

Welcome to our Week 10 newsletter!

As the term concludes, join us in celebrating the achievements, events, and highlights from our school community.

What's Inside

Principal

Page 2

Deputy Principal

Page 3

Head of Curriculum

Page 4

Arts & Sports

Page 5

Cross Country Highlights

Page 6 - 9

P & F

Page 10

Chappy

Page 11

St Paul's Church

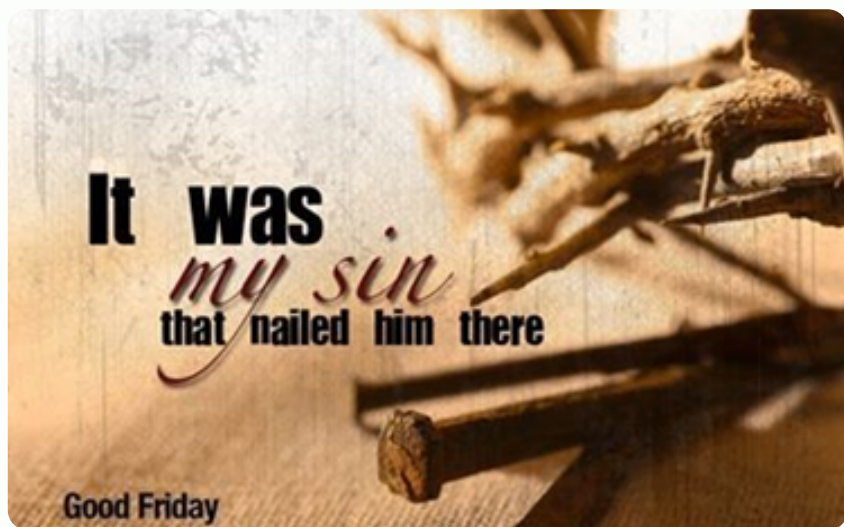
Page 12

Date Claimers

Page 13



March 1st Year 6 School Leader Installation Service



Easter Blessings

For many, Easter is about chocolate, bunnies and long weekends. For Christians, Easter is a season of great importance. It is a time of reflection as we consider the life of Christ. We remember that Christ made the ultimate sacrifice for us all. You see, He took our sin and laid it bare at the foot of the cross.

Now, in isolation, this part of the Gospel story can feel hopeless, however, as Christians we are reminded that not only did Christ die, but he rose again, conquering all sin and death. It is because of His great love for us that we are free and have the assurance of eternal life.

This Easter, as we enjoy our chocolate, and time with family and friends, let us also remember His great sacrifice and give thanks for his endless love for us all. May God richly bless you these holidays and bring you safely back to St Paul's for a busy Term 2.

Holiday Projects

The school has approved a renovation project for the Year 3 toilet block. This work began in earnest on Monday 25 March. We expect the bulk of the 'noisy' work to be completed through the school holidays with the fit out, painting and tiling to be finalised early next term. We look forward to providing our Year 3 students with a beautiful new amenities block in the very near future. We thank Aura, who renovated our Year 6 block last year, for partnering with us again.

The Year 2 Classroom Insurance work and other associated works will commence on Tuesday 2 April. We are hopeful that this work may be finished by the end of Week 1 ready for Year 2 to move back into their rooms. Support will be provided to our Year 2 Teachers to assist them in moving back into their classrooms in a speedy manner. NorthStar (the approved building company) were on site the day after the insurance approval came through and are committed to completing the Year 2 classrooms as a priority. We have been extremely impressed with their diligence and thoroughness.

External Painting of the school will commence on Tuesday 2 April and is likely to finish within the holidays, depending on the weather. Should weather prove a problem, our painters will carry out all undercover works as a priority and then the school will work with them to finalise any unfinished work early next term.

