

# RIPPLES

## From the Principal



### Separation Anxiety

For the majority of parents in our school, sending a child to school is a matter of a kind farewell, perhaps a cuddle if they're a younger child and a reminder of who is picking him/her up in the afternoon. For a small minority, separation anxiety is a really heartfelt difficult time. I thought I would give some tips to parents about leaving children at school especially if it is a hard thing to do. I know for one of my own children, leaving me was excruciating for her and also for me so I do feel the pain of parents who struggle with this issue.

Firstly, the Queensland Department of Health put out a booklet about this issue last year and one of the tips they gave really resonated with me. They suggested, that the child or the parent where separation anxiety occurs, often has issues with safety and trust in the school community. As an adult, I urge parents who have children who are experiencing separation anxiety in the morning to have a think about if they believe that their child is safe at school. Grace Primary is completely locked up and secure during the day, the children do not go anywhere on their own as they move about the school and the teachers put as a priority their concern for the children's safety and well-being at all times. Once a parent has decided that Grace is a safe place, this should be spoken to the child. I recommend a conversation at night which allows the child to articulate any fears he/she has and then for the parent to reassure the child about his/her concerns. Then in the morning as the child is given the final goodbye kiss or cuddle the parent again says to the child, "I believe you are safe here and I will be back this afternoon to hear about the fantastic day you have had." I know it is very difficult but the best thing to do then, is to leave. Please do not leave and then come back with a hat or lunch or other treat the child has left in the car, this will only cause the pattern to begin again.

The second worse thing to do is to linger because this just draws out the child's anxiety. As teachers, we often smile at how quickly a child will happily settle after mum or dad has left. Unfortunately, however the parent is often left feeling quite unsettled and unhappy for the day but if a child does not settle, we will ring you as we do not want unhappy children at school either! Asking a child to identify what is bothering him/her is a hard thing to do. It sometimes takes them a while to be able to articulate it. If they talk to school staff about their anxiety, they say things like I am worried mum will be ok while I am not with her or I am worried that I won't have time to eat my lunch before playing or, with my own daughter, she finally told us that she was worried about who would pick her up each day. These are easily fixed worries and demonstrating to a child that anxieties can be allayed by talking about them and then finding a positive conclusion is empowering for a child.

Another tip I advise to families where separation is an issue is to break the pattern of the morning. If a child is always clinging to a mother, then the father or friend or other relative can bring him/her. A firm talk that mum can only bring a child to school if the child does not cry or become distressed then allows that parent to return. I have spoken to parents where the anxiety begins at 5:00am as the child wakes up and when I have suggested they get ready quickly and have a picnic at the beach on the way to school for breakfast or some other morning activity which breaks the pattern of growing anxiety I have been told this often has helped too.

I encourage any of you who are having problems with separation anxiety to discuss this with your child's teacher or with either Deputy Principal or myself. We may be able to give you some other tips to help the morning be a happy time and not a negative distressing one. Our desire is to have happy, emotionally secure students at school and I am sure as we work in partnership for this outcome we will be able to achieve it with all our students every day.

### Socks – the good news!

Many people on the uniform committee have reminded me that I have not yet shared that the new socks for our new uniform will be plain white. Therefore, the costs will come down significantly from our current socks. This was a direct response from our uniform survey put out last year where many parents pointed out that the current socks are expensive and difficult to launder. The plain white socks will be available from the uniform shop when the new uniform comes into stock.

From the principal continues over the page ...



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PRIMARY SCHOOL

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www.graceprimary.qld.edu.au

Absentee Line: 3283 0088  
absent@glps.qld.edu.au  
SMS: 0427016460



From the Principal continues ...

### **Carols – the even better news!**

Thanks to the 114 people who returned our survey which asked if our community would like the carols event in 2019 on the Dalton oval or at the College in their indoor venue. 84% of people indicated they wanted it on Dalton oval and not in an indoor venue. Thank you to the 9 people who commented with 2 asking could we use the Grace Primary School hall as a back-up if the weather is bad. As we seat over 1000 people at this event (including students and families) this could not happen because our hall would not seat this many people. Others asked why we are not still using the central oval and this is relative to getting staging in past the tennis court fence which is difficult to do however we have worked out how to do this for our fete on 8 June this year. To confirm though – our carols event 2019, weather dependent, will be on the Dalton Oval again this year.

I do appreciate people giving us feedback though and again thank all who did this via the survey.

