

# NEWS @ ST PAUL'S Relon

Term 2, Week 2, 2024



#### Welcome to Term 2!

We hope you had a fantastic break and are ready for an exciting Term 2 ahead. In our newsletter this week you will find updates on upcoming events, highlights from last term, and important information about next term.











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March 27th - Cross Country Presentations



# From the Principal - Mrs Katrina Valencia



An ANZAC Tribute

Anzac Day is a National Day of Remembrance in Australia and New Zealand that now broadly commemorates all Australians and New Zealanders who served and died in wars, conflicts, and peacekeeping operations, and the contribution and suffering of all who have served. April 25, Anzac Day, was the day the Australian and New Zealand Army Corps landed on the Gallipoli Peninsula in Turkey in 1915. The battle at Gallipoli lasted 8 months, with more than 11,000 ANZACS dying and 23,500 being wounded in battle. The 25th April, was officially named ANZAC Day in 1916. The first dawn service on an ANZAC Day was in 1923.

This Thursday, we gather together to remember those who have served our country with courage, grit, determination and bravery. ANZAC Day is a day when Australians and New Zealanders give thanks for their free and peaceful countries. We remember and honour those who fought to protect our beautiful lands and our freedom. It is also an important day for us to stop and pray for peace –

- · peace in our world,
- peace among people in our own country,
- peace in our families,
- and peace in our own hearts.

We know that war and division bring sadness, grief and death. This week, let us also pray for those in our world who are affected by war at this time. We especially keep in our hearts and prayers the people of the Ukraine and the Middle East. We remember those who have served, fallen, returned broken physically or mentally, and those who continue to serve in many capacities.

#### An ANZAC Prayer:

God of Help, Love and Peace,

In this season of Easter we rejoice in the new life your risen son gives us. You offer us hope and renewal through His death on the cross. You offer us peace and wholeness through his resurrection. We thank you for these treasured lands of ours, New Zealand and Australia. Today, as we remember the ANZAC soldiers who fought to protect our countries. Help us to strive for peace in all we do. We pray your protection and blessing over all who serve and ask for peace for their families.

We make this prayer in your name.

Amen

We encourage all families to consider how they will commemorate ANZAC Day in 2024, and invite you to join us as we gather and march this Thursday in their honour.

Lest we forget.

# From the Deputy Principal - Mrs Marcia Jealous

Greetings to our St Paul's community,

As we enter into Term 2, we are focusing on positive relationships and working as a team with our students. Positive relationships look different for everyone. There are some fundamental skills and values that we have that underpin these interactions. As such, we are continuing to discover new breathing exercises we can use to slow the body's reactive response in a situation where our Guard dog gets big quickly. This happens when we are in a situation where we perceive a threat, whether it is or not, and when in a conflict at school, often it can be de-escalated when our Guard Dog (amygdala) pauses and takes some mindful breaths.



#### A few cool facts about the amygdala:

It is shaped like an almond. It enables us to fight, flight or freeze. It is part of the limbic system, at the end of the hippocampus (the elephant who tries to remember). If you were to remove the amygdala, chances are you would not feel fear. Sound like a good thing? Maybe, but fear is sometimes a REALLY important signal that your life is in danger. We often think of it as remembering strong emotions that have allowed us to survive, however, the amygdala's role in memory goes beyond emotions. It asks the question: is this a threat, challenge or opportunity? And it serves as a tag in our brain saying "Hey remember this, this is important."



This fortnight, please take some time with your child/ren to talk about how they cope with the things that make their Guard Dog react and work on their mindset about healthy friendships.

Our guard dog (amygdala) is calm when we do the things we LOVE (especially the things that are outside and DON'T involve technology). Our guard dog (amygdala) quietens down when we shift our focus from what we DON'T have to what we DO have AKA...GRATITUDE.

As we continue to work on our thoughts around friendships, here are our 6 Golden Friendship rules:





# From the Head of Curriculum - Mrs Emma Bird

The Makerspace is a wonderful place for students to create, make and play. Twice a week, the Makerspace is open to give students a space to design and test inventions, create artwork and express themselves through construction and playful creativity.

Students are given a wide variety of purchased and recycled materials and they never cease to amaze me with the creative ideas they come up with! In the past week, students have loved using the watercolour paints, building with the new lego sets, creating small worlds in the imaginary play area, making pom poms and designing unique and creative constructions from loose parts.





## Arts @ St Paul's

Term 2 will be a busy one for Arts@StPaul's Music students. We have a Twilight Evening for Instrumental students in Week 6 on Tuesday 21st May 5:00 - 6:30pm. Make sure you set aside that date to come and listen to our young musicians perform at the Chapel on guitar, ukulele, and strings. More information to come!

Our piano and flute students will have their chance to perform at the Piano & Flute Soiree in Week 7 on Wednesday 29th May in the Instrumental Room. Finally, our choirs, St Paul's Singers (Senior Choir) and Junior Voices, will once again perform at the end of term Worship and Wellbeing chapel service. The Senior Choir will also feature at the whole school Arts show, The Magic School Bus in Week 9.





Instrumental Lessons



#### **School Show**





## **Sports**

Welcome back St Paul's sports fans and supporters. This term is going to be amazing. We kick off the term by running the Northern Cluster Cross Country Carnival on Friday 19th April. We then bullet pass onto the Caboolture District Cross Country Trials held 30th April. Next we dive into the year 5/6 Gala day 31st May and wrestle the term to an end with the Junior and Senior Athletics Days 3rd & 4th June.

