



Junior School News

YEAR 6 EXHIBITION

WOW! The Year 6 Exhibition was a huge success with the presentation of their work in the MPH last week. The depth of knowledge that the students had about their chosen topic was amazing and the skills they learned along the way are valuable. Congratulations to all involved.



PRESENTATION CEREMONY

The Presentation Ceremony will be held on Monday 26 November. Guests are asked to be seated by 12:45pm for a 1:00pm start. We will be running a shuttle bus from Coplicks Soccer Fields to the College.

WORLD STAFF DAY

The P&F sponsored a morning tea for all of the staff of the ELC and College. The staff were really appreciative of the morning tea and mug that they each received and the positive words of affirmation.

I would like to take this opportunity to thank each staff member for what they do for the children in the College. Their efforts are truly appreciated by all.

PREP 2019

We welcomed our graduating class of 2031 to the College earlier today at the Teddy Bear's Picnic. The children explored their new environment and got to know their teachers for next year. We take this opportunity to wish them God's blessing as they start their educational journey with us.

CLASS LISTS

The teachers are putting the final touches on the class lists for 2019. This is a big job and in the forefront of the teacher's mind for every student is to ensure that each child is put into a class where they will be successful.

Mufti Day

Last Tuesday we held our Mufti Day where the proceeds raised went to Australian Lutheran World Service's Indonesian Flood appeal. We raised \$1234. Thank you for your support.

MEME OF THE WEEK

Please see attached to the bulletin a meme about how you can help look after children's mental health. Looking after children's mental health is a fantastic investment of our time.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you.
- COPING SKILLS**
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.
- SLEEP**
Support your child to build positive sleep habits. Develop a good sleep environment with your child.
- TALKING**
Support your child to talk about their problems and how they are feeling.
- WELLBEING**
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- PLAY**
Promote play and creativity among your child. Allow them to explore.
- SELF CARE**
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies.
- AUTONOMY**
Allow your child to make their own decisions. This will help to build resilience.
- RELAXATION**
Help your child to relax. Teach them relaxation skills such as deep breathing.
- RELATIONSHIPS**
Support your child to build positive relationships with friends and family.

25TH ANNIVERSARY CELEBRATIONS

Thank you to the P&F for hosting a fantastic birthday party that was well attended by the families of the College. It was like a mini fair with some fantastic fun things for the children to enjoy. The cake was amazing.



It was also wonderful to welcome back past students at the Art show, Gala Concert and worship service. A great weekend – Happy 25th Birthday St Andrews!!

Darrin Schumacher

Deputy Principal / Head of Junior School



Chaplains Chat

Our 25th Birthday! What a wonderful celebration. Just like all good birthday bashes, there was great music and art, party games and activities, multiple birthday cakes to cut! And speeches.... I love hearing how 'things were in the past'. The opportunity to look back and remember where we have come from and to celebrate significant milestones.



The Congregation Worship Service on the Sunday of our anniversary weekend focussed on the actual 'birth' of our College and those early years of growth where the project required particularly diligent care and nurture. We celebrated the role of the 'parents' of our College – St John's Miami Lutheran Congregation and St Mark's Currumbin Lutheran Congregation – both of whom made enormous sacrifices to make the vision of the St Andrews Aged Care, College and Child Care community a reality. The level of faith and trust exhibited by these two relatively small communities is truly inspirational. Their preparedness to leave the comfort of the familiar and step into the unknown can only be attributed to the awesome work of the Holy Spirit leading faithful people forward.

And once the College miraculously got under way there was so much more that God was trusted for in the ensuing years. Mrs Elsa Onn attests to this through her recollection of leaving her comfortable teaching position in the Barossa Valley to come work at a school that had one student enrolled when she set off from South Australia. It was this level of stepping out in faith that ensured the College went forward and began to fulfil its charter of serving the Southern Gold Coast through enacting Christ's saving love in practical, tangible ways.