Trudy Moala, Principal



### **Pastor's Message**

We live in a world of competing stories. If one listens to the mainstream news it is not hard to find one group of people demanding action one way, whilst another group asks for the opposite. It is not unusual for there to be strong different opinions in social or family groups. And probably more than one parent or child have had very different ideas on certain things!

In the Holy Gospel for this Sunday we hear the account of the Temptation of Jesus. After Jesus was baptised He went into a retreat for 40 days and nights. During this time He fasted. At the end of 40 days He was very hungry. The Bible then records that Jesus faced various temptations from the devil to misuse the power He had been given. But Jesus responded by drawing on the truth of God's Word, and His trust in the heavenly Father.

There are times when we do give in to temptation. We say the things we know we should not say, we think the things we know we should not think, we do those things which we know we should not do. Sometimes these can be quite minor. Other times we know we have hurt others.

The Good News in the account of Jesus' Temptation is that, not only does God give us strength in difficult times, He also gives us grace and forgiveness through Jesus.

As Christians step into a season known as 'Lent', may you know God's strength and love in Christ Jesus.

God's grace and peace.

Pastor Mark

Email: [PastorMark@glps.qld.edu.au](mailto:PastorMark@glps.qld.edu.au) Phone: 0499 014 189



## **BOOK IN FOR OUR NEXT PRINCIPAL'S TOUR**

**5.30pm-6.30pm**

**Thursday 14 March 2019**

If you have any family or friends who you think would be interested and benefit from coming along to our upcoming Principal's Tours on Thursday 15 March 5.30pm-6.30pm and Tuesday 2 April 9am-10am, please encourage them to call our Enrolments Officer Mrs Johnson on 3283 0011 to book their spot.



## From the Deputy's Desk

Friday 15 March – “Wear Something Orange” to support National Day of Action Against Bullying and Violence

### What is Bullying?

**From: Grace Lutheran Primary School - Parent & Student Handbook**

Our school defines bullying as *the deliberate, repeated, conscious desire to hurt, threaten or frighten someone else*. This can be done physically, verbally, electronically or through the use of non-verbal behaviours such as intimidation, threatening signs or exclusion.

The following behaviours are considered to be unacceptable, and when carried out in a **deliberate** and **repeated** manner are considered to be acts of bullying:

- ◆ hitting, punching, pushing others
- ◆ interfering with other people's property
- ◆ using offensive, harmful or obscene language
- ◆ repeated teasing, calling names
- ◆ excluding others
- ◆ cyber bullying

### BELIEFS ABOUT BULLYING

We understand that bullying can take place at any time and in any place.

We believe:

- ◆ Everyone has the right to feel safe and secure in the school environment.
- ◆ To enable bullying to be minimised and eliminated, it must be reported and dealt with.
- ◆ It is the responsibility of students, staff and parents to provide a positive culture where bullying is not accepted.

### **Friday 15 March – “Wear Something Orange” Free Dress Day**

For: National Day of Action Against Bullying and Violence

Grace Lutheran Primary School is a school registered to engage in this special awareness day.

By encouraging your child to come in free dress and wearing some orange (for example: a ribbon, T shirt, shorts, socks or hat) your child will be engaging in an opportunity to take a whole school stand against bullying and violence. Please allow your child to also bring a gold coin donation and all funds raised will be given to our sponsor school Stepping Stones in Cambodia. Kids helping kids!

**Free Dress acceptable clothing includes:** Sport shoes (joggers or school sports shoes as Year 1-6 have sport training on this day), tops with sleeves with no inappropriate print or images and covering the torso completely, shorts the same length or longer than the PE shorts or wear long pants or jeans. If girls choose to wear dresses or skirts, they need to wear the brown Grace runner shorts as well. Hats are required on this day. Students may choose any colours in their attire to wear, but ‘wearing something orange’ on the day will show support for this day.

**Activities focusing on:** ‘Friendship-building’, ‘Fun’, ‘Acceptance’, ‘Inclusion’, and ‘Awareness’ will be taking place in the play breaks. These will be organised by the Year 3-6 SRC reps. Specific year level lessons will be run in class time by the teachers to help build awareness on how to support one another. Our Chapel service will focus on Kindness and Helpfulness to others.

Parents are encouraged to support this day by engaging in discussions with their children and looking up the website [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to learn more about this day.

Kathy Stock, Pastoral Care





### **Class Social Parent Reps Update**

By now all families will have received a letter from their child's class parent rep introducing themselves to you and requesting your consent to join their weekly text message updates and reminders to help keep each class group organised and informed. If you haven't already done this, I encourage you to do so. A big thank you to our Parent Rep team for taking on this role for our classes this year. They will also plan social catch ups for students and for parents from time to time so please make sure you're on the contact list to join in.

