In The Wrong Place

"Why do you look for the living among the dead? He is not here; he has risen!" (Luke 24:5-6)

The first visitors to the empty tomb were the women disciples of Jesus who had brought spices with them for his embalming. It was not the most appropriate thing to bring to a resurrection (a bit like writing in a ‘get well’ card for a wedding couple).

The women were also questioned by a couple of angels about what they were doing hanging around a graveyard. You don’t look for the living among the dead!

But they weren’t looking for the living Jesus. They were looking for his body.

I reckon we make the same mistake nowadays. How often do we look for the living Jesus? How easy it is for us to simply reflect on memories of Jesus and traditions surrounding him, rather than seeking a living relationship with him. Why do we look for the living among the dead???

The good news is that even though the women were in the wrong place and looking for the wrong thing, Jesus still came to find them. He appeared to Mary at the open tomb and called her by name. He appeared to the disciples who were locked away in a room and said, ‘peace be with you’.

Jesus still comes searching for us to assure us of his resurrection and how this means life for us. Thank God that we have a living Lord who still tracks us down when we are in the wrong place.

Dear Jesus, thank you for all that you have done for us through your death. Thank you for all you do for us as our living Lord. Help us always to be found in the right place with you. Amen.

Pastor Stephen

Dear Parents,

I pray that you had a joyful and safe Easter celebration. At School Chapel on Tuesday morning students celebrated in worship the resurrection of Jesus. As a symbol of new life, beautiful and colourful butterflies filled the air. Take time to come and visit the students’ art work in the library corridor to see the story of Holy Week culminating in Jesus’ resurrection. Term 1 is quickly coming to a close and with it the end of day light saving. Please remember to adjust your clocks. Thank you to all parents who attended parent/teacher interviews to discuss their child’s learning journey to date. Coming home next week will be student portfolios. Take time over the holidays for your child to lead you through their portfolio. Cheers and God bless.

Steve Seidel
PRINCIPAL

Prayer suggestions:

- We pray for the new life in Jesus our Saviour
- We praise God for the beautiful autumn colours that abound at the moment. The cycle of nature is a wondrous thing.
- We thank God for the relationships that exist between students, teachers and parents. May these relationships continue to grow and flourish so that each student’s learning is enhanced.

Also pray for the following families:

Cooper, Cox, Cresp, Croser, Crowder S & S & Hall
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.

NAPLAN Testing
National Assessment Program Literacy and Numeracy (NAPLAN) testing for students in Years 3, 5 and 7 will be conducted on Tuesday May 14th, Wednesday May 15th and Thursday May 16th. This is Week 3 of Term 2. A student may be exempted from NAPLAN tests under certain criteria. Parents may also wish to withdraw their child from the tests for personal or philosophical reasons. If you wish your child to be exempted or withdrawn, please contact the principal, Steven Seidel. All student withdrawals or exemptions must be finalised by Friday May 3rd. If you have any questions about NAPLAN testing, please speak to your child’s teacher or the PYP coordinator, John Dow.

 SRC Information
This week you will find on our SRC member’s Profiles class reps from the Year 3KM, Lane Hera-Singh & Grace Foster. Feel free to have a look at their profile information.

School Directory
The School Directory will be sent home at the end of this week. This document is to be only used for school purposes and is not to be used for any other purpose. Whilst every effort is made to have all the information correct the occasional error may occur. Could you please inform Robyn of any corrections that need to be addressed.

Knock Out Cricket
All the best for tomorrow to our Knockout Out Cricket team who will be competing against St Francis de Sales on our school oval tomorrow. Good luck lads. Mr Phillips

Term Fee Payments
A big thankyou to all those families who have made the regular payment of fees a priority when planning family finances. There are a small number who have yet to finalize term 1 fees. This should be done before the term finishes. Should you require an extension please call and speak to me to make alternative arrangements. Mrs Jones - Business Manager

Cybersafety Information Session
Just a reminder that we will be holding a Cybersafety Information Session for parents and caregivers next Wednesday, 10th of April. Limited seats are available so please contact the front office 83887228, NO LATER than this Friday, the 5th of April, to make a booking. Please see the attachment in the newsletter this week for more information regarding times.
St Michael’s SAPSASA Tops
Could all St Michael’s SAPSASA tops please be returned to the front office NO LATER than Friday. It is very important that we receive these back asap so that students competing at the Athletics day can wear one.

SAPSASA Athletics
Next Tuesday, 9th of April, the St Michael’s Athletics team will be competing at the District SAPSASA Athletics Day held at Oakbank Area School. We have 40 students participating in a variety of events including 100m, 200m, 800m, Long Jump, High Jump, Shot Put, Discus and 100mX4 Relay. The St Michael’s school community wishes you all the best of luck.

In brief…………………………
……………….

