



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

WHAT'S ON

[Click here to access the online calendar](#)

From the Principal



...for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.
– Romans 3: 23-24

There are some days when life seems tough. Over the past few weeks, there have been the usual winter sicknesses. This always seems to come at the time when student assessment is at its peak! I heard a quote recently that went something like this: 'Never let success go to your head nor failure get to your heart.' In trying times, it's important to focus on doing and being the best that you can be under the circumstances. With God's grace, we will continue on when life becomes difficult.

Term 2

Term 2 has been very busy with many exciting events and activities. Final assessment for Semester 1 is occurring this week. I commend our students on their diligence and our staff on their dedication to helping our students to achieve their best.

Recent IT Improvements

I'm pleased to update you on a number of recent IT upgrades:

- 14 classrooms updated with interactive whiteboards;
- 16 upgraded security cameras;
- 50 new iPads for P-3 students;
- 60 new Chromebooks for P-3 students; and
- Additional IT Support staff member two mornings a week.

Parents & Friends

Thank you to the P&F Committee who have funded a new mobile stage. The P&F will also fund special stage lighting in PA1. We are excited for the installation in time for Year 8 Production rehearsals in Week 1 of Term 3!

Each term, families pay a P&F levy. Accumulated funds support these important projects for the benefit of our students.

Being 14

Recently, I was interviewed by well-known journalist, Madonna King, who is writing the history for the 25th anniversary of Springfield. At the end of the interview, she told me about her new book, 'Being 14'. I'd like to share her top five observations of 14 year-old girls, made after interviewing 200 girls and professionals including teachers, counsellors and police:

- **Lack of Sleep:** Seven in ten 14 year-old girls don't get the recommended nine hours sleep. This can affect their IQ!
- **Anxiety:** Increased levels of anxiety are being experienced by our 14 year-old girls;
- **Online Porn:** is becoming the dominant 'sex educator' and is leading to girls not respecting themselves;
- **Loneliness:** More connected than ever, our girls can feel utterly alone, thanks, in part, to the inappropriate use of social media; and
- **Parents Involvement:** Parents are jumping in to 'save' their children from disappointment too quickly, which is harming the ability of girls to make independent decisions and to develop resilience.

Where to from here? These girls want us (especially their mothers) to stop, stay calm and to really hear what they are trying to tell us.

Enrolments

Enrolments for 2018 onwards are strong. If you intend to enrol other children in your family, please do so as a matter of urgency as classes are filling. Please encourage any friends who intend enrolling their children at St Peters to act quickly!

I thank you for your continued support as we partner with you on your child's education journey.

In His Service,

Jill Lange-Mohr, Principal

Term 3 School Fees

Electronic Billing

St Peters school fee statements will be sent electronically to your nominated email address*. Billing will occur at the start of the term break, so please look out for your account.

Account details will also be available on the parent portal.

The due date for payment is Friday 7 July 2017.

Credit Card payments (Visa/Mastercard) attract a surcharge of 1%.

*A printed statement will continue to be mailed where requested.

Lutheran Schools Week Walk

During Lutheran Schools Week, St Peters Primary students participated in a lunch-time Awareness Walk. Students walked laps of the oval in honour of children in other countries who walk great distances to access water, food, medical services, education, work and safety. All up, our students covered 302.6kms in 20 minutes! This energy, coupled with God's love and compassion, will change the world!



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SPY Night: One-Sie Movie Night

for Years 7-12 students: 16 June,
6.00-9.00pm, The Hub
Bring your best one-sie, snacks and
\$5 for pizza.

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The Importance of Sleep

Sleep. This might seem like an odd topic to write a newsletter article about. In fact, in an environment where improving student learning is our core business, understanding the importance of sleep

is absolutely critical.

Sleep is crucial for effective learning to occur in our children and young people. Sleep helps the brain to consolidate the learning that occurred during the day, and enables it to be reset for more learning to occur the next day. When sleep is insufficient or disturbed this consolidation process is impaired. Lack of sleep or interrupted sleep is linked to reduced alertness, poorer concentration, irritability and depression. This is because the most powerful chemical in the brain that protects against these things, serotonin, is most active between the sixth and eighth hour of sleep.