Also, this year our Parent Reps have offered to do one collection of money at the beginning of the year to cover the 3 key events we traditionally celebrate each year – teacher's birthdays, World Teacher's Day, and end of year thank yous. If you would like these events covered for you and join the class-wide celebration, please contact your parent rep to advise and provide your contribution.

A list of our Parent Reps for 2019 is below:

## **2019 Class Social Parent Representatives**

PR	Anthea Noble & Anna Kay
PB	Bridget Saltzer & Shena Dale
PW	Toni Empringham & Valerie Wright
1A	Kelly Kindred & Sheree Allan
1N	Kylee Brown & Bec Caporn
2F	Shannon Bielby
2W	Katherine Tracey & Lyndsay Lawler
3D	Petra Petherbridge & Smilja Bryant
3H	Karina Ivory
3B	Rebecca Hunt & Anita Kellett
4N	Annelise Gabriel
4T	Julia Steffen
4W	Nicole Caddy & Tina Smith-Roberts
5M	Kylie Ellwood
5N	Lisa Blandford & Jenna Bostock
5CB	Nicole Hagen
6K & 6J	Louise Sinclair

## Our Fete is 3 months away and we need you!

We are really getting to the nitty gritty end of organising our School Fete which will be on Saturday 8 June from 12noon – 6pm. There are lots of exciting stalls and activities planned and Mrs L is working hard on an exciting stage program too. It will certainly be a magical day for our school community so make sure you get involved. To keep updated on our Fete plans, please like and follow our Grace Fete facebook page: [www.facebook.com/GracePrimaryFete/](https://www.facebook.com/GracePrimaryFete/).



### *It takes a team to pull a special event like this together...*

If you can do any of the following please let me know asap. With regards to donations, if you run a business or know someone who runs a local business that would like to support our cent auction, we would be most grateful to receive items or vouchers to make up our prizes. Our P&F will also be out and about looking for families to sign up as volunteers on the day. We would appreciate it if you could commit to even just an hour as every bit helps and you'll have fun enjoying your fete team experience. Our Parent Reps will also be helping teachers coordinate their Year Level stalls/activities, so please support them where you can.

### We need help with:

- Sponsors for the event
- Offering a raffle/cent auction prize donation
- Being a stall convenor
- Helping on a stall
- Helping with the set up and pack down.

What we have planned already:

➔  
Plus lots of fun rides and sporting activities, food stalls and food trucks and of course FIREWORKS! Watch this space for information on these!

Email me NOW on [karenmisso@glps.qld.edu.au](mailto:karenmisso@glps.qld.edu.au) if you have any other suggestions or offers within our Carnival theme that can be placed within the school grounds.

Thanks for your support.

Karen Misso  
Marketing Manager

Name of Stall	Convenors
Chocolate Wheel	Year 5
Jar Tombola	Year 3
Cent Auction	Staff Administration group
Plant Stall	Year 4
Treasure Chest	Year 6
Canvas Handprints	Prep
Student Art & Frames	Teacher Aides group
Glowies	Year 1
Knock 'em Downs	Year 2
Cake Stall	Rebecca Crew
BBQ	Simon & Nicole Hagen
Show Bags	P&F
Soft Drinks Trailer	Kylee & Michael Brown
Diner	Talluah Harper
Cafe	Position vacant
Soccer shoot out	Peninsula Power
Tennis Extravaganza	Chris Novic – Focus Tennis Academy
Lucky Ducks	Grace Swimming
Book Stall	Grace Congregation
Fruit Stall	TBC
Craft Activities	TBC
Hair Accessories Stall	UMS
Community Services	Julian Field – Fire, Police, Ambulance, Indigenous Groups
Eco Marines	Eco Marine Team + Jasmine Deighton
Water Van	Unity Water
Charity Info Stall	School Aide
Junior Activity Zone	Grace Creche & Kindy
Robotics Battle	GLC
Fly A Drone	Johnathon Fife - STEM
First Aide	GOSHC + Dr Melita Cullen
Roving characters	GLC Drama Students

## **GASP is starting next week**

The Grace After School Sports Program is for all students in Prep - Year 3 and is a Grace Lutheran College initiative designed to encourage children to be actively engaged in sport, health and fitness in a fun, safe and positive environment.

If you would like your child to participate, please register via <http://www.glc.qld.edu.au/GASP> Programs run on Wednesdays and Thursdays from 3:15pm to 4:15pm. Cost is \$40 for 4 weeks.

