In Training

I’ve started regularly walking again. Some years ago I’d go for regular morning runs. They were more like walks with some running in between. Eventually it was more running than walking. My fitness level slowly increased and my overall health improved. The motivation was to drop my cholesterol to an acceptable level. But it doesn’t take much to get out of routine. The weather became colder, other responsibilities interrupted my routine and I slacked off.

Now I’ve found a new motivation. I plan to go hiking on my leave later in the year which requires dealing with high altitudes. It feels good to be back in training even though I have to deal with the initial pain and exhaustion of being out of condition. But with the right motivation I know I can get back into a healthier state and all set for my leave.

The bible also talks about training. Paul wrote in his letter to the Corinthians ...I do not run like a man running aimlessly; No, I beat my body and make it my slave so that I will not be disqualified for the prize. (1Corinthians 9:26-27)

The prize Paul was talking about was eternal life with God. He knew that Jesus had already won this prize for him by dying and rising again to new life. Paul had already received that gift of new life from God, but knew that if he slacked off he could end up being disqualified, so he kept up his spiritual training. He regularly immersed himself in God’s word. He constantly prayed/talked to God. He kept his sight fixed on Jesus and followed him. This is good advice.

As much as we need to keep our bodies in good physical condition, we need to keep our hearts and minds in good spiritual condition too. Keep your sights on Jesus and follow him and you won’t lose the prize he’s already won for you.

Cheers, Peter Hage (School Pastor)

Principals Ponderings

Dogs on School Grounds

Due to the possibility of dogs biting small children, St Mark’s requests that parents or caregivers do not bring dogs onto the school grounds.

The only exception to this rule is when parents bring a dog into the school for ‘show and tell’.

Please assist the school in keeping the school safe!

Electronic Newsletters

With nearly 100% saturation of computers in private homes, St Mark’s will be moving to a weekly electronic school newsletter for the commencement of Term 2.

This change in practice will ensure that the School Newsletter makes it home and at the same time saves valuable human and monetary resources.

For those few families who do not have email, the School Newsletter will continue to be sent home in hard copy.

Your support of this initiative would be greatly appreciated.

St Mark’s Easter Fun Fete

Thank you to those parents who volunteered as ‘helpers’ after my plea last week.

This is my sixth and last fete at St Mark’s and it has been disappointing to see a drop-off in parents putting forward their names to assist Stall Convenors. The school fete cannot be held without your help. The time to step forward is NOW!

Andrew Messenger
Principal

37 Hampden Road, Mt Barker SA 5251 T 8391 0444 E contact@stmarks.sa.edu.au W www.stmarks.sa.edu.au
**Prayer Support**

Please keep the following families and staff members in your prayers:

- Claire & Benjamin Baker and Emily & Thomas
- Susan Baker and Tyson
- Pamela & Russell Baldock and Sarah
- Julie Bartle & Craig Browne and Lucas Bartle-Browne
- Debbie & Simon Bell and Henry & Eliza
- Antoinette Brady
- Lauren da Costa

**Forms**

There are still some families who are yet to return the various forms to the school. Could families please undertake to return these forms as soon as possible please.

**Parent Directory**

This year’s directory is taking shape and will hopefully be sent home next week. I hope you find it useful for communication with other St Mark’s families.

I need to point out that the Parent Directory is not to be used as a medium for soliciting business opportunities. A clear statement to this effect is set out on the first page. The reasons for this are two-fold:

1. The spirit of the directory is to assist St Mark’s families to communicate with each other in relation to matters pertaining to the school and/or school community.
2. The Commonwealth Privacy Act (Dec 2001) forbids a Parent Directory to be used for any purposes other than outlined in point 1, without the expressed permission of the families listed in the directory.

Please abide by these points, so no embarrassment or annoyance occurs to families of St Mark’s.

Also as in the past, businesses are invited to put a small advertisement in this publication which is available to all families of the school. The school community is encouraged to support any business operated by families of the school. Please email to the school (contact@stmarks.sa.edu.au) a high quality jpeg file (or pdf is fine) of your business, plus $40 to the front office by NO LATER than WEDNESDAY 15th FEBRUARY.

**Bursary & School Card Applications**

Bursary and School Card Application forms are now available from the front office. Please see Julianne.

**NAPLAN**

Could all Year 3, 5 & 7 families please return their NAPLAN Data Form by this Thursday 16th February at the latest. Details for your youngest child in those years is sufficient. Thank you to the families who have already returned this form.

