

## From the Deputy Principal - Mrs Jealous

**Wellbeing** is a term used widely linked to happiness and life satisfaction. It is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional, social and spiritual health factors. It is commonly used to emphasize the need to take care of one self. However, I would extend that Wellbeing is a community responsibility and one where we are called by God to take care of each other.

**Ubuntu** is an ancient African word meaning 'humanity to others', reminding us that 'I am because we are'. It embraces hospitality, caring about others and being willing to go the extra mile for the sake of another. Archbishop Desmond Tutu spent years studying the African culture to uncover the true essence of Ubuntu. *An anthropologist proposed a game to children in an African tribe. He put a basket of fruit near a tree and told the children whoever got there first won the sweet fruits. When he told them to run they all took each others hands and ran together, then sat together enjoying their treats. When he asked them why they had run together like that as one could have had all the fruits for himself they said: 'Ubuntu, how can one of us be happy if all the other ones are sad?'*

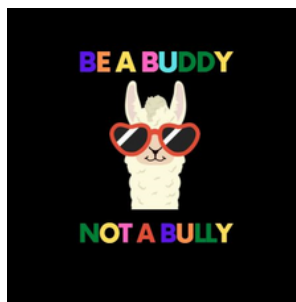
The themes we set for the year, our chapel messages, encouragements shared, the classroom climate, conversations, the learning that takes place and the events we hold, are all opportunities to build a healthy culture. The message of Ubuntu is woven through all we endeavour to achieve amongst our community here at St Paul's.

Friday is our National Day of Action at St Paul's where we celebrate friendship, hospitality, and the caring of others. "Be a Buddy not a Bully" is our theme with some very special furry friends who are visiting us for the day! Students will have a chance to pat or cuddle our visitors following our special chapel message featuring "Macca the Alpaca". Please take this opportunity to discuss issues around bullying both in person and online with your children. Check out the National Day of Action website for guidance in this area. Have a great week and don't forget to wear your "Be a Buddy, Not a Bully" shirts or dress in orange!

Mrs J

<https://bullyingnoway.gov.au/understanding-bullying>

Click on the video link below:



## Pastor Mike - Devotion

Jesus then told them this story:

*"The kingdom of heaven is like what happened when a farmer scattered good seed in a field. But while everyone was sleeping, an enemy came and scattered weed seeds in the field and then left. When the plants came up and began to ripen, the farmer's servants could see the weeds. The servants came and asked, 'Sir, didn't you scatter good seed in your field? Where did these weeds come from?' 'An enemy did this,' he replied. His servants then asked, 'Do you want us to go out and pull up the weeds?' 'No!' he answered. 'You might also pull up the wheat. Leave the weeds alone until harvest time. Then I'll tell my workers to gather the weeds and tie them up and burn them. But I'll have them store the wheat in my barn.'" - Jesus (Matthew 13)*



Check out this great little illustration of the way God sees us. Also check out the further explanation that Jesus offers later in the chapter. We are all growing people. Whenever we hear bible words, good seed is sown in our lives. Our senses also take in much that is not good for us. Jesus accepts that it's not simply a matter of surgically removing the bad stuff from our life. He will take care of it in his time and in his way. In the mean time, forgiveness is essential. And we can't help but notice that Jesus continues to love and care for us regardless. Let this inspire you toward similar patience, love and care of those around you, and dare to hope that they will treat you the same way.

## Who's Who in the Zoo?

### Meet... Mrs Harding



Mrs Harding joined our team this year teaching Japanese! She attended Grace at Rothwell where her love of Japanese really blossomed. She also went to Matto Senior High School on rotary exchange, so Ishikawa will forever have a special place in her life. She has a miniature schnauzer named Daisy and has a soft spot for chocolate! Mrs Harding loves seeing the children in the playground and her favourite bible verse is 1 John 4:19 - *We love each other because he first loved us.*



## What's coming up?



- 15 - NAPLAN Writing and Reading
- 16 - NAPLAN Conventions of Language and Numeracy
- 17 - National Day of Action against Bullying and Violence
- 19 - Year 6 - Trip to Canberra
- 20 - Whole School Assembly
- 21 - Harmony Day
- 24 - Whole School Chapel @ 8.40am
- 30 - End of Term 1 (Free Dress Day)
- 30 - Closing Chapel @ 1.30pm
- 30 - Parent Teacher Conference Evening

