

JC LIFE CAMP

raise a
Hallelujah

YEARS 4 to 7
JULY 10TH - 13TH
CAMP KEDRON, BARMERA

PRICE:
Regular: \$160.00 (Til 25/06/23)
\$5 per person sibling discount
\$20 for first time camper

For more information contact:
Ph. 8267 5211 or
Email: admin@blueprintministries.org.au

To register, visit:
blueprintministries.org.au/camps/jc-life/
OR scan the QR code:

Sponsored by:
Blueprint ministries, LUTHERAN CHURCH OF AUSTRALIA, SOUTH AUSTRALIA NORTHERN TERRITORY, Finance with a mission

SCHOOL NEWS

F/1 have been making lots of discoveries in Art Inquiry. All of these amazing paintings were created using only red, blue and yellow water colours. The children explored colour mixing, the difference between drawing an outline and colouring in, background and foreground and using line to create texture. It looks like we have a lot of budding artists in the making.



Waikerie Lutheran Primary School

NEWSLETTER



OUR VALUES - LOVE RESPECT INTEGRITY Term 2 // Week 6 // Tuesday 6th June 2023

CALENDAR OF EVENTS

TERM 2

WEEK 6

Tue 6 June	PE Day Yr 5/6 Camp
Wed 7 June	Lunch Order Day Yr 5/6 Camp
Thur 8 June	Spanish & Choir
Fri 9 June	Student Free Day

WEEK 7

Mon 12 June	Public Holiday
Tues 13 June	9am Assembly & PE Day
Wed 14 June	Lunch Orders
Thur 15 June	Spanish & Choir
Fri 16 June	9am Chapel

WEEK 8

Mon 19 June	9am Assembly & Spanish
Tue 20 June	PE Day
Wed 21 June	Lunch Orders
Thur 22 June	Spanish & Choir
Fri 23 June	9am Chapel

WEEK 9

Mon 26 June	9am Assembly & Spanish
Tues 27 June	PE Day
Wed 28 June	Lunch Orders
Thur 29 June	Spanish & Choir
Fri 30 June	9am Chapel

WEEK 10

Mon 3 July	9am Assembly & Spanish
Tue 4 July	PE Day
Wed 5 July	Lunch Orders
Thur 6 July	Spanish & Choir
Fri 7 July	Last Day of Term 2 Reports Home Closing Chapel

FROM THE PRINCIPAL

This term at WLPS we have been focusing on staff wellbeing. We have started using the Open Parachute staff wellbeing resources to engage in conversations about how we can help ourselves and each other to take better care of our minds and bodies. One of the activities suggested in the "stress" module was to think about a time when you have been relaxed and felt good, then to close your eyes and visualise yourself there and notice the effect it had on your body. Then, in times of stress, if you can visualize yourself in this relaxed and enjoyable situation your body will be able to respond by duplicating the effects (e.g. racing thoughts will slow, breathing will become deeper..) I like this idea and think it will be useful for me! To help me effectively use this technique I think I will practice visualising myself in this favoured situation so that I can quickly and easily recall it when I am feeling my stress levels elevated. Some other ideas to help reduce stress are:

1. Practice breathing techniques.

Slow down your breathing and actively concentrate on it. This is often the easiest way to self-calm... as long as you remember to do it!

2. Build downtime into your schedule.

A short walk, a break to clear your head, or a short chat with a colleague or family member can help. Even just standing up at your desk and stretching your body will help you reset and refocus.

3. Drop activities that sap your time or energy.

Write down your priority tasks, and save less urgent matters for later.

4. Get moving.

Aim for 30 minutes of physically activity most days. You can do it in short bouts of 10+ minutes each. Try a new exercise routine, join the onsite gym, or start a small walking group. Even short standing, walking in place, and stretching can help – remember to **move**.

5. Healthy eating

Healthy eating gives you the food energy you need throughout the day.

6. Lights out.

Your body needs 7-8 hours of sleep/day. Less is cheating yourself!

Have a peaceful week!
Tania Fragnito

Waikerie Lutheran Primary School

6 McIntosh Street
Waikerie SA 5330

Phone: 08 8541 2344

Principal: Ms Tania Fragnito

Website: www.wlps.sa.edu.au



SCHOOL NEWS

Student Free Day Advance Notice

A reminder that there is a student free day this **Friday, 9th June** where staff will be engaging in professional development.

Public Holiday

The school will be closed for a public holiday on **Monday, 12th June**.

LLL Interest

On **31st May** interest will be added to all deposit accounts. If you would like to have your passbooks updated, please drop them into the office.

Late Arrivals and Early Departures

Children who arrive late to school or need to leave during school hours **must** be signed in or out in by a parent/guardian via the front office. Thank you for your assistance.

