEN 3.15-3.45pm

### Friday June 11

Student Free Day

### Monday June 14

Public Holiday

## From the Principal

### *Dear Families,*

We had another fantastic week with our Literacy Coach, Ms JoAnne Dooner last week. The Professional Learning Day was brilliant, with teaching staff building capacity around all aspects of Guided Reading. During the remainder of the week, JoAnne was modelling lessons with staff observing the critical facets that make a successful guided reading session. There was also some time for planning the next visit in Term 3 and looking at formative and summative assessment of reading.

At the assembly on Friday I was able to share with those in attendance some of the beautiful comments that JoAnne made about our school as we were having a coffee on Friday at recess time. Here is a snapshot of some of the comments/ observations she made:

- You have such a beautiful school here
- There is some brilliant teaching happening here, some of the best I have ever seen
- If I lived in Loxton with young children, I would send them here
- I can't believe how much support there is for the teachers at the school. They don't realise how lucky they are
- You have so many LSO staff here. How lucky are the parents, teachers and students
- Your school grounds are very well presented and your classrooms are clean
- You have very hard-working teaching staff here
- You should be very happy with what the teaching staff have been able to learn and remember
- The children here are very well behaved, they are beautiful children

It is to be noted that JoAnne has worked in hundreds of schools across Australia and internationally, in the public, Catholic and Independent sectors. This was her sixth week at LLS since 2018. It is high praise from such a tough

judge!

### **Mother's Day**

On Sunday, we celebrated Mother's Day. This is a special day of reflecting, sharing, giving and appreciating our own mothers and their importance in our lives. Our mother's care for us from the time we are born – encouraging, supporting, and guiding us in our discovery of others, our God and ourselves. The role of motherhood is indeed a role of sacrifice – a role where time, energy, commitment and love are generously given unconditionally and without question. We are fortunate to have this day on which we can show our mother how much we appreciate their love for us.

### **LHS Transition**

At our Board Meeting tonight we will be joined by Mr David Garrett (Principal) and Mrs Tara Deren (Deputy Principal) of the Loxton High School. David and Tara will be coming to outline some of the processes and timelines for the transition of Year 6 and 7 students to LHS this year. They will also be outlining some of the pedagogical changes taking place for Year 7 and 8 students at LHS from 2022.

### **Car Park**

Work is continuing at school board level to redesign the car park and front entrance to the school. We are working with a traffic engineer and architect to design these areas. The board are meeting tonight, where we will be looking at the latest iteration of the space.

### **ELC Preschool Enrolment for 2022**

Many current and prospective families are beginning to enrol their children into the Preschool Program at the ELC for the 2022 school year. Any families who are interested in learning more about the Preschool Program or Early Learning Centre are invited to contact ELC Director, Corrina Smart. Corrina can be contacted via email at [corrinas@loxton-lutheran.sa.edu.au](mailto:corrinas@loxton-lutheran.sa.edu.au) or by phoning the school on 8584 7496.

## From the Principal

### Family News

We extend our blessings to the Mangelsdorf family on the recent addition to their family. A new baby boy to love and cherish. What great news!

### NAPLAN

Our Year 3, 5 and 7 students will take part in NAPLAN tests over the next two weeks. At LLS, NAPLAN tests are just one form of assessment that is used to help us understand each student as a learner.

### SA School Sport

Congratulations to Sophie, Layla, Clara and Arabella who have been selected in the Year 6 Riverland Netball Team to compete in Adelaide later in the term. Great effort girls.

### Choir News

We congratulate Cruise and Kiana who have been selected for solo parts for this year's Riverland Music Festival. We also acknowledge Hannah H, who tried out for a part but missed out on selection.

### BGA Update

We receive communication this Thursday to advise us if we have been successful in our application for capital funding to commence Stage 1 of our Master Plan in 2022.

### Walk to School Safely Day

Friday 14<sup>th</sup> May is Walk to School Safely Day and LLS will again be participating. Families are invited to meet at the end of the main street (near the Hotel) at 8:00am. From there, we will walk to school. Parents, siblings and grandparents are welcome to join us for the walk.

### We Keep in our Prayers...

Please keep Mrs Gum and Mrs Reichstein in your prayers, both of whom had close family members pass away in recent days. We also pray for others in our school community who are mourning the loss of close friends and family members.

*Take care,*

*Brad*



## Scholastic Book Club : Issue 3



## Uniform/Lost Property Reminders

A reminder to parents that we need to label all our uniforms. We have had many newly purchased items handed into lost property which is frustrating and distressing for both students and parents alike!

## Call out to Parents/Community

Any families with sticks or materials suitable for building cubby houses, feel free to bring them into school for the children to use.

