



# NEWS@ST PAUL'S

Term 4, Week 6, 2023

## From the Principal - Mrs Valencia

### WE'RE ALL IN THIS TOGETHER

As a mum of three gorgeous teenagers, I can tell you that I am quickly 'running out of juice' as we head into the last four weeks of the 2023 school year. I'm not quite waving the white flag, but I have pulled it out of the box, and it is sitting in the corner ready. The phrase 'I give up' has crossed my mind more times than I care to count, and I feel like I don't have many tricks left in my parenting hat.

End-of-year exhaustion is at an all-time high. Throw in an unhealthy dose of summer colds and flus, COVID, end of year sports and dance break ups, exams, assignments, Christmas shopping, the economy, and work deadlines, and this time of the year has many families frazzled and at their wits end. To add to the immense social, emotional, and cognitive load families are carrying, our children are beginning to experience the first twangs of change anxiety as they look towards a new school year, new classmates, new teachers, new soccer team, the move to high school and the list goes on. This anxiety, when combined with fatigue, can manifest as irritability, clinginess, defiance, crying at the drop of a hat, fighting with their siblings or full-blown tantrums. Translation: a \*nightmare\* for equally exhausted parents.

There are only a few weeks left to the year and we all need to make it there in one piece. So here are a few tips to help you through to the finish line...

#### 1. Acknowledge their emotions (and yours)

You might be tempted to send your child to their room when they act out, but it may only make things worse. "When we focus on our children's behaviour, it's like hacking at the leaves of the tree rather than digging up the root. The feelings that underlie the behaviour are the things that matter the most. Even if your child's reaction to a situation seems absurd, try to acknowledge how they're feeling. You can say, "I can tell you're very disappointed Mummy cut your toast when you wanted it whole." Once they've calmed down, say, "Can you eat it like this for today and I'll make it just like you want it tomorrow."

#### 2. Cut corners and let some things go

She's a clever one, that Elsa. She's right that we should "Let it go" – especially at this time of the year. Things don't need to be perfect in these last few weeks of the year. So, let's all look at our to-do lists and decide what we can eliminate. Too tired to cook? Make beans on toast or order takeaway. The kids are screaming because they don't want to take a bath? Skip it. Your child is insisting on wearing a shower cap and goggles to the shops? So be it. The other frazzled parents will totally get it.

#### 3. Practice self-care

Self-what?! I know, when it comes to having ones needs met, parents are often at the bottom of list after the children and the dog. But I've discovered that there is a lot of truth to the advice: if you don't take care of yourself, you won't be able to take care of others. While the children are busy with their school day, do your best to carve out some time in your schedule for activities that reduce your stress and calm your mind. Try a 10-minute mindfulness meditation session with an app such as Calm or Headspace, a brisk walk, a bubble bath, yoga, calling a friend or reading a book.

#### 4. Get the kids excited about the holidays

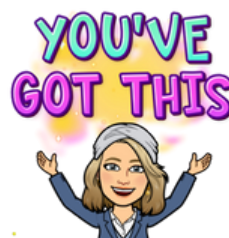
Being curious and excited about the future, can help alleviate anxiety. And what's more exciting than the summer holidays when you're a kid?! Get into the spirit by hanging lights, decorating the house, doing crafts, and opening the doors on an Advent calendar. Or if you're simply out of energy for that, encourage the children to get excited about the activities we have planned at school over the next few weeks.

#### 5. Send them to school

Feel like you're on the brink of a breakdown? We are here to help! You can also rest easy knowing that our staff are putting in extra effort to help children feel secure and settled as the year winds down.

Hang in there, parents! The end of the year is almost here. You've got this!

Much love, Mrs V xo



#### Music Performances

In recent weeks, we celebrated our talented music students with our Music Twilight Recital and Piano Soirée, as captured in the images above.

## From Pastor Mike

Our staff devotion this morning featured a verse about birds. (Thank you, Mr. Carrinton!!) Matthew 10:29 says, "For only a cent you can buy two sparrows, yet not one sparrow falls to the ground without Father God's consent... so don't be afraid; You are worth much more than many sparrows" – Jesus' words.

This leads me to give you an update on our carpark plover family once again. They are usually quite content, except when a dog, or those shiny, noisy vehicles with no legs and four wheels, or one of the pesky humans walks through their backyard. Once again, the mother plover has laid her eggs close to the drop-off footpath – you may have spotted her sitting. They will hatch any day now. The father plover is never far away, ready to do whatever it takes to protect his family. From their perspective, pretty much everything that moves deserves to be squawked at. They feel threatened by the fast-moving world around them.

I don't expect you to see the world as plovers do, but maybe you can appreciate that for every one of us, there will be significant changes and challenges that come along. I trust that for each one of you, whether you are a child or a parent, there will always be those who care about you, and those whom you care about. You will do whatever it takes to help you with every new challenge that comes your way. May Jesus' care for you, and the way he values each individual, make a beautiful difference in your day.

## Thank you to our Community Christmas Carols Sponsor, Pike Property



Pike Property have been looking after the real estate needs of local and interstate investors for almost 30 years. We understand that buying, selling or having your investment property managed can be quite stressful, particularly for our interstate and overseas clients, however with good advice and a professional and sensible approach we make the whole process easy, stress-free and uncomplicated.

