



Ephesians 2:20 "...built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone."

WHAT'S ON

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Principal



Social Media

Last Wednesday evening, at the Life Symposium *Before You Hit Send* held at St Peter's Indooroopilly, Rebecca Sparrow and her panel, B105 Saturday morning hosts Sarah Wills and Lise Carlaw, presented a very

helpful list of dos and don'ts of social media tip for parents and children.

In summary, Rebecca's main message was that the two most important points in dealing with social media and life are:

1. **Choose the right friends** (this is something that you do have control over), and
2. **What are your values?** What do you stand for?

The panel went on to say that the key to happiness is your close friendships. Social media can be very addictive so you need to manage this, rather than it managing you! You always need to protect your headspace.

Ask the questions:

- Is it useful?
- Does it make you feel happier?

- Who are you 'following' and why?
Only follow those who inspire you.

Another good point that she made was that, if you are studying and your mobile phone is next to you, then there will be approximately an 80 per cent lack of concentration, as the device will be a distraction to you. I have included the link to her website that gives some helpful guidelines in navigating this challenging world of social media: rebeccasparrow.com/.

Queensland's Triple P Positive Parenting Program, as reported in *The Courier-Mail*, on 11 May, urged parents to develop an open dialogue with their children rather than waiting for sexting incidents to occur. Australian cyber-safety expert Susan McLean called on Mums and Dads to talk to their children about the risks of sexting, even though it can be embarrassing and awkward.

Please be assured that the College staff proactively address these matters with the students on a regular basis, as we continue to work in partnership with you.

We thank you for your continued support, as we work with you on your child's educational journey.

In His Service,



Jill Lange-Mohr, Principal

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The Importance of Grit

Last week at the Indooroopilly P-12 staff meeting, while presenting to staff about Positive Education, I made reference to one of the most famous behavioural experiments of the 20th century that was conducted

at Stanford University in the 1970s – ‘The Marshmallow Experiment’. In this experiment, a marshmallow was offered to a group of four-year-old children on the understanding that, if they could resist eating the marshmallow, they would receive two later on. It was carefully noted how long each child resisted the temptation. The study found some interesting long-term results. Children who were able to delay gratification at age four, were significantly more competent, achieved higher standardised test scores and were more successful across a wide range of criteria at school as they entered adolescence.

Some important learnings arise from this experiment; most particularly, if our children are to succeed, they will need to develop the ability to defer gratification. Deferring gratification can

be seen as the ability to choose to do something harder than to choose to do something much easier when presented with options. This link between impulse control and success points us to a deeper wisdom – that the path of least resistance is not always the best path and that the benefits of sticking with something difficult and challenging can yield a greater reward. According to University of Pennsylvania psychologist, Angela Duckworth, this ability to stick with things, or perseverance (what she terms ‘grit’), matters more in achieving our full potential than intelligence or skill.

At St Peters, we provide our students with a range of opportunities and experiences that take them out of their comfort zone, attempt difficult things and require them to stick with it. Ironbark, in Year 9, is perhaps the best example of this. Whether it’s survival, the solo, Jacob’s Ladder, the four-day hike, or simply being away from the comforts of home for an extended period, the experiences of Ironbark are crucial in helping our students to develop ‘grit’ and, ultimately, achieve their potential. As much as we often want to smooth the path for our children in life, having to grapple with challenge and stick at things, even when it is not easy, is critical to success in life.

Tim Kotzur, Head of College



Follow Mr Kotzur on Twitter
@Head_StPeters

Snapshots in Time (NAPLAN), Quick Judgements, Deep Truth

Snapshots in time. NAPLAN is about benchmarking how a student is doing compared to standards around Australia. Even though it is used to compare schools and their performances, it is only a snapshot of a task done on that particular day. It is certainly not a comprehensive, or yearlong assessment of ability or achievement.

Snapshots in time. When I had just moved to Adelaide to study to be a pastor, I went to have a late night milo with my sister. Another young woman in her pink dressing gown had come down to the kitchen in the student accommodation. My sister said, ‘This is Angela.’ I said hello, nothing happened (Angela doesn’t even remember the incident), and it was eight years of a young man needing to grow up before we were married.

We are very quick to make judgements about ourselves or others, based on a snapshot of one instant. We get one thing wrong, and we are down on ourselves. We see someone do something poorly, and we may despise them. We see something average, and think that person is just average. We see someone doing something really well, and we think that every other part of their life is perfect. We don’t know the comprehensive story.

God takes snapshots of us. No matter how our snapshots look and are judged, God sees bigger and deeper; to safe arms holding us; to events working together to push us and transform us from being shallow and selfish to trusting and hopeful and useful; from being full of secret shame to being forgiven and free. Faith means trusting that God is real, is good, and cares passionately about each one of us. Deep truth.

Pastor Michael Mayer

Christian Life Week 2017

During the midyear holidays, LYQ are again offering Christian Life Week camps for high school students at Coolum and Koojarewon.

A week of activities, fun and exploring faith in the company of other young people. Earlybird registrations close 29 May. Check it out at www.lyq.org.au/clw.

A discount is available for members of our community. Please talk to Pastor Michael Mayer or Pastor Thomas Böhmert for details.



Queensland Bishop to Visit Arise

This Sunday, 21 May, Bishop Paul Smith will visit Arise to share a message of encouragement and see what has been happening here at Springfield. Come along to meet the Bishop of Queensland, and join in worship and fellowship time over morning tea.

Service is at 9 am, followed by morning tea.

If you would like to receive regular email information about Arise from Pastor Matt, please email m.wilksch@stpeters.qld.edu.au and you’ll be added to the email list.