Most of us, including adolescents, fail to get enough sleep. The research is pointing to between eight and ten hours sleep a night as the optimal amount for adolescents. Interestingly, there is no such thing as a 'sleep bank'. Just

because you sleep ten hours one night, doesn't mean you can get away with six hours the next night.

'Mindmatters', a national Mental Well-being program, promotes the following for a good night's sleep:

- Try to go to bed at the same time each night and get up at the same time each morning;
- Undertake some sort of physical exercise during daylight hours;
- Avoid drinks that contain caffeine after 4.00pm;
- Allow yourself 30 minutes to wind down prior to going to bed. Avoiding phones, tablets and other electronic devices will help (screen time just before bed delays the sleep process and interferes with its quality); and
- Encourage your children (and yourself) to turn devices to silent or, better yet, keep them in another room to avoid sleep being interrupted.

With the school holidays almost upon us, it might be a good time to establish these behaviours as habits so that students arrive at the beginning of Term 3 in an optimal frame of mind for learning.

I wish all our students and families a safe and restful semester break, and look forward to welcoming you back at the start of Term 3.

Tim Kotzur, Head of College

Ecology Excursion



The Year 9 cohort enjoyed their excursion to the Toohey Forest Environmental Education Centre.

They explored two different ecosystems and measured a number of abiotic (non-living) factors, just as environmental scientists do. They also identified the biotic (living) organisms living in the local waterway and used this data to calculate the health of the creek.

This experience provides vital foundational skills for Senior Biology. As usual, our students did us proud with their enthusiasm and good behaviour throughout the day.

Dr Michelle Thygesen, Teacher

Technology Students Tackle Innovation Projects

This term, Year 9 Technology students worked on an innovation project.

For the first time, students will take up the opportunity to enter the Young ICT Explorers competition in August. Young ICT Explorers is a non-profit competition that encourages school students to create their best Information and Communication Technology (ICT) related projects.

On Tuesday, Old Scholar Alexis Arriagada-Malone, visited classes to give students first-hand advice about the competition. He placed third in 2013 (Year 10 QASMT) with his robotic hand design project.

Alexis is at QUT studying engineering with a focus in mechatronics. We thank Alexis for his time.

Gudrun Baessler, Teacher

Third Force: Law of Three

Look for the Unexpected New Way Forward

The Christian God is experienced as Trinity – three persons in one God. We are very used to operating with a law of two: either/or; friend/enemy; included/excluded; useful/useless; I'm right/you're wrong. Those are very helpful categories, but what if God's creation is built on a deeper principle - that of triads - where the opposing forces of affirming and denying meet the Holy Spirit, the third force, who brings reconciliation and a new way forward that incorporates both.

Think of Jesus on his way to the cross.

His affirming of the weak, the lost and the religious failures meets the denying of the religious leaders colluding with the power of the state to protect the status quo. The result is his death as a reject and total failure. But the third force of the Holy Spirit puts both together – God's goodness and human sin, in self-giving love. So Jesus cries out, "Father, forgive them." It is the Holy Spirit who raises the dead Jesus to eternal life. So, this whole event brings us the certain hope that God is with us in our failures and our fallings, and that there is always a godly way through even our worst and most difficult experiences.

Rev. Dr. Cynthia Bourgeault teaches that the denying force is also vital in allowing something new to arise, and should not be demonised. That changed the mindset for a woman struggling with weight issues. Her willpower and the desire for healthy food were not working. Instead of thinking that the rich, fatty food was the denying force, she turned it right round. She made the desire for rich food an affirming force, and her need for a good body image as the denying force. That allowed her to consciously honour her body's desire for rich foods. The pressure was off; her eating was no longer a civil war, and that showed in her weight loss.

Look for the Holy Spirit to be the third way forward, who works with both the affirming and denying forces at work in and around you to make something new. May you have some good surprises.