### Get in touch with Pike Property

Sales: 07 5495 7777

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Website: <https://pikeproperty.com.au/>

FRIDAY 24 NOVEMBER  
JUNIOR FIELDS, 55 SMITHS RD, CABOOLTURE

St Paul's Primary, together with  
Caboolture Lutheran Services present a

# COMMUNITY CHRISTMAS CAROLS 2023

4pm Pre-Show  
Entertainment  
5-8pm  
Main Event

- ★ Carols
- ★ Nativity Story
- ★ Class Performances
- ★ Food Trucks
- ★ Glow Sticks
- ★ Community Acts
- ★ Fireworks

ST PAUL'S LUTHERAN CHURCH OF AUSTRALIA  
GRACE ALONE  
Lutheran Services  
LUTHERAN CHURCH OF AUSTRALIA  
where lives become a life  
with community support by Citipointe Church

Don't miss a great  
**SPONSORSHIP**  
opportunity for your business!

GOLD \$1000	SILVER \$500	BRONZE \$200
MC promotion at the event, visual signage both electronic and physical signage provided at the event, PLUS Silver and Bronze inclusions.	Front of school electronic sign advertising for Term 4 and Term 1 2024, newsletter and class newsletter promotion, business logo on email correspondence to families, PLUS Bronze inclusions.	Social media promotion, sponsors newsletter to the school community, combined sponsors slide at the event.

Please scan the  
QR Code to make a  
pledge for our event!

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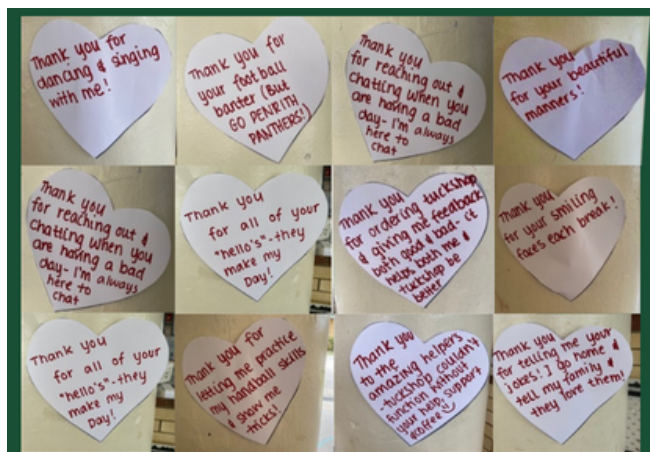


**From Our Tuckshop Convenor: Rebecca Ulrich**  
**HAPPY NATIONAL TUCKSHOP DAY!**

On the first Friday in November, we celebrate National Tuckshop Day! It's a day to revel in all things tuckshop, including our incredible parent and grandparent volunteers.

As the tuckshop convenor, I feel truly blessed to serve our wonderful community. I want to extend my heartfelt thanks to all the volunteers, the P&F, and the amazing staff and students who took the time to wish me a Happy Tuckshop Day! Your warm wishes have filled my bucket to the brim!

However, on this day, I also want to express my gratitude to all the students. You are the heart and soul of our tuckshop, and without you, it wouldn't be the fantastic, fun, and vibrant place that it is. So, a big thank you to each and every student, whether you order tuckshop or not – it doesn't matter. Your friendly faces, funny stories, and positive words make our tuckshop an exceptionally special place.



### Buddy Bag Donations

This term our service project is raising awareness and donations for Buddy Bags. Buddy Bags is not for profit organisation who provide bags filled with gifts and essential items to children (0-16) in need. Starting from Week 4 we are encouraging families to bring in an item from the list.

#### WEEK 4

##### TOILETRIES

- toothpaste
- toothbrush
- brush
- body wash
- shampoo/conditioner
- hair ties/accessories

#### WEEK 5

##### CLOTHES

- clothes
- pyjamas
- socks
- underwear
- shoes

#### WEEK 6

##### STATIONERY

- pencils/crayons
- journal/notepad
- colouring in books
- activity books
- stickers

#### WEEK 7

##### SOMETHING SPECIAL

- puzzles
- soft toy
- books
- games

**All donations to be made to reception.**

### LYQ Summer Holiday Camps



For more information: [www.lyq.org.au](http://www.lyq.org.au) or call 3511 4080



### What's coming up?

- 10/11 - Remembrance Day Chapel
- 10/11 - Caboolture District Gala Day
- 13/11 - Surf Life Saving Day (Yr 5 & 6)
- 13/11 to 17/11 - Swimming Lessons (Prep- Yr 4)
- 14/11 - P & F General Meeting
- 20/11 - St Paul's Swimming Carnival (Yr 3 - 6)
- 22/11 - Tuckshop Christmas Special
- 24/11 - Community Christmas Carols 4pm - 8pm
- 27/11 - Senior & Junior Awards Ceremonies
- 28/11 - Guard of Honour 1:30pm
- 28/11 - Year 6 Graduation (5pm- 9pm)
- 29/11 - Last day of year for Prep - Year 5
- 29/11 - Step Up Day 8:45- 10:30am
- 29/11 - Closing Chapel 1:30pm