………today both year 6 classes visited the St Peters Cathedral and also the Hebrew Congregation as part of their Christian Studies Programme ………
…………tomorrow the year 3 classes are travelling visiting Urrbrae Agricultural High School where they will be looking at primary products and how they are processed…………………………
……………… Monday, 8th April, both year 1 classes will be going down to the city to investigate transport systems…………………………

Attachments this Issue:
- St Michael’s Lutheran School Uniform Policy
- Cybersafety Information Session
- Insight – Helping Kids Be Brave
- Woolworths Earn & Learn 2013 Programme
- Mt Barker Police – Lock In @ Wallis Cinemas
- Heart Foundation Flyer
- St Paul’s Kidz Club
- School Holiday Netball Clinic

Curriculum Matters
We began this week’s staff meeting with a quick whip-around of good things that had happened in classrooms this week. One example came from 3KM. At the beginning of the year, Mrs Kruger arranged for her class to have penfriends with another Year 3 class at Unity College, Murray Bridge. It’s an old fashioned idea in the era of email and texting and I can remember doing something similar when I was at school. Mrs Kruger reported that this week the students had received their letters from their penfriends. They shared their letters with each other and were very excited about it. They were keen to begin their replies and quickly settled down to work. One student wrote more than they had before in any other writing exercises. Mrs Kruger was pleased at their engagement with the activity, but a little surprised.

What is it about this experience that prompted the students’ response? Certainly receiving a letter is something of a novelty, but there was more to it than that. I think it was because it met the criteria we use when developing learning activities.

We aim to make the learning:
- Engaging: of interest to the students, and involving them actively in their own learning.
- Relevant: linked to the students’ prior knowledge and experience.
- Challenging: extending the prior knowledge and experience of the students.
- Significant: contributing to an understanding human experience.

The penfriend activity met these criteria. The students were interested in hearing about the students from another school, and were keen to write about their own lives. It was relevant, in that it was firmly placed in their current circumstances. There was an element of challenge, as they learnt about the structure of letter writing and had to apply their understanding of spelling, grammar and handwriting. It is significant, in that they get to communicate with others in a meaningful way and share their thoughts and experiences.

And isn’t it a simple pleasure to get a letter in the mail from a friend, rather than a bill or advertising material?

John Dow
Deputy Principal/PYP Co-Ordinator
THANK YOU
Gratitude is a powerful motivator. It makes our kids feel appreciated. And saying thank you also models manners and gratitude for them to follow. Saying thanks and explaining why you’re saying it can have a powerful impact on a relationship between parent and child.

I’M SORRY. I’M STILL LEARNING, JUST LIKE YOU
Parents who act like they’re the finished product who are simply there to impart wisdom to their children leave their children feeling judged and imperfect. But when we acknowledge our mistakes and describe how we are learning to be better people because of those mistakes, our children learn that it’s OK to admit fault and try again. This is a powerful and important lesson for our kids.

I WATCHED HOW MUCH EFFORT YOU PUT IN – YOU SEEMED TO GIVE IT ALL YOU HAD
Because parents want their children to succeed, it can be easy to always ask for more, demanding ever increasing levels of performance. The pursuit of perfection will always lead to disappointment. However, when we let our kids know we saw how hard they tried, and let them know we are satisfied when they do their best, they’ll be inspired to try – and they won’t feel bad if they fail. Instead, they’ll be open to learning how to do better. Another great thing about this is it’s not the easy praise we often fall back on. It’s not the same as saying “you’re so smart/so talented/such a genius.” Instead, it’s acknowledging effort and process – and research shows this encourages more effort without focusing on results.

WHAT DO YOU THINK?
If we want to have responsible children, they need to be given responsibility. One of the most powerful ways to help them become responsible is to stop telling them what to do, and instead, to ask them what they think they should do. Then we can encourage them (or gently guide them). By asking them what they think, our children also develop a trust in their own opinions, ideas, and instincts.

I LOVE YOU
Every child should hear this every day. But they shouldn’t just hear it. They need to see and experience evidence of it in all of their interactions with us. As we say more of these beautiful and important things, and fewer of those harmful things we are sometimes tempted to say, our kids are more likely to grow up feeling secure, confident, happy and loved.

Article by Dr Justin Coulson

From the
Year 3KM Class
(Mrs Kruger/Mrs Moseley)

The year 3 classes have just completed their first unit on Visual Arts. Through this unit we inquired into different styles and techniques used to create art. We visited Hans Heysen’s studio – ‘The Cedars’ and had a visit from an artist John Hamilton.

We also created our own master pieces.
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.
Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

**Genetics plays a part**

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that **anxious parents beget anxious kids**. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as **worriers, shy types and more sensitive souls** who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

**When should I worry?**

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

**Helpful parenting practices**

Before looking at helpful practises, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- **Fixing kids’ problems.**
  Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- **Allowing avoidance.**
  Letting kids escape new or fearful situations validates their fears.