**PARENTS & FRIENDS AGM – THURSDAY 23rd FEBRUARY**

All families are invited to attend the P&F Annual General Meeting next week. Watch out for the flyer coming home this week.

**Out of School Hours Care - Camp Australia**

If you are interested in utilising the school’s Out of School Hours Care program run by Camp Australia, you can ring Ally (Coordinator) on 0403 731 488.

**Library News**

**Book Club:**

Just a reminder that any book Club orders need to be handed in to the front office by Friday next week.

**MEDIC ALERT BRACELETS**

During a recent EpiPen training session at St Mark’s, a question was asked about whether people with serious medical conditions such as allergies leading to anaphylaxis still wear Medic Alert bracelets? It was acknowledged that a Medic Alert bracelet could serve as an additional tool in being able to recognise children in our school who may need emergency medical help.

Whilst it is not compulsory to wear such a bracelet we encourage parents to visit the Medic Alert website and discuss whether a bracelet or pendant is a worthwhile addition to your child’s wardrobe.

A small sample of the Medic Alert bracelet range is shown below and can be viewed at: http://www.medicalert.org.au/

**Parents & Friends Information**

**Message From Chairperson**

For those that do not know me, my name is Samantha Jones (Sam) and I am the current Chair of the fantastic Parent’s and Friends Committee at St Mark’s. I have Alex in 3SM and Elisha in RNS at the school. Since moving to Mt Barker in 2009 I have been involved with the P&F. After changing schools and moving to the Hills, my family came to St Mark’s not knowing anyone. It was through joining the P&F that I have formed strong friendships with other families and become familiar with many other faces at the school. In the coming weeks, you will learn more about the people on the P&F and what we do. Our year starts with the Annual General Meeting where the various positions are filled and we get stuck into planning the events for the year. The AGM will be held on Thursday 23rd February – more details to follow. I encourage you (especially if you are new to the school) to come along and see what we are about. There is no better way to get to know other parent’s, families and the school than by being involved with the P&F!

**Hot Food Days**

During the year, the P&F organised various hot food days. From this initiative, we are able to raise funds for the school, give parent’s a break from making lunches and put a smile on children’s faces (they really get excited about receiving a lunch order!). Keep an eye out in the newsletter for further information.

**Fundraising – Bulbs**

Our always popular fundraiser ‘Bulbs’ will be starting soon. A catalogue will be sent home soon. Please support this initiative (ask friends, families, neighbours) as all funds raised go directly back to benefitting our children.

Sam Jones – Chair P&F
Ph 0418 802 440 or Email sgm@joneselectrical.com.au
Head Lice  
As head lice is a recurring problem in any school, please find enclosed with your newsletter, two pamphlets from the Department of Health relating to the control of these pesky critters.

Coming Up  
- Bursary Applications Open - Tuesday 14th February  
- Year 8 2014 Information Evening @ Cornerstone College - Tuesday 14th February  
- Assembly - Wednesday 15th February  
- Fete Committee Meeting - Wednesday 15th February @ 7.30pm  
- Year 8 2014 Information Evening @ Cornerstone College - Thursday 16th February  
- Chapel/Installation of Class Carers - Friday 17th February  
- Senior Chapel - Monday 20th February  
- Junior Chapel - Tuesday 21st February  
- School Council Meeting - Tuesday 21st February  
- Fete Convenor’s Meeting - Wednesday 22nd February

For Your Information  
- ADELAIDE HILLS HOCKEY CLUB Come n Try Day - Sunday 26th February 11am-1pm at Anembo Park, Littlehampton. Players wanted for U11’s, U13’s, U15’s boys and girls. Junior training starts Wednesday 21st March 5-6pm under 11 and 13, 6-7pm under 15. Ring 0428 849 753 or email hillshornets@gmail.com  
- MT BARKER LUTHERAN NETBALL CLUB 2012 ANNUAL GENERAL MEETING AND REGISTRATION NIGHT - Monday 20 February 2012 at 7.00pm @ St Mark’s Lutheran Church Hall, Hampden Road, Mt Barker  
- New and existing players, coaches, umpires and members welcome. ‘A’ Grade through to 9 & Under. Enquiries to Juanita Kleinig 0417 872 548  
- MT BARKER FOOTBALL CLUB Junior Registrations on Sunday 26th February, 11-2pm at Mt Barker Football Clubrooms. Under 8, 9, 10, 11, 13, 15 - see you there!