For more information please give the school a ring or email Mr Williams.

## PARENT INSIGHT ARTICLES

# Steps to Parents Managing Stress

*Parenting is one area where it's easy to feel out of control – we are constantly tapping into our physical and emotional reserves and/or limited life experience in raising children.*



When it comes to stress, there's an undeniable fact: we all need some level of stress to function as a human being. However, when that level of stress becomes 'distress' then we need to learn new ways to cope and manage our emotions and our workload.

The secret to stress management is to understand what makes us feel stressed (stressors), learn to recognise the symptoms of stress, and then find strategies and/or develop ways to adjust our responses to stress to keep it at a manageable level.

Of all the jobs we undertake, parenting in particular is about learning on the job. That means it's going to be a very steep learning curve at times.

There are plenty of guide books to consult, but who's got time to sit down and read three chapters on getting baby to sleep while the crying continues or go online to discover how to stop bad behaviour when the kids have lost it totally? Expect stress at times – it's all part of the job description.

## How to recognise symptoms of stress

The stress response is our body's way of protecting us. Stress helps us stay alert, meet challenges, focus on what we're doing, tap into our source of energy, and in instances of 'fight or flight', galvanise us into action to avoid danger.

However, the reality is that stress has a way of creeping up on us unawares. It's easy to get used to levels of stress and ignore the fact that they're beginning to take a toll on our mind, our body and ultimately, our behaviour.

In recognising stress, we need to stop and take on board whether we're exhibiting any common signs. These can include:

- mood swings, distraction
- inability to concentrate or make decisions
- unable to relax or consistently feeling agitated, anxious, worried or overwhelmed
- problems with memory
- short temper, frustration, aggression
- physical symptoms such as aches, pains, rashes, nausea, dizziness, recurring colds or flu

- pessimistic outlook on life, constantly feeling down, depression
- not sleeping properly, tiredness
- relationship or employment problems

Stress is often exacerbated not only by our failure to recognise signs, but also by our response to stressors through faulty beliefs, thoughts and actions following certain situations and events.

We can fall into the trap of thinking a situation or event is stressful, because we believe it to be so. This may not necessarily be the case, and often it pays to sit down and re-think or talk through perceived causes of stress with partner, family or friend, to get a more balanced perspective.

## Parenting and stress

Parenting can be stressful – even with the best behaved kids on the block. Kids are kids – they will act out their frustrations, misbehave, and defy authority. They will cause us pain of some sort, sometime, somehow. And as for the planets being aligned as regards our

## From the Principal

employment, housing, family, health and levels of happiness, unfortunately the world has a way of occasionally shifting on its axis to give our foundations a severe shake. Stress happens.

Parenting is one area where it's easy to feel out of control. Being a carer, role model, teacher and nurturer means we are constantly tapping into our physical and emotional reserves and/or limited life experience in raising children.

Choosing to take responsibility for our own emotions is important. When the parenting journey gets tough, a positive outlook, rational self-talk, a balanced perspective and a sense of humour will help to get us through. Our kids are not responsible for our anxieties and emotional tension. Children will undoubtedly make mistakes, as will parents. It's all perfectly natural, and all part of being a parent.

When it comes to parenting, it pays to have a realistic attitude. What is unrealistic about the job of parenting is to have unrealistically and unattainable high ideals and expectations. The perfect child, home, school, relationship or lifestyle does not exist. Every child is unique, as will be their upbringing. Making comparisons or trying to live up to another family's successes or achievements, can so often create stress and feelings of frustration... for us.

With each developmental stage of childhood, new stressors are bound to emerge. Most often, a decision needs to be made on the spot, without the luxury of time to think things through or talk it over with family or friends. Being prepared for certain aspects of parenting, such as agreed strategies on discipline or behaviour for example, helps to not only provide consistency for the child, but also keep our stress levels manageable for the times when our buttons are being pushed.

### Team parent

Parenting is team work. If you have a partner, try laying some ground rules together. These can include your preferences for parenting styles, what you both want and expect from parenting, strategies for partnering and coping and what support networks you can tap into if needed. If you are a single parent, maybe think about seeking out significant adults within family or friends, who can support both you and your style of parenting.

Where possible, as a family unit, work on nurturing and developing relationships that are mutually supportive, empathetic, and encouraging. Knowing you have back up can be hugely significant in stress management.

From an early age children can be encouraged to know that as part of your family they can help around the house. Daily chores and tasks (however small) help them to learn about responsibility, ownership, and cooperation.

Regardless of whether you decide on in-house care for your children or you opt for daycare outside the home, let your carers know your preferences for parenting. This way, carers can be aligned with your philosophy and be partners in supporting your strategies.

