The Parable of the Lost Son

This is one of the best known parables that Jesus told. In brief we have a son who wishes his father were dead, wants to have nothing to do with the family business and demands his inheritance now. The father gives him his inheritance and the son leaves to a foreign place and spends up big. As soon as the son’s money runs out, so do his friends and the son finds himself wishing he was back home, even if it meant working as one of his dad’s hired hands.

Needless to say when he does return his brother is not impressed and lets his dad know about it. The father’s response is unexpected. It is instead a message of unconditional love, forgiveness and grace.

When reading this parable, ask yourself these questions
- ‘Which character am I in this story?’ - e.g. father, son, brother...mother?
- ‘What does this mean in today’s world?’

The most interesting point is that the father does not wait for the son’s confession and request for mercy as a condition of forgiveness – the father’s actions (in verse 20) were as follows...

‘But while he (son) was still a long way off, his father saw him and was filled with compassion for him; he (father) ran to his son, threw his arms around him and kissed him’.

God has thrown his arms around us unconditionally and has prepared a feast for us.

Dear Parents and friends of St. Michael’s,
I look forward to meeting many of you at Sports Day on Friday. It is a wonderful day of colour, cheering, competition, sportsmanship and fun. The House Captains and teams have their war cries ready and after many weeks of training during PE lessons, the students are ready to run, jump, leap, throw and cheer. Perfect weather is forecast for the full program to proceed. We are still seeking volunteers and I commend and thank you in advance for your assistance in any small way.
We thank God for sport and the joy it brings.

Steve

Prayer suggestions:
- We pray to be blessed with great weather and a successful sports-day
- We pray for a safe journey for our Deputy and Principal attending a PYP conference in Kuala Lumpur
- We pray for a safe Aquatics Day for our Seniors on Monday

Also pray for the following families:
Bryant, Bubner, Burden, Byrne, Burrett & Harten
Sports Day Preparations
Could all children from year 3 to year 7 please wear their sports uniform on Thursday (tomorrow) as we will be holding the 600m event prior to Sports Day.
Thanks.

Mr. Phillips

Sports Day
Our annual Sports day will be this Friday (15th). The day begins at 1:00pm and goes through until approx. 5.30pm. Coming home with your child today (Wednesday) is a Sports programme for Friday. Some brief notes for you:
a. Students can arrive at school from 12noon for the sausage sizzle.
b. Students are to go to their classrooms at 12:45pm so the teacher can mark the roll.
c. Students are to wear normal PE shorts and either their school PE top or a T-shirt of their House colour.
d. Hair colour is acceptable as is zinc this year. However if students are wearing zinc it is to be applied only to the face and not to be worn as 'war paint'!
e. All parents, grandparents etc. are more than welcome to attend.
f. Students are expected to remain until the end of the day (approx. 5:30pm). If you are taking your child before the end of the day please report to the scoring tent and sign your child out.
g. Afternoon Tea: Could all donations please be brought to Bukatila at early drop off. We still have a couple of vacancies on the cake stall and BBQ so please see Tegan's door and put your name down to help out.

Trinity College Inter-School Gymkhana
On Saturday the St Michael's Equestrian team competed at the Trinity College Inter-School Gymkhana in warm and overcast conditions at Gawler. The event attracted over 50 riders from 10 different schools around the State. This was St Michael's first time competing at such an event and our riders showed a quality of riding far beyond their young years to finish a very competitive second, 20 points behind the host school Trinity College. A huge congratulations must go to Anais Falzon, Eva Falzon, Breah Marston, Liam Marston and Rory Falzon. You should all be so proud of you achievements and the way you represented St Michael’s. A huge thanks also to Fiona, Wendy and Kevin in preparing both the students and horses for the event. Your help was greatly appreciated on the day!