St Mark’s Easter-Fun-Fete.....hop to it!

Saturday 31st March 2012  
10:30am to 2:00pm

An important part of Fete day is the Silent & General Auction.  

For the fete to be successful we require many items and prizes,.  

We are asking if the families of St Mark’s could please donate!  

Any donations will be greatly appreciated.  

Prizes for the children, general auction items, silent auction items & goods for the Yellow Brick Road bag. It all helps!  

(Donations can be left in the front office for the committee to collect)

All monies raised at the 2012 School Fete will be used to purchase Interactive White Boards (IWB’s) in some of the classroom. The children are the direct beneficiaries of your generosity.  

Each stall requires multiple helpers; it’s not too late to put your name down to help!

Thank you to all who have already offered support, That’s the spirit we need for a successful fete.

The next Fete Committee meeting is on Wednesday 15th February at 7.30pm in the staff room. New families are always welcome.

Thank you on behalf of the 2012 St Marks Easter-Fun-Fete.....Hop to it! Committee.

Plants, Strikes, Seedlings and Bulbs!  The plant stall for the St Mark’s Fete is seeking donations!  
Now is the time to plant and/or strike! Please call Emma Shaw 8398 5298 (evenings) to provide any details of donations. Drop off details for donations will be provided closer to the date.  
Get Planting!
# ST MARK’S SCHOOL FETE
## SATURDAY 31ST MARCH 2012

The following listing of parent operated stalls requires your support. Please return the reply slip included in this newsletter.

<table>
<thead>
<tr>
<th>Stalls</th>
<th>Convenor</th>
<th>Helpers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants</td>
<td>Emma Shaw</td>
<td>Kerry Doyle, Nicki Gevers</td>
</tr>
<tr>
<td>BBQ</td>
<td>John Main(APEX)</td>
<td>Mick Borbasi, Walter van Leeuwen</td>
</tr>
<tr>
<td>Fairy Floss</td>
<td>(machine) Ali Schulz</td>
<td>Yvette Mitchell, Ellen Messenger</td>
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<tr>
<td>Yellow Brick Road</td>
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<tr>
<td>Face Painting</td>
<td>Vanessa Hampel</td>
<td>Kerrin Robertson, Sharon Brown</td>
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<tr>
<td>Drinks</td>
<td>Paula Hopley</td>
<td>Lis &amp; Craig Chapman</td>
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<tr>
<td>Ice Cream</td>
<td>Ruth Murphy</td>
<td>Juanita Kleinig, Celia van Leeuwen</td>
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<tr>
<td></td>
<td>Simone Christian</td>
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<tr>
<td>White Elephant</td>
<td>Hannah Dridan</td>
<td>Marie Maddox, Gina Hight</td>
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<tr>
<td>Hot Dogs</td>
<td></td>
<td>Deb Rattray</td>
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<tr>
<td>Milkshakes</td>
<td>Laura Heath</td>
<td>Sarah Fetchen</td>
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<tr>
<td>Baked Potatoes</td>
<td>Charise Middleton-Frew</td>
<td>Wendee Virgo</td>
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<tr>
<td>Yiros</td>
<td>Rob Rogers</td>
<td>Jackie Manly</td>
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<tr>
<td>Sweets</td>
<td>Susan Foord</td>
<td>Caron Brown, Robyn Daddow</td>
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<tr>
<td>Donut Stand</td>
<td>Jo Glover</td>
<td>Tracey Oats-Willis, Symon Gogel</td>
</tr>
<tr>
<td>Animal Petting</td>
<td>Sue Bormann-Ziersch</td>
<td>Susan Naitin, Luke van Leeuwen</td>
</tr>
<tr>
<td>Pony Rides</td>
<td>Marie Noyen</td>
<td>Julianne Ferris, Heidi Raymond</td>
</tr>
<tr>
<td>Badge Making</td>
<td>Adam &amp; Sarah Scott</td>
<td>Antoinette Brady, Donna King</td>
</tr>
<tr>
<td>Finance</td>
<td>Linda Formosa, Peter Maddox, Jane Todd</td>
<td></td>
</tr>
</tbody>
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**STALL CONVENOR/HELPER - SATURDAY 31ST MARCH 2012**

I ____________________________ would be interested in convening/helping (please circle)
(print name)

the __________________________ stall at the 2012 School Fete.
(Please return reply slip to the front office - thank you)