Katrina Valencia



From the Deputy Principal - Mrs Marcia Jealous

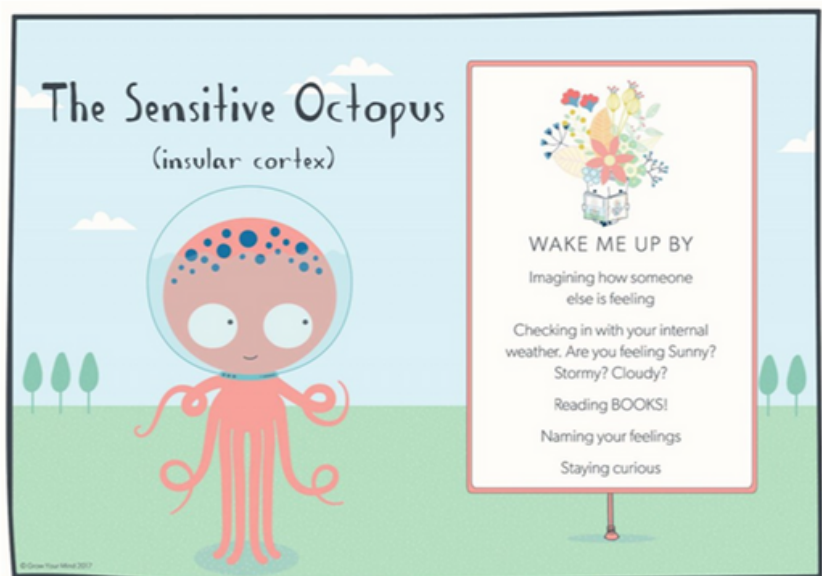
There are not many days that go by that we don't hear the word "anxiety" and "emotional regulation" alongside the suffering of someone in our school community. I'd like to shed some light on the subject this week and how we talk to students about their anxious feelings through our Grow Your Mind program.

Anxiety is normal in development. Babies experience it as they start to recognise their mother and father and they become fearful and anxious when separated from those attachment figures. Toddlers often have fears of shadows, the dark or thunderstorms. As children mature their fears become more reality based with topics including death, parental separation and incidences that occur in the media. Parents often seek advice when their young children are moving through key developmental transitions and changes – for example, transitions into early learning and school. When do these normal developmental "milestones" become a problem?

Anxiety disorders are diagnosed when fears, worries, or anxiety occur outside the range of normal developmental responses or cause significant distress or impairment in functioning in home, school, and social settings. In anxiety disorders, the fear response is either out of proportion to a stressor or occurs when there is no threat. Anxiety disorders can surface as early as the preschool years, but the condition generally does not cause substantial impairment until school age. Parents and other adults play a very important role in supporting their children to gradually face their worries, but excessive reassurance or facilitating avoidance of anxiety producing situations may exacerbate a child's anxiety.

Children who are supported to cope with worries and anxiety early in life are less likely to experience anxiety as teenagers or adults. In order to help children understand and navigate their fears, it is first helpful to understand the brain. Through our Grow Your Mind program, the key is to help children to connect the emotional and logical brains to make sense of a situation and to help name and tame their fears. The goal is not to deny fears or solve fears. Rather, the goal is to teach children tools to identify their emotions, notice the fears and decide what to do with them. This will help set them up for life-long self-regulation skills and communicating with those around them.

The Sensitive Octopus- the insular cortex. We know that in nature, the octopus is always aware of its surroundings and is constantly changing. Likewise, our Sensitive Octopus can notice when a friend is sad, lonely or frustrated and can respond. This super-power is called empathy. We teach students that having empathy is a core part of friendships. So, with the school holidays coming up, what are some ways that you can stay connected and show empathy to others? Check out this poster and for more insights into how to grow your Sensitive Octopus, have a listen to episode 1, season 2 of the Grow Your Mind children's podcast- <https://growyourmind.life/podcast/>



Marcia Jealous



From the Head of Curriculum - Mrs Emma Bird

St Paul's proudly partners with Grace Caboolture to provide our students with a range of experiences both on our campus and using the Grace facilities. Various activities and events happen throughout the year between the two campuses, and I work closely with Mrs Monique Atwell, Deputy Head of Campus, and other staff members at Grace to make these experiences possible for our students.