Pastor Michael Mayer, Indooroopilly Pastor



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SPORT

Head of Primary Sport, Mr Jeremy Lohe p: 3470 3888 e: j.lohe@stpeters.qld.edu.au

AIC Rugby and Football

Congratulations to boys who represented St Peters in the AIC Rugby and Football Seasons. In 2017, 78 boys represented the College across these sports. This is a wonderful testament to the dedication of students and parents to their chosen sport.

Congratulations to the 8A Football team who secured a Premiership with a win against St Edmunds on Saturday. This team included three Year 8 boys from Springfield: Themys A-M, Lewis D and Chris O. These boys have played wonderful Football throughout the year and deservedly won the St Peters AIC Football Team of the Year.

I commended all boys on their efforts throughout the season and look forward to 2018 with excitement. A number of boys excelled throughout the season and were rewarded with the following awards:

Rugby Awards

- Riley S: 9A Best Forward Award and selection in the St Peters Barbarians team;
- Noah D and Hassan S: AIC Rugby Team of the Year (7A);
- Baguio J-T: First XV No. 8 Jersey; and
- Rylan C: First XV Jersey.

Football Awards

- Kevin M: 5B Coaches Award;
- Matthew M: 6A Coaches Award;
- Bailey S: 9A Coaches Award;
- Jamie N: 5B Coaches Award;
- Themys A-M: 8A Coaches Award;
- Lewis D: AIC Football Top Goal Scorer; and
- Themys A-M, Chris O and Lewis D: AIC 8A Football Premiership and St Peters AIC Football Team of the Year.

WDNA Netball

Team 9

St Peters 9 have shown great perseverance through their hard work at trainings and have once again triumphed over the opposition! Lots of our girls scored their first goals this weekend: Kirrily, Amy and Sophie! Sophie was our player of the match, scoring two goals, and was relentless with her attack and defence. Well done girls – keep up the great work and team spirit!

Team 7

Our Under 10 netballers delivered a thrilling win over Springfield Lakes on Saturday. The girls displayed courage as they stepped out of comfort zones to try new positions and use different skills. A special mention to Lucy L whose tireless practice at shooting has paid dividends and to Alisha D whose hard work and persistence in the centre was truly admirable! Each and every player put in an outstanding effort and I was proud to see the way they encouraged each other! Congratulations girls!

Team 3

St Peters 3 went down by one point to St Josephs 14 on Saturday. It was a hard fought game, and the girls played with heart. The lead changed a few times during the game, with our defenders working on their rebounding skills and our attackers feeding the circle well. The final score was 10-9. We are sitting in third place and our goal is to make the semi-finals at the end of the season.

Met West Rugby League

Congratulations to Amiee J (Year 9) who has been selected in the Met West 15 Years Rugby League team. Amiee is the first girl from St Peters



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to make this team and we congratulate her on this achievement. Well done Aimee!

Inter House Athletics

A reminder that the Years 4 – 6 Inter House Athletics Carnival will be held on Friday 16 June at the St Peters Springfield oval. All parents are welcome. 12 year-old Year 7 students will also compete on the day. If you have any questions, please contact, Mr Lohe, Sport Coordinator.

SLAPS Medal Winners



Congratulations to Penelope W (fourth) and Fletcher H (second) who were awarded Southern Lutheran Association Primary School (SLAPS) medals for their outstanding efforts at the Primary School Lutheran Cross Country Carnival.

AIC 5B Football



On Saturday, the Years 4 and 5 Football team played Ambrose Treacy College and were defeated 4-0. It was a tough game against a competitive side but the match was much closer than the score indicated.



St Peters got off to a slow start and were 4-0 down at half-time. To the boys credit, they recomposed themselves and came out playing an attacking style of football in the second half to finish at 4-0 with no more goals conceded in the match.



St Peters dominated the majority of the second half and should be proud of how they finished the game. Well done to Harry B, George G and Jamie N who all went tantalisingly close to scoring in the match. It was a great way to finish the season.

IMPORTANT CONTACTS

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Attendance 3470 3850

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