- **A ‘get over it’ attitude.**
  There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. **Skilling towards bravery.** Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. **Scaffolding towards bravery.** Rather than avoidance allow kids to face their fears in stages, e.g. Let's go to the party for an hour then I'll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic.** There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. **Creating opportunities for independence.** Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery.** Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

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Get your **10 ways to promote Good Mental Health & Well-being in Kids** poster at


Subscribe to Happy Kids, the FREE Parentingideas weekly guide while you are there.
Collect Woolworths Earn & Learn Points for your school

We're thrilled to invite you to participate in this year's Woolworths Earn & Learn program. Find out how to earn educational resources for your school or Early Learning Centre in this handy flyer.
There are thousands of educational resources available through the Woolworths Earn and Learn Program

It's time to register
Whether you're a new or returning school it's time to register. Use your unique User Name and Password provided in the letter sent to your School Principal or Early Learning Centre Director. Visit teaching.com.au and follow the registration instructions from there.

It's simple to participate
From Monday 8th April to Sunday 9th June 2013, when your staff and parents shop at Woolworths they can collect Woolworths Earn and Learn Points from the checkout operator and place them on a Woolworths Earn & Learn Points Sheet. There’ll be one Woolworths Earn and Learn Point for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Woolworths Earn & Learn Points Sheet in the Collection Box, either at your school or at your local Woolworths.

Same great partnership with MTA
We're proud to say we're partnering once again with Modern Teaching Aids – Australia's biggest supplier of resources for schools. This means you can choose your resources based on your unique needs, across every category possible including Mathematics, English, Science, Arts & Crafts, Sports and more.

Next Steps

Inform & encourage your school community
Be sure to encourage your parents, teachers, and kids alike to support the Woolworths Earn & Learn program by collecting Woolworths Earn and Learn Points at their local Woolworths between 8th April and 9th June 2013. Templates for emailing and writing to parents can be found on teaching.com.au.

Woolworths Earn & Learn Points Sheet
Once collected, Woolworths Earn & Learn Points need to be stuck onto a Woolworths Earn & Learn Points Sheet. Please print out Points Sheets for your students. These can be downloaded from woolworths.com.au/earnandlearn.

Use your Collection Box
Put your Earn & Learn Collection Box in a prominent place at your school. Be sure to let everyone know to place their completed Woolworths Earn & Learn Points Sheets in the Collection Box.

Nominate for a Collection Box at your local store
Visit your local Woolworths to nominate your school for a Collection Box that will be displayed in store. Each store will have up to five boxes, so be sure to get in early and claim your box. You'll need to ensure that you regularly empty your box to enable customers to keep filling it up with Woolworths Earn & Learn Points Sheets. At the end of the program, you’ll need to compile all of your completed Woolworths Earn & Learn Points Sheets to send back to Woolworths – a mailbag will be provided closer to the time.

For more information, including Points Sheets and answers to frequently asked questions, please go to woolworths.com.au/earnandlearn
St Paul’s Lutheran Church
10 Main Street
HAHNDORF

Kidz Club
For children from years 3 to year 7
Your are invited to join us for a

All About Me Night

Friday 12th April 2013
From 4.30 - 6 p.m.

Meet at St Paul’s Church Braun Study Centre 4.30 pm
Come and join in the fun and bring along your favourite toy, hobby or thing (Please note if your favourite thing is an animal please only bring photos of the animal not the animal) you have and share in games and questions and answers about yourself

What to bring: The item of interest, a friend and $2.50 for any materials used

If you have questions or wish to attend, please contact:
Elizabeth Francis (08)83887327
Kirsty Pfeiffer (08)83881365
THE SKILLS OF OUR GAME
SCHOOL HOLIDAY CLINIC

TUESDAY 23RD APRIL, 2013
BUKATILA – ST MICHAEL’S SCHOOL GYM

COACH – CAROLYN DOWNING
(DEVELOPMENT LEVEL COACH)

ASSISTED BY – SALLY SCHUMACHER &
SHANNON GREEN
(YOUNG PLAYERS WHO HAVE COME THROUGH THE MID
HILLS & MT LOFTY PROGRAMMES)

TIMES & COSTS
(EACH SESSION STRICTLY LIMITED TO 20 PARTICIPANTS)

13&U (2000 & 2001) – 11.00AM - 12.30PM - $15
15&U (1998 & 1999) – 1.00 - 2.30PM - $15

COMPLETE THE ATTACHED FORM & RETURN TO
PO BOX 2198  ECHUNGA  SA  5153
OR EMAIL TO CAZ_710@HOTMAIL.COM

CHEQUES CAN BE MADE PAYABLE TO CAROLYN DOWNING
& MUST BE RECEIVED BEFORE THE CLINIC
ALL PARTICIPANTS MUST BE REGISTERED MEMBERS OF A MID
HILLS NETBALL ASSOCIATION CLUB

ALL PARTICIPANTS WILL RECEIVE CONFIRMATION VIA
TELEPHONE OR EMAIL

APPLICATIONS CLOSE 10TH APRIL, 2013
Community Event

Sponsored by The Onkaparinga Lutheran Men’s Fellowship

Plan to survive your heart attack
Learn the Warning Signs

Spring Head School Hall
Thursday, May 16th
6.30pm BBQ Tea
$2 to cover costs
RSVP by 8th May for catering purposes
Ross Schoell—Ph 8389 8430

7.15pm Speaker
from the Heart Foundation
Donations will be accepted for the Heart Foundation
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

DJS R US Crew

Wallis Cinemas
wallis.com.au