So far this year, our Year 3 students visited the Grace Science Labs where they conducted experiments and were excited to wear special protective eyewear and lab coats. Our Year 1 students have been partnering with a Year 8 Drama class to enjoy performances both on our campus and on the Grace campus.

An upcoming event for various grades will be to participate in a sport program with Year 11 students at Grace who are studying coaching. Also, throughout Term 3 and 4, a group of Year 5 and 6 students will be nominated by classroom teachers to be part of a weekly St Paul's/Grace Maths Extension program.

It is a pleasure working with Grace Caboolture to build authentic cross-campus connections. These inter-woven experiences truly benefit our students as they transition into high school as they are already familiar with the campus and teachers at Grace. We thank Grace Caboolture for their ongoing support of our school and students.

Kind regards,

Emma Bird
Head of Teaching and Learning



Year 3 Grace Lutheran Science Excursion



Arts @ St Paul's

Music in the Spotlight

Our marvellous musicians and vibrant vocalists have had an excellent start to the year at St Paul's! Instrumental lessons in piano, flute, guitar and strings are in full swing. The Music rooms are full of happy noise.

Our choirs finished off the term with a celebratory Hot Chip party! Before the snacks came out, Junior Voices had their last pre-show rehearsal, performing for the older students from Senior Choir. Our youngest singers received feedback and high praise from their appreciative audience for the high energy song, It's All About the Beat! Both choirs will performed at the end of term Easter Chapel Service. The Senior Choir's song choice is the lovely pop ballad, Cover Me In Sunshine. New vocalists are welcome to join a choir at the beginning of Term 2 as we prepare for more gigs!

Upcoming concerts in Term 2 include the Piano & Flute Soiree, the Twilight Concert and The Magic School Bus Show. Stay tuned!

For more information, contact Mrs Elisabeth Kirby at performingarts@stpaulslps.qld.edu.au



Hot Chip Party



Closing Chapel Performances

Sports

The Year 5 and 6 students had an enriching experience with the visit of real Paralympians. Monique Murphy, Rio Silver Medalist (400m Freestyle), shared her inspiring journey and encouraged the students to persevere, even in the face of challenges, and to embrace their uniqueness, as that's what makes them special. The students in year 5 and 6 actively engaged with insightful questions, making it an outstanding opportunity.

This term, our students have proudly represented St. Paul's across seven sports, striving to secure a spot in the Caboolture District teams. We are thrilled to announce that six students have been selected for their respective Caboolture District teams, with our St. Paul's girls making up nearly half of the basketball team. Congratulations to all these students for their remarkable efforts, and we look forward to more representatives in the future.



Senior Students during Paralympian Visit and Sport Lessons



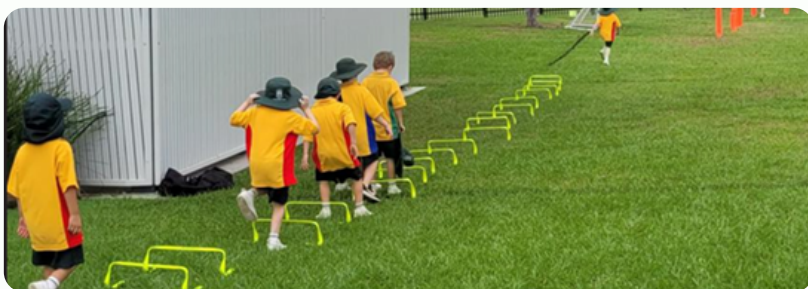
Sports Continued...