Please note: Soccer on Wednesday is full, however there are spaces still available for Netball.



### **At the Tuckshop**

Our Tuckshop is open Wednesday, Thursday and Friday. Our first break is at 10.20 - 11.10am, this is our main lunch break. The second break is afternoon tea from 1.10 - 1.35pm.

#### **Online Ordering**

Online ordering has been made easy by using Flexi-Schools. You can download the App or register at [flexischools.com.au](http://flexischools.com.au). Online orders close at 8.15am and orders over the counter at 8.45am.

#### **Brown Paper Bags**

When writing on brown bags please put student name, class what break (1st or 2nd) and the items you want. This will ensure your child receives their order.

#### **No EFTPOS at Tuckshop**

Please remember Tuckshop is cash only as we don't have an EFTPOS machine. When purchasing items at the counter we would appreciate smaller notes as we only have a small amount of change. Thanks for your support.

#### **New Smoothie Range**

Exciting news, we have a new range of smoothies. Taste testers have given the thumbs up!

- ◇ Berry Go Round (Strawberry, Blackberry & Raspberry)
- ◇ Grape Escape (Strawberry, Banana & Blueberry)
- ◇ Pash n Shoot (Pineapple, mango & passionfruit)



#### **Helping out in the Tuckshop**

We are needing volunteers, even if its for 30 minutes in the morning when you drop your child off. I have done a roster for the term please come and visit and put your name on the list.

Christina Meek, Tuckshop Convenor Email: [tuckshop@glps.qld.edu.au](mailto:tuckshop@glps.qld.edu.au)



### **From the Library**

Scholastic brochures for Issue 2 were distributed to classrooms this week except of course for Year 6, who will receive theirs next week.

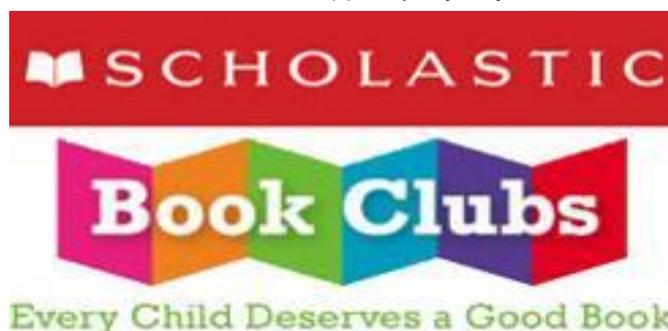
Could all cash orders please be placed by Friday, 15 March in an envelope with the correct cash (change cannot be given)? Please have your child's name and class clearly marked on order and envelope. These are to go to reception or to your child's teacher.

Online orders via LOOP, will remain open until 10am Monday 18 March.

All orders will be delivered to your child in their class. If you do not wish for this to happen (maybe you want to keep as a surprise) mark your form accordingly.

Thank you for your support through ordering from scholastic as this allows us to purchase new resources for the school library.

Elaine Varley, Library Aide



### Pancakes for Shrove Tuesday

There were smiles all round as Grace Primary students enjoyed pancakes today for Shrove Tuesday on 5 March. A big thank you to our P&F for making this treat day happen.



### Brave Hearts Ditto 'Keeping Safe' Show

The Prep – Year 2 students enjoyed hearing positive messages about how they can be empowered to keep themselves safe.

They heard about yes and no feelings, that private parts are private, that there are no secrets too yucky to tell someone about and that it is ok to say 'No' if you feel unsafe or unsure.

A strong message that was expressed was to run and tell someone you can trust if you are feeling unsafe.

The show was presented with the Ditto character (lion cub) and the students enjoyed hearing positive messages through songs and actions.

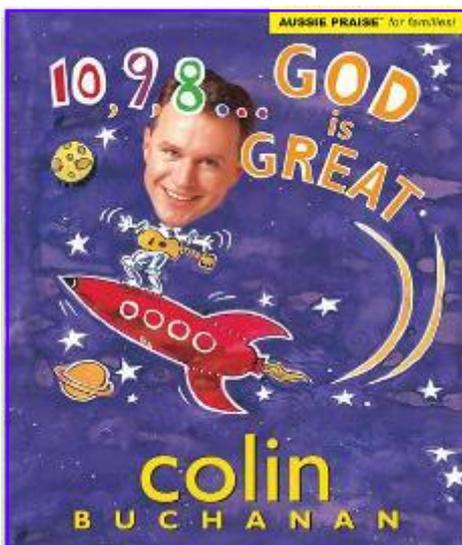
The students enjoyed the antics of 'Ditto' and the messages were all presented well and very appropriate for this age group. A great presentation!



