



Mr Heyne loves the hot weather!

# Faith Focus

There are millions of people around the world who have said the Lord's Prayer. It's very popular—but not as popular as the prayer, Dear Lord, please don't tell me I locked my keys in the house!

The Lord's Prayer may be familiar to you or maybe it isn't, and you've wondered where it comes from. The Lord's Prayer appears in the bible in the Gospel of Matthew chapter 6, verse 9 to 13 and the Gospel of Luke, chapter 11, verse 2 to 4. Jesus tells his disciples that prayer isn't a performance, there is no prize for the 'best' prayer. Instead, he assures them that God knows what they need before they ask but they should ask anyway. He gives them, and us, these words...

*"This, then, is how you should pray:*

*Our Father in heaven, hallowed be your name,*

We start by respectfully addressing someone we know and can trust, not just 'something out there'.

Jesus doesn't say 'My Father' but 'Our Father', we are not a single voice but a collective one.

*your kingdom come, your will be done,  
on earth as it is in heaven.*

We acknowledge there is more to come, even if we are not able to describe exactly what that is, and we are not in charge here, sometimes things happen despite our best laid plans.

*Give us today our daily bread.*

We accept that God gives us things that are good for us and doesn't desire for us to go without. Sometimes we don't see the big picture during an uncomfortable circumstance, but we can trust that there is a bigger picture which we will see in hindsight.

*And forgive us our sins,  
as we forgive those who sin against us.*

We acknowledge that we say and do things that hurt others, sometimes by what we do and sometimes by what we don't do. Jesus isn't saying 'if' this happens, but it will happen and God will forgive us, and so we can forgive others. Again, it is not 'if' we are hurt by others, but it will happen at some time.

*And lead us not into temptation,  
but deliver us from the evil one.'*

We ask God to protect us, sometimes from our own freewill choices. When this happens, we can put our faith in God's grace and wisdom.

*For yours is the kingdom, the power, and the glory, forever and ever Amen."*

We end as we began, acknowledging that we are talking to one who is more than we can know or understand but who accepts us as their own.

**Amen to that.**

*Meredith Page*

# Important Bits

## Principal Ponderings

### Our Values

An outcome of our strategic planning in 2023 was distilling our previous 11 values into 4.



**Love** – We reflect God’s love for us by caring for others and treating everyone with kindness and respect.

**Courage** – We welcome challenges as opportunities to learn and grow, moving forward with optimism and confidence.

**Curiosity** – We view the world in wonder, open-minded and inquiring, seeking opportunities to explore, discover and learn.

**Service** – We give generously of our time and talents for others.

As you read the description of each value you may recognise the words and phrases from our previous values, and the way we speak with our students about how we want to ‘be’ at St Mark’s. The strength of our values lies in our focus and ability to bring them to life as a lived experience. Or put another way – what do they look like, sound like and feel like at St Mark’s each day.

Over these coming weeks I look forward to sharing more on each value with you.

### St Mark’s Wellness

Not surprisingly, when we have large numbers of students and adults gathering each day, we have sickness amongst our community. Most commonly we have colds, flus, gastro and COVID reported as reasons for absences amongst students and staff.

It’s important, that as we manage the impacts of these infectious illnesses, that we all play our part in keeping our community as healthy as we can be. At St Mark’s we do this by:

- Regular handwashing, use of sanitiser and cleaning of shared spaces and resources;
- Staying home when unwell for the recommended timeframes for any illness;
- Advising the school when students have an illness;
- Following protocols in place for any illnesses.

I appreciate your cooperation with supporting these actions as they support better health for all, and especially those in our community who are immuno compromised in some way.

If you have any questions about what to do when your child is unwell, please contact the office.



## Pedal Prix News

Each year we participate in UniSA Australian HPV Super Series. This team, comprised of Year 6 students compete in three events on the weekend. The team is run by the parents with guidance from Mr Scott.



Last year’s winning Pedal Prix team.

Year 6 families have been sent an email regarding the 2024 Pedal Prix team. All Year 6 students/families are invited to our ‘Come and Try’ session on **Saturday, 2nd of March - 10am- 2pm** at St Mark’s. For more details, please refer to the email or contact Mr Scott.

## Year 5 News

Students have been discovering what a Democracy is and that part of living in a democracy is being able to vote for government representatives.



The class held a mock election to experience being a voter (we talked about the roles and responsibilities of voters).

Six candidates gave speeches, then voters entered the polling station (our classroom), signed off on the electoral roll, before entering a voting ‘booth’ to cast their vote. The voting system used was the preferential system, just like how we vote for our own SRC.