Mr Phillips

ALWS Day
On Wednesday the 6th of March, 14 of the student leaders went to the ALWS Awareness Day at St Marks Lutheran School. The focus country for this year was Nepal. We got to try Roti and a really delicious and spicy vegetable and chicken curry. Here are some of the many interesting facts we learnt on this amazing day: The population of Nepal is 30,000,000 with the area of two Tasmanias. 9 of 10 people in Nepal live on less than $1.25 a day. The amount of wasted food of Australia could fill up the MCG 5 times. Australia is the 2nd wealthiest country, Nepal is 157th and the wealthiest country is Norway. Overall it was an amazing experience and we learnt so much and realised how blessed we really are.

By Elisha and Brock

School Fees
Thank you to those who have made payment for fees for 2013. There are still quite a few term fees outstanding so if these can be finalised asap it would be appreciated. If there are any inquiries please feel free to contact Mrs Anne Jones, Bursar, at the front office.

School Crossing Monitors
2013 - Term 1 Week 8

AM: Jack Schoell, Tom Kleemann & Zac Grivell
PM: Grace Crowder, Anais Falzon & Nadia Maxwell
Beginning of Term 2
Please note that Term 2 will begin on Wednesday, the 1st May. The whole school staff from teachers to groundsman, will be attending a spiritual retreat on Monday 29th April and Tuesday 30th April. At this retreat key aspects of School Council’s strategic plan will be explored, for example: “We value ... a relationship with God.” There will also be other spiritual enrichment activities and reflections.

Staff spiritual retreat is a very important part of staffs professional development as educators in a Lutheran school and is very much a part of living to the school’s motto... ‘Christ Centred, Quality Education.’

Please ensure you have made care arrangements for your child on these two days as the school will be closed.

P & F Update
There will be a P & F Meeting held this Monday (18th of March) at 7pm in the staff room. All welcome.

Attachments this Issue:
- Community Noticeboard Issue 7
- When Kids Catastrophise
- Ignite Plus – Easter celebration
- St Michael’s Lutheran Church Counselling Services

Curriculum Matters
Communicators

Each fortnight this year, the school will focus on one attribute of the International Baccalaureate (IB) learner profile. We are currently focusing on being communicators. The IB describes communicators as people who “understand and express ideas and information confidently and creatively in more than one language and in a variety of modes of communication. They work effectively and willingly in collaboration with others.”

It is a good description. We all have lots of ideas we want to share, and information that needs to be shared. Change often starts out as an idea and it takes confidence to share one’s beliefs and ideas with others. Information describing the details and practicalities of how the idea will be implemented come later. As we communicate an idea it takes shape. Our thoughts seem to solidify as we talk them through or commit them to paper, and what seemed like a good idea, may turn out to be impractical or inadvisable as we talk it through with others.

Communication can be seen in the way we work and collaborate with each other. Come into the staff room at recess or lunch for evidence of the good working relationships between our staff members! There is always lots of noisy chatter. Alternatively, when there is a relationship problem between colleagues, it can often be seen in the way communication changes; they stop talking to each other.

The IB’s description of a communicator also mentions communicating in a variety modes. Facebook has become a mainstream way of communicating, and more people are twittering and blogging, but have you heard of Percolate, HubSpot, awe.sm, TweetReach, Contaxio, PostPost, SocialScope, NutshellMail, Delivers, Amplicate, Bottlenose, AddShoppers, GroupTweet, HowSociable, North Social, BrandMyMail and so on? There are literally hundreds of social media tools to help people communicate online.

Interestingly, we still need to be able to read and write to use these modes of communication. Literacy skills in spelling, punctuation, grammar, comprehension, creative and critical thinking remain as important components of communication in the digital age as ever.

John Dow
Deputy Principal/PYP coordinator
From the Community Carer
Tegan Howard

Thank you to all the wonderful parents who have volunteered to help on the Coffee & Cake stall, or the BBQ & drinks stall on Sports Day! If you sent back a form saying that you could help, I may have put your name down for you in an empty slot, so if possible, please swing past my office before Friday so you can check the roster for when you are on.