### Parents are people too

Raising young children can be everything from exhilarating to exhausting. Just because our child is asleep, it doesn't necessarily mean that this time is our own or that their downtime means we have hours to ourselves to pursue an interest. The responsibility of caring for small children is constant and it can be easy to focus on our child's development and interests, and forget that as parents, we are people too.

Making time for ourselves isn't so much selfish as essential. It can be difficult to juggle full-time work,

a social life and interests outside family, but adult time away from children can often provide much needed balance, perspective and stimulation. 'Me' time means we have an opportunity to relax, catch a movie, coffee with friends, or enjoy a special hobby. 'Me' time also means that we can return to the job of parenting refreshed and ready for special time with our kids.

Regardless of whether you are parenting with a partner or going solo, however small the window of opportunity, make some time for yourself on a regular basis. A coffee with other young mums or dads is also a great way to talk through problems, compare notes and enjoy some adult company. If you have a trusted babysitter, make the most of a night out or an afternoon shopping or a stroll in the park in the sun.

### 10 steps to stress reduction

If you're a busy parent, some of these suggested steps may not be easy at first. But depending on your priorities, and how stressed you may currently feel, maybe they're worth a quick glance...

- 1. The mind/body makeover**  
Eat well, exercise, catch up on sleep or watch caffeine levels. Try getting up half an hour earlier in the morning just to have some special time to yourself before the rest of the family kick starts their day.
- 2. Non-technology time**  
If technology is ruling your life, experiment with down times for emails, texts, tweets and time and energy spent on social media web sites.
- 3. Learn to say no**  
Favours for family and friends, projects around the house, social activities, invitations, additional work commitments – learn to say no to the things you can't achieve rather than run yourself ragged trying.

## From the Principal

4. **Rethink priorities**  
Not everything is urgent, not everything is a 'must' or a 'should'. List those things that have to be done, and practise making the distinction between needs and preferences.
5. **Keep communication lines open**  
Talk to your partner, your kids, family, friends, daycare and preschool staff. Try to keep up with what's going on, what's coming up and one step ahead of where problems might be emerging.
6. **Don't rely on memory**  
Missing an appointment, forgetting lunch with friends or being late for pickup can create instant stress. If it has to be remembered, remind yourself - lists, Outlook, diary, smartphone or tablet.
7. **Relax standards**  
Domestics are always happy to wait until someone steps in, and the world has a tendency to keep spinning even if we haven't had time to bake, wash cars, water the pot plants or sew on a button.
8. **Be mindful**  
Mindfulness is all about living in the moment, making the most of right now, enjoying what life has in store for us today. Continually projecting forward or back to what has to be done or what should have been done, can rob us of the enjoyment of what we're currently doing.
9. **Organisation**  
Keep a spare set of keys, make sure the contact list for daycare, family, doctor, preschool etc. is up to date, allow that extra ten or fifteen minutes to get to an appointment on time, try to keep a lid on organisation at home and the workplace.
10. **Breathe In, breathe out**  
When stressed, try stretching or stopping to take some deep breaths or sit for ten minutes with eyes closed and let your body just relax. If you have time, try writing thoughts in a journal, plugging calming music into the iPod, or practise meditation or yoga... any preferred activity that helps you to feel less overwhelmed.



**DISCOVER**

**WONDER**

**GROW**

**INVESTIGATE**

**PLAY-BASED LEARNING, DEVELOPMENT AND EDUCATION PRIOR TO STARTING SCHOOL**

**Loxton Lutheran School**  
*Early Learning Centre*  
is accepting Preschool education enrolments for the beginning of 2022

*Our Preschool program bookings are filling quickly.  
To secure a place for your child for either the Preschool or Early Learning program, please contact the school on (08) 85 847 496.*

**SCHOOL ASSEMBLY***(Held fortnightly)*

Friday May 21st 2:30pm in  
the LIFE Centre, led by the Yr4 class

**SCHOOL WORSHIP***(Worship services are normally held alternate fortnights to assembly)***NEXT WORSHIP SERVICE**

Friday May 14th 2:30 pm in  
the LIFE Centre, led by the Yr6 class

**PRAYER CORNER**

This week we are praying for: -

- ◇ Harrison Klose
- ◇ Joshua Klose
- ◇ Aidan Knowing
- ◇ Angelina Knowing
- ◇ Emma Kruschel
- ◇ Holly Kruschel
- ◇ Claire Lewis
- ◇ Evelyn Lewis
- ◇ Emily Ling
- ◇ Mia Lloyd
- ◇ Jackson Logan
- ◇ Lily Loxton

and Miss Abbey James, Teacher

**CHURCH SERVICES****St Peter's Lutheran Church**

Sunday May 16th            8.30am HC  
   10.30am HC

Sunday May 23rd            8.30am  
   10.30am HC

Sunday May 30th            8.30am  
   10.30am

**Concordia Lutheran Church**

Sunday May 16th            10.00am  
Sunday May 23rd            10.00am HC  
Sunday May 30th            10.00am LR