AND there will be the mighty Rugby League battle of Game 1 State of Origin, 5th June and Women's State of Origin 16th May, 6th June, 27th June. I am looking forward to presenting all the St Paul's students efforts throughout the term.

PS. The first 5 students who can tell me how many sport associated words I have used will be awarded a podium worthy prize.















Northern Cluster Cross Country

#### From the P & F Committee

It was great to be a part of the first Gala day of 2024 on Friday 19th, with our snack bar back in operation!

Mother's Day is approaching fast and we have so many awesome gift options available this year for the students to choose from, plus a photo booth!

Keep your eyes peeled on National Day of Action (Friday 3rd May) the P&F will be selling buddy keychains at breakfast club – only \$2!!

Joke time! What does a thesaurus eat for breakfast? The first student to tell us the answer at Breaky club will get one free lunchtime Zooper-Dooper!

# NATIONAL DAY AGAINST BULLYING FRIDAY-3RD MAY BUDDY KEYCHAIN \$2 EACH AVAILABLE FOR PURCHASE AT BREAKFAST CLUB

#### **Get in Contact**

Email: pfpresident@stpaulslps.qld.edu.au Facebook: St Paul's LPS Parents & Friends Group

# Upcoming Events Next Term

- Mother's Day Stall: 2nd May
  - Donut Day: 27th May
  - School Disco: 7th June

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





Mother's Day Stall Items

# From Chappy

The first week back at school has been a busy one! We ended the school week with our qualifying students competing in the Northern Cluster Cross Country event with other schools. It was such a positive environment watching the different schools interact and encourage each other. A big thank you to all that were involved organising this wonderful event!

Our Year 5s also shared their Sunday @5 performance with us at Worship & Wellbeing last Friday and then again for the St Pauls Lutheran Church community on the Sunday evening. The Year 5's really brought home the message that Jesus is the ultimate superhero. The Sunday @ 5 services are such a blessing for our school and church community, and I would like to especially invite you to come join us at one of the upcoming services.

This term we have two more Sunday @ 5 services being run by our students. We would love to see you there so put these dates in the calendar!

Yr 4 Sunday @ 5 is 19th May (week 5)

Prep Sunday @ 5 is 2nd June (week 7)

Have a great Term 2!

Blessings,

#### Chappy Teneille













Year 5 Sunday @ 5

# From the Church



Don't miss this fun weekend hosted by St Pauls Lutheran Church, after Lunch on Caboolture. Activities include Bushwalking; Orienteering; Team Games; Campfire; Spotlight Walks; Bush Chapel. For enquiries, costs and accommodation options or to RSVP email Maria at stpaulscab@gmail.com

www.glc.qld.edu.au/googa-campus

#### SPLC **GOOGA FAMILY CAMP 2024**

Arrive from 3pm Friday 6th September

Depart sometime Sunday 8th September



#### ST PAUL'S LITTLE SAINT'S PLAYGROUP

When:- Wednesday's (Term Time)

Time:- 9am-10:30am

Where:- Outside the Church Kitchen area

**Cost:- Gold Coin Donation** 

Bring:- Your own snack, water bottle, sunscreen and hat. Coffee and Tea provided.







# Closed for Stock take

Tuesday - 30 April & Wednesday - May 1st.



# **Anzac Day Services**

Caboolture & Morayfield Anzac Commemoration Ceremony

Thursday 25th April - 8:30am - 11am

**School Ceremony** 

Friday 26th April - 8:40am

# From Grace Lutheran College



## TWO LOCATIONS

Caboolture
10 May 2024

Rothwell 26 May 2024

Huge range of workshops on offer at each festival –

Art, Rocketry, Science
Dissections, Fantasy
Writing, Maths,
VR, Robotics, Lego,
Orienteering and more!



For more information and to book visit glc.qld.edu.au Tickets go on sale March 22



# DATE CLAIMERS

## **April**

21st - 24th - Year 6 Canberra Trip

25th - ANZAC Day - Caboolture RSL ANZAC March

26th - ANZAC Day Chapel Service

29th - Year 3 Excursion to Ipswich Rail Museum

29th - Year 5 & 6 Japanese Tea Ceremony Incursion

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

30th-North Lakes School Locker Closed for Stock Take

# May

1st - North Lakes School Locker Closed for Stock Take

2nd - P & F Mother's Day Stall

3rd - National Day of Action

3rd - Year 3 Bibles Presentation at Worship and Wellbeing

6th - Labour Day Public Holiday

7th - Prep Hearing Screening

9th - Mother's Day Movie Night -5pm

10th - Open @ Twilight Bright Minds GLC

10th - 15th - Book Fair

17th - Under 8's Day

17th - Gala Day Training Years 5 & 6

19th - Sunday @ 5 - Year 4

20th - P & F Subway Fundraiser

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

> 24th - Gala Day Training Years 5 & 6

27th - School Photo Day 1

27th - P & F National Donut Day

31st - Gala Day No. 1 Years 5 & 6

#### June

2nd-Sunday @ 5 - Prep

3rd - Junior Athletics Carnival - KIndy - Year 2

3rd - Senior Athletics Carnival - Day 1 - 800 Metres

3rd - P & F Athletics **Appetizers** 

4th - Senior Athletics Carnival - Day 2

7th - P & F Disco

10th - P & F Subway Fundrasier

12th - School Show Rehearsal Day

13th - School Show Evening at Tullawong Hall (Times TBA)

14th - Last day of Term 2

14th - Closing Worship and Wellbeing 1:30pm



GLC - Grace Lutheran College

Dates correct as of 16th of April 2024