Year 3-6 students have been waking up early and running their hearts out each Wednesday and Friday morning, preparing for Cross Country. These resilient kids have tackled mud, hills, muggy temperatures, blinding sweat, and even dodged Plover chicks. We've especially focused on fostering a positive mindset, and I'm confident that all students had a great day at the Cross Country Carnival last week on March 22nd.



Senior Students

As we geared up for the Cross Country event, our Junior School students were actively preparing both mentally and physically. We emphasised the importance of displaying good sportsmanship, discussing how to gracefully accept both victory and defeat. Through our lessons, we encouraged students to congratulate winners and cultivate positive self-talk, reinforcing the idea that everyone possesses unique talents and strengths. Our recent sessions focused on honing our skills by navigating a variety of obstacles, ensuring that we were well-prepared for last Friday's event.



Junior Students

Cross Country Carnival - March 22

Our recent Cross Country Carnival was a resounding success, with students from Kindy to Year 2 joining in on a fun-filled obstacle course, while our Years 3 to 6 students tackled longer courses with determination and grit. The atmosphere was electric, brimming with enthusiasm and energy as everyone gave their all and embraced the spirit of participation.



Cross Country



Photos from Cross Country



Photos from Cross Country



Cross Country Results

8 Years (2016)

Girls

- 1 Lara S
- 2 Payton R
- 3 Mackenzie H

Boys

- 1 Alex C
- 2 Lake H
- 3 Kai C

9 Years (2015)

Girls

- 1 Grace M
- 2 Heidi D
- 3 Madeline B
- 4 India H
- 5 Kezia M
- 6 Nori B

Boys

- 1 Marton E
- 2 Hunter P
- 3 James H
- 4 Riley M
- 5 Marcus G
- 6 Thomas K

10 Years (2014)

Girls

- 1 Anais S
- 2 Mia K
- 3 Melody W
- 4 Ruby S
- 5 Eliza R
- 6 Poppi M

Boys

- 1 Parker S
- 2 Kobe S
- 3 Harrison B
- 4 Harrison M
- 5 Jaxson D
- 6 Samson P

11 Years (2013)

Girls

- 1 Saige S
- 2 Isabell K
- 3 Emma M
- 4 Abigail M
- 5 Sienna B
- 6 Bella F

Boys

- 1 Ajang M
- 2 Zack S
- 3 Harry T
- 4 Max B
- 5 Harrison C
- 6 Rylan M

12 Years (2012)

Girls

- 1 Ava P
- 2 Crystal M
- 3 Kate F
- 4 Isla S
- 5 Addison S

Boys

- 1 Konnah J
- 2 Angok K
- 3 James M
- 4 Gabriel Malaver S
- 5 Matthew G
- 6 Sebastian Z

New Records

10 Years

Parker 9.42min

Anais 9.44min

12 Years

Ava 16.33min



From the P & F Committee

Cadbury Chocolate Drive Raises \$5,000!

We are thrilled to announce that our recent Cadbury Chocolate Drive was a resounding success, raising an incredible \$5,000!

Coffee and Cake Chat - A New Regular Event!

The Coffee and Cake Chat held on March 19th was a hit! Due to its popularity, we are excited to announce that Coffee and Cake Chats will now become a regular occurrence.

Cross Country Snack Bar Volunteers

Our snack bar at Cross Country was a great chance to volunteer while cheering the students. Thanks to the people who put their hand up to participate.

Finally, as always, a MASSIVE acknowledgement to all the wonderful families providing donations and/or their time to Breakfast Club – this initiative brings so much positivity and we are so grateful for your continued support.

Enjoy the Easter Break!

Tara, Chantel, Michelle & the P & F Team

Upcoming Events

Next Term

- Donut Day
- School Disco
- Mother's Day Stall

Stay tuned for more details on these fun-filled activities!



