



Year 6 artists creating posters about the spheres of the earth for Science and Art.

# Faith Focus

We sometimes describe unexpected blessings as manna from heaven. This dates back to the Old Testament when God provided a special kind of bread to sustain his people in the wilderness (Exodus 16:1-14). The bread was called manna, which literally means, 'what is it?' because that is the question the people asked when they first saw it.

The story begins with the Israelites grumbling about their leaders. Watching Stephen Marshall's press conferences earlier in the week and reading some of the online comments, it seems as though grumbling about leaders is an age-old art form that is still alive and well. The Israelites forget how narrowly they had escaped slavery in Egypt and how well God had provided for them thus far.

God hears their grumbling. He isn't angry. He provides for them, like a parent for a child, hoping for their gratitude and obedience, but not holding his breath. **'The LORD said to Moses, "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God"'** (Exodus 16:11-12).

The last week of lockdown has been hard on many people, as staff, students and parents have juggled work, family and home-learning commitments. I trust God has sustained you through it and even brought some unexpected blessings along the way. Perhaps returning to school or work this week was your manna from heaven.

Either way, I encourage you to keep looking for the unexpected blessings God places in your path, to refuse to grumble, even when you feel you have good reason to, and to thank God for providing you with daily bread.

*Pastor Ben*

# Important Bits

## Principal Ponderings

Our newsletter this week is a little briefer given the different week we've just had.

My message this week is one of gratitude:

- For the privilege of having our wonderful students in our classrooms again;
- For the laughter, enthusiasm and connections our students bring;
- To our amazing staff who are so committed, professional adaptable, flexible and skilled;
- For your incredible support during this home learning and lockdown period. I admire your multi-tasking and problem solving;
- For technology that allows us to learn and stay connected in different ways;
- For the variety of outside play spaces that mean we can be active during the wet wintery months;
- For a beautiful library full of wonderful books;
- For the care, concern and support our families provide to each other; and
- For your understanding, support and cooperation with current restrictions.

We all look forward to returning to more normal activities. As I receive updated information I will continue to keep you informed.

I encourage you to continue to focus and reflect on wellbeing. We have provided resources for you in today's newsletter.

Please do let me know if you have any questions.

## Flexischools Lunch Orders

**It has come to our attention that some of our families' standing lunch orders may have inadvertently been deleted when Flexischools deleted last Wednesday's lockdown orders. We therefore request that all of our families check their Flexischools account and reinstate their automated ordering should they no longer appear.**

**Any questions, please don't hesitate to contact St Mark's on 8391 0444.**

## Congratulations Amos-Winfield Family

on the arrival of

*Harper Kahlya*

on

*26<sup>th</sup> of July*

**Welcome to the St Mark's community!**



## Coming Up

### July

**As restrictions ease we will inform you about which activities will resume and when we can welcome parents and caregivers back onsite.**

### Book Fair

Due to the current restrictions, in regards to the number of people allowed in a space, it has been decided that our Book Fair will be postponed until Term 4 instead of next week as originally planned.

Regards,

Mrs Paterson

## Student Representative Council Semester 2 Elections

### It's election time again!

All families received a letter regarding the election of St Mark's Semester 2 Student Representative Council (SRC) on Monday, July 19th. Due to the 7 day lockdown, we were not able to complete the election process as previously communicated to families. Therefore, nominations, elections and announcement of Semester 2 SRC will occur as follows:

### Nominations

Classroom teachers will call for SRC nominations on Tuesday, August 3rd (Week 3)

### Elections

Elections through a secret ballot will occur on Thursday, August 5th. Class teachers will count votes using a preferential counting system. Elected members will be announced at the end of Chapel on Friday, August 6th.

We look forward to elections and the Semester 2 SRC commencing their service to our community. Their contribution certainly makes a difference with scheduled lunch clubs, fundraising activities and special school events always a highlight!

Should you have any queries about the election process, please do not hesitate to ask your child's class teacher.

Loredana Saracini  
Deputy Principal

### Lost!

**• School hat, Both • Sports Jumper, Lilly M  
Please return to the Front Office if found.**

# School Life

## Caring for Families During Covid-19

At St Mark's, we know the health of our parent community is key to a happy and settled home environment for our students.

It's important that family members know that it can be normal to feel overwhelmed or distressed by the ongoing changes caused by Covid-19. We encourage family members to take the time to recognise these feelings and adopt strategies that provide resilience and reduce stress so they are best positioned to care for loved ones.

Signs of stress may include:

- no energy or time for self;
- disconnection from loved ones;
- social withdrawal;
- cynicism;
- generalised despair and hopelessness;
- nightmares;
- difficulty controlling emotions;
- pessimism and helplessness; and
- disordered sleep patterns.

Strategies for looking after yourself:

- Exercise - build it into your day, it is helpful both psychologically and physically;
- Healthy eating - Eating a nourishing, balanced diet helps with our overall sense of wellbeing, and while the pandemic continues to affect everyday life, a healthy approach to food is more important than ever in terms of supporting our mental health;
- Sleep - make time for rest. Make it an important part of your day and recognise that you may need more rest than usual; and
- Make time for friends and pleasant events – connectedness helps keep balance and perspective.

Stress management techniques:

- limit your exposure to stressful information and situations;
- use relaxation strategies such as slow breathing, progressive muscle relaxation, positive thoughts; and
- build opportunities for recognising hope and positive strength, think of five things to be grateful for at the end of each day .

Should you require further support, we encourage you to visit the following links:

<https://www.headtohealth.gov.au/covid-19-support/covid-19-support>

<https://www.sa.gov.au/topics/care-and-support/concessions-and-grants/emergency-financial-aid>

<https://www.covid-19.sa.gov.au/>

<https://www.beyondblue.org.au/>

<https://www.lifeline.org.au>

<https://www.lccare.org.au>

Moz Yeoward, our Pastoral Support Worker is available to speak to parents on Monday, Wednesday, Thursday 8:45am – 4:00pm and Friday 8:45 – 11:30am. Because of current restrictions, please contact Moz through the front office on 83910444.

Loredana Saracini  
Deputy Principal



## Returning from Lockdown

Students were greeted in the drop off area by Mr Heyne and extra staff were provided to walk students to class on the first day after lockdown.

Thankfully, our driveway works will be completed and back to normal next week. Thank you for your co-operation over these unusual few weeks.