Life is filled with challenges we need to meet and overcome and St Andrews has had plenty of these over the past 25+ years and we will continue to experience all manner of challenges but it is in the midst of these that God blesses us with so much, as we rely on Him and not our own agenda. For as St Paul writes:

"Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or imagine".
Ephesians 3:20 (NLT)

God has certainly done this in the past and He can be trusted to do this in the future. Happy 25th St Andrews Lutheran College! And thanks be to our wonderful God!

Graeme Scache
College Chaplain



I would like to take this opportunity to thank everyone who was involved in Operation Christmas Child for making it such a huge success this year!! It was terrific to watch the boxes roll in and see the generosity, good-will and spirit of the St Andrews community. Between the congregation and the school, we put together more than 200 boxes! These boxes have now been taken to the Operation Christmas Child Queensland headquarters, awaiting distribution overseas. Thank you very much for helping to bring Christmas joy to 200+ children this year.



The photos above are of students from 4C who put together a box each and students from Mrs Atkins Year 8 LAG class who collected the most boxes in the Middle/Senior school.

Nathan Glover
College Pastor



In the final year of the IB Primary Years Programme (PYP), which in our College is Year 6, our students conduct group inquiries into an area of their own choosing. This year our Exhibition focused on the transdisciplinary theme of 'Where We Are in Place and Time' and students explored where we have been, where we are now and where we are heading in the future in relation to homes and journeys. These student-initiated inquiries are the culmination of the student's growth and learning during their time in the Junior School.



Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity. (1 Timothy 4:12, NLT)

Throughout the Exhibition process, we saw the students living the IB Learner Profile and demonstrate the essential elements of the PYP as they worked collaboratively in their inquiry groups to pull their work together and make their learning visible for others. After ten weeks of inquiry, the Year 6 students were very excited and well prepared to share the knowledge, skills, attitudes and deep understandings that they had developed. Our students interacted confidently and enthusiastically during both the Exhibition Evening and on the Open Day when many classes from across the College were able to view the exhibits and engage with the students. Congratulations Year 6 for your sterling efforts!



PAT 2019

PAT enrolments roll over automatically from 2018 into Term 1, 2019 unless we are advised otherwise. Should your child **not** be continuing, please complete a PAT Cancellation Form can be found on the College website www.salc.qld.edu.au Most of our tutors have wait lists so it is important to let us know so these places can be given to those who are waiting.

Those currently in Mini Musos or Yr 3 Strings must complete an application form (on the College website) to obtain a place in the PAT Program for 2019. This is not an automatic process. Separate emails relating to this will also be sent to families of these students.

YEAR 3 STRINGS AND YEAR 4 MINI MUSOS 2019 RECRUITMENT

Over the coming weeks families of Year 2 and Year 3 will receive information about our introductory programs of Year 3 Strings and Year 4 Mini Musos for 2019. Please take the time to talk to your children about whether or not this is an opportunity that is of interest. Places are limited, this is an exceptional opportunity to start your child's musical journey and is a commitment for both parents and children.

Any enquiries relating to PAT can be emailed to performingarts@salc.qld.edu.au

Cilla Scott
Head of Arts





END OF YEAR CONCERT SERIES

YOU ARE INVITED
October 29th - November 23rd
Support your friends while having fun at our concerts.