Scholastic Book Club

Orders along with payment for the current issue of Book Club are due by **Monday, 19th June**.

Book Fair

Thank you to everyone who supported our recent Book Fair. We sold close to \$1500 worth which is a great result.

PE Lessons

During PE lessons for the remainder of the term, Mrs Liebich has organized for the children to engage in hockey coaching with Lachlan Kelly from Hockey SA. Stay tuned for some photos over the coming weeks.

Year 4 Bible Presentation

The children in Year 4 will be presented with a Bible at Chapel next Friday, 16th June at 9am. Parents/carers welcome to attend.

2023 Term Dates

Term 2: 1st May to 7th July
 Term 3: 24th July to 29th Sept
 Term 4: 16th Oct to 14th Dec



School Office Hours

8:30am - 4.00pm
 (Mon, Tues, Wed & Fri)
 8:30am - 3.00pm (Thurs)

Office Staff

Administration

Ms Dee Prevedel
 Mrs Melissa Schmidt



Waikerie Lutheran Parish Worship Roster

Sunday, 11th June 2023

Lowbank: 8:45am
 Ramco: 8:45am
 Waikerie: 10:00am

Office: 8541 2689

Open: 11am - 3pm Thurs &
 10am - 3pm Fri

Manager: Trudi Edwards



Birthdays This Week



GOD BLESS YOU!

MEET OUR STAFF - MRS RACHEL LAWSON

ABOUT ME AND MY ROLE AT WIPS
I am the Spanish Teacher "Soy la profe de espanol"
I teach all 4 classes Spanish twice a week!



MY HOBBIES & ACHIEVEMENTS
I love horse riding and planting trees.
One of my achievements was being able to chat with taxi drivers in Spanish while visiting Colombia in 2020.

MOST REWARDING PARTS OF MY JOB
Having a great conversation in class and enjoying cultural experiences such as making chocolate and alfajores with the classes!

MEXICAN HOT CHOCOLATE

Ingredients

- 2 cups milk
- 2 tablespoons cocoa powder
- 2 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 30 grams dark chocolate



Instructions

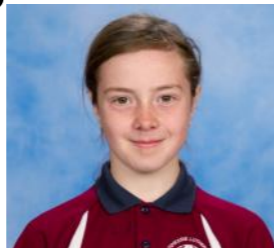
- In a medium saucepan over medium-high heat, add milk, cocoa powder, sugar, cinnamon, vanilla extract
- Mix together with a whisk, add the bittersweet chocolate and heat until the chocolate has completely melted and the mixture is hot, but not boiling.
- Divide hot chocolate into 2 mugs and serve

Notes

You can vary the recipe to your taste, adding more or less of each ingredient as you like. If you don't like cinnamon, just leave it out. If you like a bit of spice, traditionally Mexicans add a little pinch (1/8 tsp) of chilli to their hot chocolate to warm you from the inside out.

HOCKEY CONGRATULATIONS

Congratulations to Lyra who has been selected to represent the Riverland at the upcoming SAPSASA state Hockey Carnival in a couple of weeks time. The carnival will be held at the West Beach University Hockey Fields in Adelaide and will run from Wednesday, 21st June until Friday, 23rd June. We wish Lyra, and the rest of the team, all the best for the carnival.



STUDENT OF THE WEEK AWARDS

Well done to the following students who have received a Student of the Week Award for being Knowledgeable over the past 2 weeks.

Year 5/6



Year 4

Ruby - Ruby always shares her knowledge of God's love in Christian Studies and readily contributes her ideas in class discussions. Awesome work, Ruby!

William W - William readily shares his knowledge in a variety of subject areas when collaborating with his peers. He uses this knowledge to demonstrate leadership skills. Well done, Will!

Year 2/3

Fabien - It is great to see Fabien sharing his knowledge of measurement with a partner in Maths. Well done Fabien!

Zoe - Zoe worked productively with a partner to share her wonderings and knowledge of different types of buildings and their purpose. Well done, Zoe!

Foundation/Year 1

Harshaan - Harshaan has been demonstrating his knowledge of correct letter formation to his peers. It has been great to see him demonstrating love while he helps others. Well done, Harshaan.

Merrick - Merrick has been demonstrating his knowledge of 2D shapes, locating them in the classroom and school and identifying their properties. Well done Merrick!

AUSTRALIAN LUTHERAN WORLD SERVICE VISIT

Last Friday, Celia Fielke from ALWS visited WLPS to talk to the classes about the work that ALWS does worldwide. The Year 5/6 class looked at water, sanitation and the impacts of poor nutrition.

Ruby from Year 4 presented Celia with some money she had raised to support the work of ALWS to help kids to go to school.