### Easter Fun Day

Grace Primary will be having an Easter Fun Day on Thursday 4 April, finishing with a special performance by Colin Buchanan a popular children's performer.

Colin's show comes full of the usual music, mayhem – and mess! Sing along to your favourite Colin songs with Australia's #1 kids Christian artist and be part of a unique show that will have the whole family – young, old, very old and middle-sized – singing and laughing along.



**LIVE IN CONCERT**  
**COLIN**  
**BUCHANAN**  
**Thursday 4 April 2pm**

# What's Coming Up at Grace Primary

Friday 8 March	Worship in the Hall 8.40am Prep-Yr 3 Sport Yrs 4-6 Sport at GLPS
Tuesday 12 March	Inter-Lutheran Swimming
Wednesday 13 March	Camp Quality Puppet Show
Thursday 14 March	Principal's Tour 5.30pm
Friday 15 March	<b>Free Dress day (wear something orange)</b> National Day of Action against Bullying Worship in the Hall 8.40am Prep-Yr 3 Sport Yrs 4-6 Sport

## Date Claimers

Thursday 28 March	Performing Arts Showcase
Friday 29 March	GLPS Cross Country
Thursday 4 April	Easter Fun Day
Friday 5 April	Student Free Day & Parent Teacher meetings
Saturday 8 June	School Fete

## Community News & Events

**PLAY WATER POLO** with the **Polo Bears**

**TRAINING CLINICS**

COMBINATION	ELIPPAH BALL
9 - 13 YEAR OLDS	8 - 9 YEAR OLDS
10:30AM - 12:00PM	9:00AM - 10:00AM

WHAT'S INCLUDED: LAND AND WATER, SKILLS, DRILLS, BASIC RULES AND GAME PLAY  
WHERE: CRAIGSLEA STATE SCHOOL POOL, 665 HAMILTON RD, WEST CHERMSIDE 4032 QLD  
WHO: BOYS AND GIRLS WHO ARE COMPETENT SWIMMERS  
COST: \$55/PLAYER

FOR FURTHER ENQUIRIES OR TO SECURE YOUR PLACE EMAIL: [development@polobears.com.au](mailto:development@polobears.com.au)

**Junior Engineers**

April school holiday programs in **CODING AND ROBOTICS** For Kids

Variety of fun, hands-on and engaging workshops between 8 - 18 April 2019

- Code & create your own website
- Design & develop arcade games
- Build & program your own hand held gaming console - GamePal
- Hack Minecraft **and much more!**

Multiple Locations

- > Belmont
- > Cannon Hill
- > Corinda
- > Indooroopilly
- > Newmarket
- > North Lakes

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REGISTER TODAY AT [www.jnengineers.com.au](http://www.jnengineers.com.au) | 1300 089 344



**Grace Lutheran Primary School**  
Ph: 3283 0011

[graceadmin@glps.qld.edu.au](mailto:graceadmin@glps.qld.edu.au)  
[www.graceprimary.qld.edu.au](http://www.graceprimary.qld.edu.au)

**Student absences:**  
Ph: 3283 0088  
SMS: 0427 016 460  
[absent@glps.qld.edu.au](mailto:absent@glps.qld.edu.au)

[www.facebook.com/GraceLuthPS](http://www.facebook.com/GraceLuthPS)

**Uniform Shop**  
Trading Hours:  
**Tuesday, Thursday**  
8:00am-11:00am  
**Wednesday Afternoon**  
2:00pm-4:00pm  
Ph: 3283 0022  
or  
Place orders using the Grace Primary online school shop

**Worship at Grace Lutheran Church**

Maine Rd, Clontarf

8:30am Worship Service  
8:50am Sunday School  
2nd & 4th Sunday

**Grace College Chapel**  
Mewes Road, Rothwell  
5:30pm Worship Service

ALL WELCOME



[www.facebook.com/GraceChurchRedcliffe](http://www.facebook.com/GraceChurchRedcliffe)  
[www.gracelutheran.org.au](http://www.gracelutheran.org.au)

## Tukkr Lunch Delivery Service @ Grace Primary

Need help with your children's lunches on Monday and Tuesday. Tukkr has added new items to their menu, please visit [www.tukkr.com](http://www.tukkr.com) to order

JUST 70% OFF ON YOUR FIRST ORDER AT [www.tukkr.com](http://www.tukkr.com) (MINIMUM \$20)

**Tukkr**  
School meals. Delivered fresh.