Students enjoyed casting their vote into the ballot paper box. The votes were then counted and a winner declared.

Hands on experience can assist students’ depth of understanding and improve recall.





# School Life

## What Happens for Twilight Sports Day?

**Friday, 15th March**

School begins at 12.40pm on Sports Day!

St Mark's first whole school event is our annual Sports Day. Due to the number of events, St Mark's **Sports Day is held over two days; Wednesday, 13th March and Friday, 15th March.**

Only students in Years 4-6 are involved on Wednesday for the 600m run and discus, beginning from 9.15am approx) until each age



group has had their turn. The 600m run will be first, then discus in order of the youngest to eldest age group.

On Friday 15th of March, from 12.40pm, the whole school will be competing in a number of athletic and novelty events in competition for the Sports Day House Shield. For those families who wish to have lunch at the school prior to the event, **you can arrive at 12:00pm. The P&F will have sausages and their famous yiros available for purchase.** Otherwise, students are expected to have had lunch and be in their classrooms at 12:40pm for roll call. The presentation of the House Shield is scheduled for 5:30pm with a community tea run by the P&F to follow.

If you are unable to provide care and supervision for your child before the 12.40pm roll call, we can provide modified supervision for them at school from our usual start time. Please inform us through the front office if you need this assistance. YMCA will provide their usual before school care on the day.

- All students need a (plain) house coloured polo shirt of their team colour
- HOUSE COLOURS- **BARKER- Yellow, DUNN- Red, DAVISON- Blue, and STURT- Green**



We look forward to seeing you there supporting your team and wearing your house colours - the community spirit on this day is great to see. A program and map of the events will be included in the newsletter soon.

## Coming Up...

### February

**Friday 23rd**

Chapel, 9am - led by Cornerstone

**Tuesday 27th**

Assembly, 9am

**Wednesday 28th**

Foundation Rest Day

**Thursday 29th**

Band Rehearsal, 8.30am

Courier Cup

### March

**Friday 1st**

Chapel, 9am - 6BW



## Sports Day is Coming!

Make Sports Day snacks easy by ordering a P&F Snack Pack- order form overleaf. These are a tradition at St Mark's and both raise money for the P&F (which is fed back into your child's St Mark's experience) as well as making your morning a little easier!

P&F are also seeking volunteers for Sports Day for:

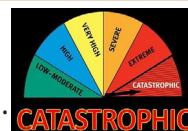
- Set up or pack down;
- BBQ;
- Cake stall;
- Making or donating cakes/biscuits.

A volunteer form is available for parents overleaf to volunteer an hour or so over the course of the day. It's a great event and working with other parents is an easy way to make connections and develop community. Many hands make light work!

If you would like to donate/bake for the cake stall, please include details of ingredients and please, no nuts! House coloured patty pans are available from the office if you would like to make cupcakes in your House colour!

## Catastrophic Fire Day

If a Catastrophic Fire Day warning is issued, **St Mark's will be closed.**



Parents will be notified of this via SMS, email and if practicable, through Facebook and our website as soon as we receive notification of a Catastrophic Fire Danger rating day in the Mt Lofty Ranges.

# School Life

Dear Parents & Carers,

**TONIGHT**

**Inform and Empower** are providing a **90 minute FREE webinar for St Mark's families.** We encourage families to register to attend the webinar tonight, **Thursday, February 22nd at 7:00pm.** The webinar will provide information on...

- Social media
- Impacts of screen time
- Online gaming
- Child and tween online trends
- Cyberbullying
- Managing devices in the home

Please note that the webinar is only for parents and carers as some of the information shared may not be suitable for a primary school audience. Participating in the webinar will also provide families with exclusive access to helpful resources to support you in learning how to keep your children safe in the digital world.

To register for the webinar please go to

Register to attend the webinar:

**[bit.ly/22Feb2024](https://bit.ly/22Feb2024)**

or scan the QR code below.

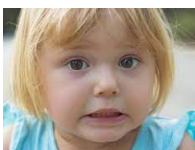


I look forward to joining you at our first Inform and Empower parent webinar. Thank you for partnering with St Mark's in the support of your children being safe and responsible in the online world.

Loredana Saracini  
Deputy Principal

## Has Your Child Had An 'Accident'?

We are pleased to provide extra uniform and underwear to students who have an 'accident' or need clean or dry replacement uniform. These items are clearly named St Mark's. If you have some of these at home please launder and return to the front office so we can continue this service.



## Connect in 2024

At St Mark's we care for the wellbeing of all students and their families. While parenting brings a myriad of blessings, at times it can be tricky. Being a parent or caregiver of a neuro-divergent child can bring with it additional challenges.