CONCERT SERIES

When	Concert	Time	Venue
Monday 29 Oct	JS Vocal First Break Concert	10.50 am	Junior School Music Room
Tuesday 30 Oct	JS Vocal First Break Concert	10.50 am	Junior School Music Room
Wednesday 31 Oct	JS Vocal First Break Concert	10.50 am	Junior School Music Room
Friday 2 November	Years 7-12 Cultural Awards Evening	6.30 pm	Ruth Butler Theatre
Tuesday 6 Nov	Piano First Break Concert With John Whyte	10.50 am	Junior School Music Room
Wednesday 7 Nov	Evening of Song	MS 3.30 - 5.30 pm SS 6.00 - 8.00 pm	Ruth Butler Theatre Ruth Butler Theatre
Saturday 10 Nov	Animi Concert Years 1-4 Animi Concert Years 5-11	4.00 pm 6.30 pm	Ruth Butler Theatre Ruth Butler Theatre
Tuesday 13 Nov	Piano First Break Concert With Debbie Nineham	10.50 am	Junior School Music Room
Wednesday 14 Nov	Guitar First Break Concert	10.50 am	Junior School Music Room
Thursday 15 Nov	Makin'Mini Music Year 1 Piano Solree Concert 1 With Debbie Nineham	2.00 pm 3.15 - 4.15 pm	Year 1 Classrooms Junior School Music Room
Friday 16 Nov	Piano Solree Concert 2 With Debbie Nineham Makin' Mini Music Year 2	4.15 - 5.15 pm 2.00 pm	Junior School Music Room Junior School Music Room
Monday 19 Nov	Speech & Drama Year 3	10.50 am	Junior School Music Room
Tuesday 20 Nov	Speech & Drama Years 1-2 Speech & Drama Years 5-11	10.50 am 3.45 pm	Junior School Music Room Ruth Butler Theatre
Wednesday 21 Nov	Cultural Awards Years 4-6	1.00 pm	Ruth Butler Theatre
Thursday 22 Nov	Makin'Mini Music Prep	1.40 pm	Prep Classroom
Friday 23 Nov	Speech and Drama Year 4	10.50 am	Junior School Music Room



QUEENSLAND ATHLETICS

Last week Jesse Harding competed at the Queensland Track and Field Championships in Cairns. Jesse made the semi final for the 100m, the final for the 200m and came 4th in the 4x100m relay. Jesse also did a massive personal best time in both the 100m and 200m races. Congratulations Jesse on your success at the Queensland Championships!



SAMSUNG CUP

Late last term the netball team competed in Bundaberg at the State Primary Schools Netball Cup. It was a fantastic weekend with some outstanding performances by our girls. The team won 8 of the 11 games over the two days and represented the College extremely well. A huge thank you to our Coach Alesha and the support crew for helping the team through.



BEACH AWARENESS

On Thursday the students were lucky enough to have representatives from Queensland Surf Life Saving come in to chat to them about beach safety. The students learnt about what all the flags and signs at the beach mean and what to do to keep themselves safe at the beach.

Casey West

Junior School PSPE Teacher
Sports Coordinator



Our Year 5 students have been learning about the story of Sadako and the 1000 cranes in Japanese class. The students decided to take action by making 1000 origami cranes. We sent these cranes to the 1000 crane club at Hiroshima International School. The students in Hiroshima have delivered our cranes to the Hiroshima Peace Park.

Sharon Taki

Japanese Teacher



We are Year 6 students inquiring into Gender Roles for our Exhibition unit which falls under the transdisciplinary theme of, 'Where We Are in Place and Time'. From our research, we discovered that gender specific statements made by parents to their children can have a big impact on them later in life.

Words said by parents to a young girl such as, "leave that for your brother, that's too heavy for you", can make her believe that she is not good or strong enough to do certain activities. She may grow up to believe that she is restricted doing certain activities such as carrying heavy objects or mowing the lawn. Messages said to a young boy, such as "be a man" or "don't cry, be a big boy", can suggest to a young boy that he has to be tough and always be brave even when he is actually feeling sad or annoyed. Sentences that suggest that boys have to be tough, tell boys that they have to be strong and not show their emotions. These words may have a huge impact on young boys and girls later in life.



Girls will grow up to only do domestic chores and they won't want to go outside and do physical work because that's how they were raised. Whereas for a boy, he will grow up to do the physical, heavy work and feel pressured to hide his emotions and not show when he is sad. This could have a big impact as a girl, because she could grow up to think that she isn't good enough and she isn't strong enough to do physical activities. These comments could also heavily impact on a boy, because as an adult, he could think that he always has to be strong and not let anyone know how he's feeling because he was raised to hide his feelings.