If you are donating drinks, please bring them to the front office, or my office before Friday if possible. If you are donating items for the Cake stall, please bring them to the canteen in Bukatila when you arrive on Friday afternoon.

If you have pre-ordered sausages for your family, they will be available before sports day starts (from 12:00-12:45). If you want your pre-ordered sausages held for you to pick up later in the day, you will need to come and speak to us during that 45 minute time slot, and let us know to hold them for you, or else we can't guarantee that there will still be sausages left when you come to get them! If you haven't pre-ordered sausages, they will only be available for you to purchase from 1:00pm onwards. A sausage with bread and sauce is $2. Drinks will be available to purchase all day. A can of soft drink is $2, and fruit boxes are $1 each.

Just a reminder that children will not be able to leave their groups to purchase items from any of the food stalls once Sports Day has started.

Thank you for your help and co-operation. See you on Friday!!

Thanks

From the Year 1 S Class
(Miss Southren)

In our unit of inquiry, the Year 1’s have been learning about strategies for happy and healthy relationships. As part of this inquiry we had a picnic where parents, grandparents and our buddies were invited to join us. The students used the picnic to observe and reflect about the strategies they saw being used.
Onkaparinga Netball Club

Net-Set-Go for children aged 5 to 10 years

Commences Sunday 28th April 2013 at 10.00 to 11.00 am at Balhannah Netball Courts

For further information and to register phone Cassie Stichel
0413 331 297

School Holiday Soccer Clinics
Soccer Clinics to be held:
Week 1 at Oakbank Area School 15-19 Apr 2013
Week 2 at Westminster School 22-26 Apr 2013

Coerver® Coaching SA the “World’s No.1 Soccer Skills Teaching Method” is offering
players the opportunity to participate in a school holiday clinic.

For all levels of youth players (girls and boys) aged 6-16

The Programs will be conducted by former Socceroo, FFSA Hall of Fame member and
Player Life Member Steve Maxwell.

For further details and registration form visit
www.coerversa.com.au

Or contact Steve Maxwell on
0411 797 227 or email steve.maxwell@coerver.com.au.
Friday, March 22
4.00pm – 5.30pm

Easter Celebration… a combined event with St. Paul’s Kidz Club

Cost $5.00

Contact Kellie Lenger for more details
M: 0409 219 456 or E: kellie.lenger@stmichaels.com.au

RSVP by Monday, March 18th
The Inkwasi, the African fish eagle, is described as the king of the skies. With freedom it rises above a world that is sometimes barren, broken and empty to soar with strength and purpose. At Inkwasi Life you can be encouraged to heal from your brokenness, find purpose in the apparent emptiness and build new strength to rise like the Inkwasi and fly.

Counselling is provided to all ages in areas such as:

- Grief and loss
- Trauma & abuse
- Eating disorders
- Depression, anxiety and burn-out
- Personal and emotional exploration or difficulties
- Relationship & marriage difficulties
- Family breakdown
- Self-esteem, bullying and anger management
- Migration issues
- Conflict resolution and reconciliation

CONTACT DETAILS:

Annamarie Klingenberg (professional counsellor)
BLC LLB; Ass Deg. Couns.; Grad Dip Couns.
CCAA (Grad); PACFA (Prov.)
Ph: 045 885 1379 Email: fisheagle@adam.com.au
ABN: 39 353 325 721

ADDRESS:
St. Michael’s Lutheran Church
Corner Balhannah Road & Church Street
Hahndorf, SA

Ons praat ook Afrikaans.
Wir können auch Deutsch.

Board Member of the Christian Counselling Association of Australia (SA)
“If I don’t do well in this test my whole year will be messed up!”
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves. The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!

They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.
They won’t just fall over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say.
They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.
Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?
Your approach will depend to some extent on your child’s age. Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.
School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise. Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”
   Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter? “You may be right, but is it the end of the world as we know it?”
   One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

3. “Where does this fit on the disaster meter?”
   Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”
   Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.
Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.
But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.

Published by Michael Grose
Presentations. All rights reserved.
For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au