Holy Week

This week the students, staff and parents have been celebrating Holy Week with Chapel every day in St. Michael’s Church at 9am.

Senior Students from year 6 and 7 have led chapel in song, bible verse, dramatizations, art displays and prayers for the whole school.

The art displays have then been relocated to the library corridor following the service and provide a powerful reminder of the days leading Jesus to the cross.

Each day has been a different colour and theme, Monday was green reflecting Jesus’ entry into Jerusalem on Palm Sunday, Tuesday was purple reflecting the passion of Jesus last supper with his disciples – a holy communion which we celebrate today. Today was red reflecting the blood of Jesus sweat in the garden of Gethsemane and his blood that was spilt on the cross – for us. Tomorrow is black for Black Friday.

Come and join us as we prepare for the true meaning of Easter. I invite members of our school community to attend the Easter celebrations at St. Michaels Lutheran Church this weekend. Worship times are attached to this newsletter.

Have a blessed and safe Easter break.

Dear Parents,

Innovate, create, educate....

This was the theme for the International Baccalaureate Conference in Kuala Lumpur, Malaysia, which I attended last week.

Opening the conference was the Malaysian Minister for Education. Key messages were the importance of thinking skills, creativity, inquiry and values for future society. IB students are highly sought after in their universities as these students have received a world renowned education, these students are the guiding stars for the next generation to combat war, poverty and make a positive and sustainable future living in community.

From the world renowned speakers and inspirational workshops that followed, I felt very much a part of a global educational community and that our students from St. Michaels are receiving a world renowned education, to be internationally minded, that is serviced based, community orientated, to create a better future.

Leaving the conference I feel inspired, challenged, given renewed purpose and excited about our current programs and future initiatives for our students, staff and parents at St. Michaels.

I pray that you all have a lovely and enjoyable Easter and for those going away, safe travels.

Steve Seidel
PRINCIPAL

Also pray for the following families: Clinton, Columbus, Conlay, Conolly, Cook & Hildebrandt
SAPSASA District Swimming

Last Friday 5 students from St Michael’s competed for the BARKER District at the SAPSASA Country Swimming Championships. The event was held at the Marion Swimming Centre and the BARKER SAPSASA District placed 4th overall. Congratulations to all those students who competed on the day. A special mention to:

James Kemp 1st 10yr Boys Butterfly and 2nd 10yr Boys Breaststroke
Brock Jeffries 1st Open Boys Medley Relay
James Whitelaw 2nd 11yr Boys Freestyle Relay

Knock Out Cricket

Last Friday the St Michael’s cricket team played Stirling East Primary at Aldgate oval. We won the toss on a wet and drizzly day and sent the Stirling East team into bat. After a hot start Stirling East were 2/73 after the 16th over and the match was slipping away from us. A drinks break was called and when we returned our bowlers found their line and length and tore through the batting line up. Tyson Hone started the charge with figures of 2/7 of 3 overs and Tom Kleemann finished them off taking 2/5 of his only over to bowl Stirling East out for 108.

Our batters were full of confidence going into their innings with the momentum in St Michael’s favour. However the fall of 3 quick wickets for only 19 runs put us on the back foot again after 7 overs. Jarrod Smythe and Tom Rooney steadied the ship before Tommy Sparrow and Ben Naughton smashed St Michael’s back into contention scoring 50 runs in 8 overs. The tail end stayed strong for the remainder of the innings and St Michael’s won by 3 runs with one wicket in hand in the last over.

Congratulations boys on the nail biting win. A special thanks to Celia and Hamish Fielke who helped umpire and score on the day.

Our next game will be against St Francis. Good luck boys!

Mr Phillips

UNSW Comps

Coming home via email a little later this evening is an enrolment form for participation in the UNSW Competitions for students in yr 3-7. If your child wishes to participate please complete the form and return by Friday the 12th of April. Costs for the competitions will be added to your family account.

P & F Entertainment Books

Just advance notice, Entertainment Books will be coming home in Term 2 Week 1 on Wednesday. If you do not want to purchase one of these please return the book asap in the envelope that it comes home in.

Thanks.

Term 2 – Winter Uniform

Winter Uniform is worn in terms two and three. As we still experience warmer weather in April there will be a change-over period of two weeks into the term. Therefore all students are to be wearing winter uniform by the start of the third week. Please find attached with this week’s newsletter the Uniform Information Sheet, which can also be found on the school web.

April Calendar

Attached to this week’s newsletter is the April calendar. This is a great way of keeping in touch with what is happening in the school community, especially as the end of term is upon us. Key dates to look at are the beginning of term 2, upcoming Sporting events and various other events happening around the school.

School Crossing Monitors

2013 - Term 1 Week 10

AM: Chloe Edmonds, Abby Naughton & Georgia Squires

PM: Jack Keenan, Owen Dowling & Thomas Rooney

Congratulations

Congratulations are extended to the Ewart Family (Thomas Fo N & Samuel 2St) on the birth of Benjamin Cooper weighing in at 7lb 2oz on the 24th of March.

Congratulations are also extended to the Morrow Family (Lachlan 1S) on the birth of Levi weighing at 8lb 2oz on the 18th of March, 2013.

May God continue to bless Michael and Morgan as they welcome their little boy into their Family.
Easter Services
St Michael’s Lutheran Church will be holding worship services over the Easter period. Please see the attachment for times.

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.

Cybersafety Information Session
St Michael’s Lutheran School will be holding a Cybersafety Information Session for parents and caregivers. Limited seats are available so please contact the front office 83887228, NO LATER than Friday the 5th of April to make a booking. Please see the attachment in the newsletter this week for more information.