To avoid gender stereotypes, you can say things and do certain things. To reduce gender stereotyping, you can try to equally share the household jobs, like letting boys cook and girls helping out with the manual work. Another way to avoid gender stereotypes is not saying gender specific sentences like, "boys will be boys" or "that's not ladylike" because it encourages gender stereotypes. Instead of saying, "that's not ladylike", say "manners please" or something else not gender specific. Instead of saying "boys will be boys" you could say "kids will be kids" so that children don't feel like they are being especially noticed because of their gender.



In conclusion, gender specific statements said to children such as, "be a man" can have a huge impact on them later in life. Non gender specific statements said to children can suggest to them that they are equal to everyone else because they have equal rights.

Thank you for reading our article, we hope that it was beneficial to you and that you learned something about gender stereotypes.

Written by Jasmin D, Hannah, Daniel and Hayden



OCTOBER

Sunday 4

Junior School Community Service Year 4

Tuesday 6

Years 6-12 Sports Awards Breakfast
Year 4 Sharing the Planet Excursion
First Break Concert with John Whyte - 10.50am

Wednesday 7

Annie Junior Performance for Junior School

Thursday 8

P-3 Swimming Lessons

Friday 9

Animi Concert Rehearsal - 3.15pm

Saturday 10

Animi Dance Concerts - 4.00pm

Monday 12

Year 6 2019 Parent Info Night - 5.00pm

Tuesday 13

JS First Break Concert - Piano - 10.50am

Wednesday 14

JS First Break Concert - Guitar
P & F General Meeting - 7.30pm

Thursday 15

Makin' Mini Music 2.00pm
Piano Soiree Concert - 3.15pm

Friday 16

Makin' Mini Music 2.00pm

Saturday 17

Year 1 Mum's Night Out - 7.30pm



Thank you so much for coming along to celebrate the College's 25th birthday. We hope you and your children had a great time.

Ice Block Friday is back at 1st break for Preps to Year 5. Mooies \$1 and Quench ice blocks 50 cents.

CHRISTMAS CAROLS

We hope you can come along to sing and dance with all of our talented St Andrews children for the Christmas Carols on Sunday 25 November from 4.30pm to 7pm. Bring along your picnic rug and basket. Sausage sizzle, ice creams, drinks and glow stick items will be available to purchase at the event. This is an alcohol free event.

NOMINATION FORMS

If you would like to be apart of the P&F committee you can now nominate for any of the positions. Nomination forms are now available through the school's website or contact us by email pandf@salc.qld.edu.au and we will send you out a nomination form.

SAVE THE DATE

The whole school is welcome to come to the P&F AGM meeting on Wednesday 14 November at 7.00pm in the Senior School Lighthouse.

GATHER MY CREW

One of the things that St Andrews is well known for is the community spirit that exists. This is evident in the way that we respond when fellow families are facing tough times, whether it be through the loss of a loved one, a major illness or a natural disaster.

We have signed up with an organisation called "Gather My Crew" a way of coordinating the volunteers so that when something does happen, a coordinated effort can be organised quickly.

If you would like your name added to the crew who help, please fill in this short form. When something does happen, you might be contacted to provide assistance.

<https://goo.gl/forms/39OaUyzqdVtx7qek2>

ST ANDREWS LUTHERAN COLLEGE BUSINESS COMMUNITY

The school now has a Facebook group called "St Andrews Lutheran College Business Community" for parents with a business at the school so we can support our local community. This group will be a having morning coffee at the Plantation Coffee Shop the 1st Friday of every month. If you would like to join this group search on Facebook "St Andrews Lutheran College Business Community" to join.

Enjoy your weekend and God Bless.



Uniform Shop News

The Uniform Shop will close at 9.30am on Friday 30th November and will reopen for Existing Students Only

JANUARY 2019

Tuesday 15 th to Friday 18 th	8 am - 12pm daily
Monday 21 st to Friday 25 th	2 pm - 4 pm daily
Monday 28 th January	Australia Day-Closed
Tuesday 29 th January	8am - 12 pm

WEEK 1 OF TERM 1

Wednesday 30 th	8am - 9.30am & 2.30-3.30pm
Thursday 25 th	8am - 9.30am
Friday 26 th	8am - 9.30am

NEW STUDENTS, families with 3 or more children and families unable to attend during these times are requested to phone or email to book an appointment outside these times.