**Chaplain Chat**

Recently at Superkids (lunchtime activities) students took part in the tallest tower challenge. Using only the materials on their tables (straws, tape, paper clips, paper, Blu Tac, pop sticks, glue and scissors), students had to work together to create the tallest tower. The tower then had to stand by itself without any support. The winning group were all from the 2/3 class and learnt that cooperation and communication can achieve much. Well done!



*Ryan and Eddie also made an impressive tower. It was even too tall to completely fit in the picture! Great effort boys!*

## BIBLE VERSES

T2 Week 2



### UNIFORM SHOP OPENING TIMES

Uniform shop has reopened Friday afternoon from 3.15pm to 3.45pm.

*Open Friday 14th May*

*CLOSED Friday 21st May*

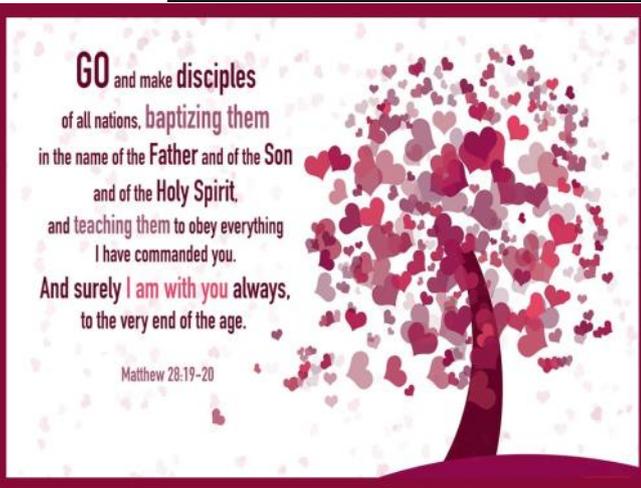
*Uniform order forms can be downloaded from the portal or our website. Uniform orders via email or forms can be dropped into the school at anytime for filling during the day.*

### BUSINESS MANAGER HOURS

Not available Wednesdays

### LLL SCHOOL BANKING

Every Tuesday



T2 Week 3

### PRAYER & CATCH UP GROUP

**Monday May 24th**  
**2:15 pm to 3:15 pm**  
**In the LIFE Centre Foyer**

This will be a casual catch-up / prayer gathering over afternoon tea

*Everyone welcome*

For more information, contact Chaplain - Amy Harvey on 8584 7496.

## Canteen News

### CANTEEN OPEN DAYS

Wednesday and Friday

**SPECIAL**  
**this week**

**Friday May 14th**

**Beef Ravioli**

**with pasta sauce & cheese**

**\$4.50**

*Trudy Battams*  
*Canteen Manager*

# Community Noticeboard

*Sat 29th May*  
10AM - 4PM

LOXTON HISTORICAL  
VILLAGE



**COME  
& SEE**

*Onsite*  
**10.30am - 1pm**

- Rope Making
- Blacksmithing
- Whip Cracking @ 12.45pm
- 32 Volt display
- Alcock's Store operating
- Tractors & Stationary engines
- All usual buildings & exhibits open



**Morris Register Car Club**  
SA Section



**SAUSAGE  
SIZZLE**

Phone: 08 8584 7194

Allan Hosking Drive, LOXTON

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

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Principal: Mr Brad Williams  
School Board Chairperson: Mrs Jenni Hampel

Website: - <http://www.loxton-lutheran.sa.edu.au/>

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

# Community Noticeboard

This great secret was hidden to the people of times past, but it is now made known to those who belong to Christ. - Colossians 1:26 (NLV)



**YEARS 4 to 7**  
**JULY 12TH - 15TH 2021**  
**CAMP KEDRON, BARMERA**

**First Time Camper Sponsorship**  
 We are offering a generous sponsorship for first time campers attending camp in 2021

**PRICE:**  
 Regular: \$130 (Til 27/6/21)  
 \$5 per person sibling discount

**To register, visit:**  
[blueprintministries.org.au/camps/jc-life/](http://blueprintministries.org.au/camps/jc-life/)

**For more information contact:**  
 Ph. 8267 5211 or Email: [jclife@blueprintministries.org.au](mailto:jclife@blueprintministries.org.au)



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**School Board Chairperson:** Mrs Jenni Hampel

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