Get in Contact

Email: pfpresident@stpaulslps.qld.edu.au

Facebook: St Paul's LPS Parents & Friends Group



From Chappy

We have reached the end of term 1! I hope you are all looking forward to some family time this school holidays. Over the years, we have found a few different ways to keep the holidays interesting without having to spend loads of money. So, I thought I'd share a few ways that you can reconnect over this break without having to break the bank.

1. Your local library – did you know the local libraries runs school holiday programs that are free or low cost? Over the years we have done things like pottery and 3D painting. Kids have loved the experience, and they get to leave with their creations. Head over to [School holiday programs - Moreton Bay Libraries](#) for more information.
2. Dessert under the stars – this ones a family fave, we get 4 spoons, a tub of ice-cream, and some blankets. We drive up to Mt Mee for stargazing, cuddled up in the back of the Ute while we eat dessert. Honestly though, it would work anywhere you can throw down a picnic rug, and disconnect from technology.
3. Playgrounds – we have some awesome playgrounds in our local area. Some have some great paths for scooters/bikes too. Kids can make new friends (or invite a friend to join you), and I always pick up a coffee on the way through to enjoy while the kids play. A list of great play spaces can be found at [Best Parks in the City of Moreton Bay - Brisbane Kids](#)
4. Mountain walks – now I'm not the fittest person around but I love nature and I love a good view. The cooler months are a great time to head over to our beautiful Glass house Mountains and do a trail walk as a family. We have done Mt Saddleback, Mt Beerburrum, Wild Horse Mt, and Mt Ngungun. Don't forget the snacks and water for a picnic at the top!
5. Games – epic battles of Monopoly, Uno, Exploding Kitten, Mario Kart, Lego builds, puzzles, Minecraft builds... Each day try and fit in something small.
6. Most importantly though, write it all down on the calendar that everyone has access to. Its amazing how much we (especially our kids) forget what we've done over the break. At the end of the holidays, we look back over what we've done and chat about our favourite moments and even our not so favourite moments. Its these conversations where we instil joy and gratitude into our children.

I hope you all have a truly amazing holiday together, filled with great memories. I look forward to hearing about all the great adventures you have gone on over the break.

God Bless
Chappy Teneille



March 15 : World's Greatest Shave



From the Church

Easter Sunday is such a happy day. It's about Life! New life!! We will only really appreciate EASTER if we FACE UP TO THE CROSS of GOOD FRIDAY.

All families of St Paul's Lutheran Primary School are warmly invited to celebrate GOOD FRIDAY and EASTER SUNDAY at St. Paul's Lutheran Church

Good Friday

9.00 am Service

Easter Sunday

6.00 am Dawn Service

9.00 am Service

Pastor Mike



Sunday @ 5 - Year 6

A great big shout out to the Year 6 team and their teachers, Mrs. Lynda Witham and Mr Jake Randall for their contribution to Friday's WORSHIP AND WELLBEING, and FOOD FAITH FUN Sunday@ 5. They worked hard, gave heaps of creativity and team work. Their personalities shone! We appreciated their challenge to BUILD a community in which everyone feels included and are shown that they BELONG.



Year 6 Sunday @ 5 Performance



DATE CLAIMERS



April

15th - First Day of Term 2

19th - National Day of Action against Bullying and Violence.

21st - 24th - Year 6 Canberra Trip

25th - ANZAC Day - Caboolture RSL
ANZAC March

26th - ANZAC Day Chapel Service

30th - District Cross Country -
Qualifying aged 10- 12 students

May

2nd - P & F Mother's Day Stall

6th - Labour Day Public Holiday

7th - Prep Hearing Screening

9th - Mother's Day Event (Times TBA)

17th - Under 8's Day

17th - Gala Day Training Years 5 & 6

19th - Sunday @ 5 - Year 5

20th - P & F Subway Fundraiser

22nd - 24th - Year 4 Camp - Luther Heights

24th - Gala Day Training Years 5 & 6

27th - School Photo Day 1

31st - Gala Day Training Years 5 & 6



Dates correct as of 5th of March 2024