Save Time.... Order and Pay Online at

www.myschoolconnect.com.au

Your order can be picked up from the Uniform Shop or delivered to your child's class

Second hand clothing must be submitted before the end of term if you wish to use the credit in January. All items must be clean & ironed (not damaged, stained, faded or showing excessive wear). *Blazers will be accepted on consignment only. *Must be Dry Cleaned

Phone 5568 5933 Email: uniformshop@salc.qld.edu.au





MY SCHOOL CONNECT

IS OUR NEW ONLINE PROVIDER!

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2. CREATE YOUR ACCOUNT
3. ADD YOUR STUDENT INFORMATION
4. TOP UP YOUR ACCOUNT
5. START ORDERING!
6. FOR ADDITIONAL INFORMATION VIEW OUR HELPFUL VIDEOS [HERE](#)

STUDENTS CAN ORDER LUNCH VIA THE APP

ORDERING VIA THE MY SCHOOL CONNECT APP MAKES LIVES EASIER FOR PARENTS AND STUDENTS!



Registrations close
26 November 2018

Early bird price
(ends 12th November)
\$579

**"IT CHANGED MY LIFE!
TAKE A CHANCE...
IT COULD CHANGE
YOURS TOO!"**

-EXPLODE CAMPER 2017



2018 Summer OF FUN



Escape the boredom this holidays with 6 days of fun at the stunning Coolum Beach. Each day challenge yourself with a heart pounding activities, indulge in incredible food and chill with other young people from around the state. Discover more about yourself and your faith this holidays

WWW.LYQ.ORG.AU/SUMMERCAMPS

Explode 9 - 14 & Blast 16 - 21 December 2018 Junior (Grades 3-6) Senior (Grades 7 - 11) Luther Heights Youth Camp, Coolum Beach



Equipping children with coping skills for the years ahead

By Michael Hawton, Child Psychologist (MAPS) and [Parentshop](#) founder.

The issue of how to develop emotional hardiness in children has become an area of much interest in recent times. Added to this, none of us wants to be seen to be just standing by or letting our child go through emotional pain unnecessarily. It's quite natural for a caring parent to want to step in to release the distress that accompanies any child's feelings of being treated unfairly. But, this compulsion to act, doesn't mean that we *should* always step in.

In their new book on how parents have become overprotective, *The Coddling of the American Mind*, Haidt and Luckianoff (2018) say that the strengthening of children's mental well-being may have something to do with how we facilitate a child's experiences for 'life's' problem-solving episodes, including how *they* can be coached to engage with these problems, independently.

Luckianoff says, "in many respects our lives are better as a result of huge advances in safety and technology.

Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort."

"In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort." Luckianoff

Some long-term studies have been reflecting downturns in children's capacity to manage problems, independently. Compared to the 1960s, the levels in our ability to resolve issues for ourselves, called our internal 'locus of control' has been steadily decreasing. A strong *internal* locus of control correlates with a belief we can control our own destiny. Without a healthy sense of internal locus of control, children can feel powerless and overwhelmed. According to Stixrud and Johnson, the recent increases in childhood anxiety are a symptom of this phenomenon. They note that there has been an 80 percent rise in young people with an external locus of control (the belief that destiny is determined by external factors).

Are parents afraid of being judged and therefore falling into 'appearances parenting'?

Here's what I think. I have been observing parents for over 35 years and what I have noticed is an increase in parents feeling judged by other parents and an increase in what I term 'appearances parenting', which is a term I use to describe parents doing things for appearances sake. In this model of parenting, a parent can feel derelict or judged by others if we don't act. In my opinion, this model of parenting has become quite fashionable in Australia – parents doing things for appearances sake – such as not correcting their child in public because they want to appear cool (everything in our house is wonderful all the time) or because they want to appear responsive to their child's needs (such as when a parent caves-in to a child's whingeing, after the child behaves embarrassingly in the chocolate aisle).



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