Attachments this Issue:
- St Michael’s Lutheran School Uniform Policy
- Cybersafety Information Session
- St Michael’s Lutheran Church Easter Services
- Insight – Sleeping Beauties
- Mt Barker Police – Lock In @ Wallis Cinemas

Curriculum Matters
Last week Steven Seidel and I attended the International Baccalaureate (IB) Asia Pacific Regional Conference, which was held in Kuala Lumpur. The 3,573 IB world schools are organised into four regions: Africa/ Europe/ Middle East, Asia-Pacific, Latin America, and North America & the Caribbean. Australian schools are a part of the Asia Pacific region, where there are 572 schools; 155 in Australia, offering the PYP, the Middle Years Programme or the Diploma Programme. Countries in the region include Australia, Bangladesh, Cambodia, China, Fiji, Guam, Hong Kong, India, Indonesia, Japan, Republic of Korea, Lao, Malaysia, Mongolia, Myanmar, Nepal, New Zealand, Pakistan, Papua New Guinea, Philippines, Singapore, Solomon Islands, Sri Lanka, Taiwan, Thailand, Timor-Leste and Vietnam.

There were around 1000 delegates from schools in the region, and I was able to catch up with people I have worked with in Australia who are now working in schools in Singapore, Hong Kong and China, and others I have met through my work with the IB Educator Network.

Apart from the three keynote speakers, all of whom were interesting and inspirational, there was a series of break-out sessions covering a range of issues related to each of the three IB programmes. The first one I attended was a PYP coordinators forum. The room was full of coordinators from a wide range of schools and countries, and there were many different nationalities represented; a truly multicultural gathering! What struck me about the forum was that although we were from diverse professional, personal and cultural backgrounds, there was a strong sense of camaraderie and shared purpose.

One of the strengths of the IB is that schools have a voice in the ongoing development of the programme. The conference was an opportunity for IB regional staff to hear from the ‘coalface’ about concerns around issues, such as the PYP planner and the number of units taught each year, and to update us about new initiatives being implemented in the IB.

John Dow
Deputy Principal/PYP Co-Ordinator
**From the Community Carer**

Tegan Howard

The Easter weekend provides a great opportunity to rest, relax, and have some good quality family time! Did you know that you don’t have to spend lots of money to have a great time with the kids? True! Here are a few events that are on this weekend - if you find yourself with nothing to do, go and check them out!

**Easter Weekend Activity Trail**

*When:* 29 March-1 April, 10am-5pm  
*Where:* Art Gallery, North Terrace, Adelaide  
*Cost:* Free!

**Adelaide International Kite Festival**

*When:* 29 March-1 April, 10am-5pm  
*Where:* Semaphore Foreshore Reserve  
*Cost:* Free!

**Sea Chest Secret**

*When:* Every day, 10am-5pm  
*Where:* Maritime Museum, 126 Lipson St, Port Adelaide  
*Cost:* Adult $8.50, Child $3.50, Family $22 (2 adults & up to 5 children)

Check out these websites for great Easter craft/activity ideas:  
www.kidspot.com.au  
www.parenting.com/gallery/easy-easter-crafts-for-kids

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**From the Year 2 P Class**

*(Mr Pfeiffer)*

Our current year 2 unit of inquiry is based around the central idea; music and movement is used for different purposes.

We are having a lot of fun inquiring into some of the different types of music and movements from around the world, and about some of their purposes, such as relaxation and worship. We are even learning to appreciate and experiment with different music and movement styles ourselves.

Recently for sharing we all shared a favourite piece of music. As a class we reviewed each piece recording how it made us feel and described some of the sound we could hear in it. We are building a wonderful vocabulary which is helping us to express our feelings.

Here are some of our favourite songs.

- **‘Battle Scars’ (Guy Sebastian)**. The song makes me feel happy. I could hear guitars.
- **‘Here Comes the Sun’ (The Beatles)**. The music made me feel special and I could hear drums and piano. Alice
- **‘22’ (Taylor Swift)**. The song was awesome. It made me feel like singing. I could hear guitar and drums. Eloise

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St Michael's Lutheran Primary School
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E > stmichs@stmichaels.sa.edu.au  
www.stmichaels.sa.edu.au
# April 2013

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**Notes:**
- Monthly Fees Due
- School Holidays
- ANZAC DAY
- Pupil Free Day
- Term 2 Opening Service 9am
St. Michael's Lutheran Church

Easter Services

**Maundy Thursday**  
March 28 - 7.30 pm  
With Holy Communion

**Good Friday**  
March 29 - 9.30 am  
Good Friday Worship

**Easter Vigil**  
March 30 - 8.00 pm

**Easter Day**  
March 31 - 6.30 am  
Outdoor Dawn Service (car park)

9.30 am  
Easter Festival Worship with Holy Communion
We would like to invite parents and caregivers to attend a

**CYBERSAFETY INFORMATION SESSION**

Wednesday 10th April
2pm-3pm
OR
7pm-8pm

in the St Michael’s School Library

Come and hear our ICT Support Officer and some students talk about Cybersafety education at St Michael’s School.

Try some interactive activities and learn about some useful Cybersafety websites and resources.

**LIMITED SEATS AVAILABLE.**

Please contact the front office by Friday 5th April to make a booking for either session.
Sleeping beauties
Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

Sleeping beauties
To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

Children aged 2-5
11-12 hours per night

Children aged 6-12
9-11 hours per night

Teenagers
8-10 hours per night

And adhere to these rules, advises Dr Lushington:

▶ “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
▶ “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
▶ “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
▶ “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
Kids Movie Disco

SUPERVISED LOCK IN

MT BARKER

Friday 12th April 6.45pm to 10pm.

$16.50 per child 5-12 years old only.

Sorry No Adults Allowed.

THE CROODS

TICKETS AVAILABLE FROM MT BARKER CINEMAS

Blue Light

WALLIS CINEMAS
wallis.com.au