MOTHERS' DAY BREAKFAST



YEAR 9 SCIENCE

Senses and Sensibility

The Year 9 students have been learning about sensory organs and the nervous system in the early weeks of Term 2, and, as part of their investigations the students dissected a cow eyeball and a sheep brain. While these experiences are not for the faint hearted, the students dove in and thoroughly examined these sensory processing tissues.

Michelle Thygesen, Teacher



2017 TERM 2 LUNCHTIME CLUBS



	Monday	Tuesday	Wednesday	Thursday	Friday
10:20–10:40 Year 4–6 Play	Debating Club Years 5–6 CH11 DWM CLO MKN SLE HBU	Book Club Group 1 Years 5 and 6 CH08 CLO	Just Dance Club Years 4–6 CH16 DBR	Readers Cup Year 6 CH11 MKN	Book Club Group 2 Years 5–6 CH08 CLO Simple Machines Years 4–6 CH17 CJE
10:40–11:00 P–3 Play	Chess Club Years 3–4 (Year 4s can bring their lunch)	Unity Club Years 1–3 CH11	Craft/Origami Club Years 1–3	Zumba Club Years 1–3	Construction club Years 1–3 MBO2 HBO
	Coding Club Year 1–3 CH14 RWO	Chess Club Year 3–4 (Year 4s can bring their lunch) Gardening Club Years 1–3 (Prep may join in, while we are in their play area)		Kids Club Year Prep MB05 Gardening Club Years 1–3 (Prep may join in, while we are in their play area)	
12:35–12:55 Afternoon Tea Break	Poetry Club Years 4–6 CH11 MKN		Homework Club Years 4–6 CH09 SLE		Typing Club Years 1–3 CH14 DWM
			Drawing Club Years Prep–2 MB04		

Highlighted clubs run by the Year 6 Students



SPORTS DRAWS

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QGSSSA Cross Country

Congratulations to Marika D, Ariel, Caitlin M, Shanteal H, Leilani R and Sydney D who, last Saturday, represented St Peters at the QGSSSA Cross Country Championships. It was an outstanding day with St Peters finishing fifth overall, two places better than last year, and only one point off fourth place. Well done to Caitlin M and Shanteal H in the 14 Year girls who finished ninth and tenth, respectively; as well as Leilani R who finished 25th in the 13 Year girls. St Peters also placed second overall in the 14 Year Age group and third in the 13 Year Age Group.

Shanteal H was also awarded the Katie Swords QG Cross Country Award for Spirit for 2017. Shanteal suffered a significant injury, the day before; and, although in significant pain, ran. This typified the spirit shown by all girls last Saturday, in achieving the result. Well done, girls!

WDNA Primary Girls Netball

St Peters Team 7

It was a nail-biter that had us gripped to the edge of our seats! A real tug-o-war between two very deserving teams, showcasing their ever developing skills and determination. Our St Peters 10 Years netballers – who left everything out there on the court – were unfortunately beaten after the buzzer, on a penalty goal that no one, including the shooter, knew counted. Both teams walked off the court shaking hands and holding their heads high and, while on paper, we were beaten by one; in our hearts, we took a win home that day.

St Peters Team 3

St Peters 3 had a fantastic game on Saturday. They played Centenary 21 and came away with a 12–5 win. The girls were strong in defence, which is what we've been working on, at training. It has been wonderful to see their confidence growing with each game. Taashya P, Ellyza R, Sara S and Jasmine D did a great job in the goal circle throughout the game. Well done, girls. Keep up the awesome effort!

AIC 5B Football

On Saturday, the Year 4/5 football team were defeated by Ashgrove 2-1 in an extremely close encounter. St Peters dominated the first half; but credit goes to the opposition, who came home strong in the second half. They were two very evenly-matched teams and it was entertaining to watch from the sidelines. Alex D was excellent, once again, as the team's goalkeeper, saving a number of certain goals. Well done also to George G, who had numerous shots on goals during the match and was rewarded with the first goal of the game in the first half.

QG Sport Winter Sport Preseason Trials/Training

Preseason trials and training are now underway for Winter Sports including Netball, Volleyball, Tennis and Hockey. All information regarding training times and venues can be found on the St Peters App. Girls are asked to please read emails from Mr Lohe carefully, for relevant information; and, if any girl is unsure of anything, please see Mr Lohe as soon as possible.

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AIC Term 3 Sport Sign On

All boys from Years 5–12 will have received an email regarding sport sign on the Term 3 Sport. All boys interested need to fill out the online form to register their interest. If you have any questions, please do not hesitate to contact Mr Lohe.

Met West Representative Sport

We wish the Olivier H, Cameron A-W and Aiden M well at the 12 Years Met West Football trials. These students have been training hard since the end of Term 1 in preparation for these trials. Good luck to all students.

We also congratulate Cassie P, Eseta L, and Tyla S who recently competed at the 18 Years State Basketball Titles in Cairns. The girls and their Met West team went through the pool stages undefeated but unfortunately lost the final. We congratulate these girls on an outstanding achievement. Well done also to Cassie P, who has been selected as a reserve for the 18 Years Queensland team.

St Peters Lutheran College
Springfield

Open Day

Wednesday 24 May 2017



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opportunities

IMPORTANT CONTACTS

Reception 3470 3888 • springfield@stpeters.qld.edu.au

Attendance 3470 3850

[Click here to view the complete contact list](#)

ST PETERS PORTAL

Please be aware that the most up to date information regarding sport in 2017 can be found on myStPeters on via the St Peters App. General sport information booklets, individual sport booklets for Girls and Boys Sport, and seasonal and weekly draws can be found by logging into myStPeters or St Peters App.