In Term 4 last year, St Mark's hosted its first 'Connect' get together. This was well received by parents with one parent sharing...

*"It was great to hear other parents share their struggles. I so needed to hear this."*

From 1:45pm Wednesday March 13th, we invite you to our first **Connect** for 2024. At this time, Carolyn Grace who has many years of experience working in schools across sectors will touch on the following...

- Emotional regulation - what is it?"
- "Putting on my oxygen mask first - What do I need as a parent/caregiver to be regulated?" Strategies to help parents be regulated.
- Co-regulation - providing safety and support for my child - explanation of what co-regulation is and what it offers.
- "Ready to learn? - When I feel safe, I will be ready to learn". What does this look like for my child? What are their individual needs? (especially for those with neurodivergence). What do they need the most? What's currently working? What's not?
- Strategies to support my child to be ready to learn - the importance of creating a sense of safety relationally and environmentally, having predictable and consistent routines, language and strategies, supporting the transition to and from school.

This presentation will then be followed by coffee, cake and conversation. Our Connect session will be held in the St Mark's Church Link.

A child-minding facility will be available in the Link for non-school age children.

**Please RSVP your attendance by Tuesday, March 12th** by contacting the front office on 83910444 or email [contact@stmarks.sa.edu.au](mailto:contact@stmarks.sa.edu.au)

We look forward to bringing our St Mark's families together in the spirit of supporting one another.

Loredana Saracini  
Deputy Principal

# School Life



## Snack Packs

Make life easier for yourself on Sports Day with a P&F Snack Pack.

These will be delivered to your child's classroom during their snack break so they can refuel for the afternoon events. Including a fruit box, cheese and cracker dipper, mini fruity gems, a piece of fruit and popcorn.

Additional Snack Packs can be ordered for younger (and older) children and collected from your nominated classroom.

Orders can be made by completing the form below and sending to class with the correct money or via the [flexischools](#) app. Flexischools ordering available now.







**\*\*\*Orders close Friday 8th March\*\*\***

I would like to order _____ (number of Snack Packs) at \$7 per bag to be delivered to _____ _____ (name of child) in class _____ on Sport's Day
I would like to order _____ (number of Snack Packs) at \$7 per bag to be delivered to _____ _____ (name of child) in class _____ on Sport's Day
I would like to order _____ (number of Snack Packs) at \$7 per bag to be delivered to _____ _____ (name of child) in class _____ on Sport's Day
I would like to order _____ (number of Snack Packs) at \$7 per bag to be delivered to _____ _____ (name of child) in class _____ on Sport's Day

Total money enclosed \$ \_\_\_\_\_



This year, St Mark's Sports Day will be held on March 15<sup>th</sup>. It is a wonderful time for parents, grandparents, sibling and friends to come along and join with our community. The Parents and Friends Association will be operating a BBQ and Yiros stall as well as a Coffee and Cake stall throughout the event. We would love your help to run these stalls, plus it's a great way to meet new people. If you are able to help, please fill out your details in the relevant column/columns and tick the time slot/slots that you are available.

  <b>BBQ cooking</b>	  <b>BBQ / Yiros Serving</b>	  <b>Cake/Coffee Stall Serving</b>
I can help cook the BBQ at the following times Name: _____  Contact Number: _____	I can help serve at the BBQ and Yiros Stall at the following times Name: _____  Contact Number: _____	I can help serve at the Cake and Coffee Stall at the following times Name: _____  Contact Number: _____
<input type="checkbox"/> 10:00 – 11:00am (set-up)	<input type="checkbox"/> 10:00 – 11:00am (set-up)	<input type="checkbox"/> 10:00 – 11:00am (set-up)
<input type="checkbox"/> 11:00 – 12:00pm (lunch )	<input type="checkbox"/> 11:00 – 12:00pm (lunch )	<input type="checkbox"/> 11:00 – 12:00pm (lunch )
<input type="checkbox"/> 12:00 – 1:00pm	<input type="checkbox"/> 12:00 – 1:00pm	<input type="checkbox"/> 12:00 – 1:00pm
<input type="checkbox"/> 1:00 – 2:00pm	<input type="checkbox"/> 1:00 – 2:00pm	<input type="checkbox"/> 1:00 – 2:00pm
<input type="checkbox"/> 2:00 – 3:00pm	<input type="checkbox"/> 2:00 – 3:00pm	<input type="checkbox"/> 2:00 -3:00pm
<input type="checkbox"/> 3:00 – 4:00pm (dinner)	<input type="checkbox"/> 3:00 – 4:00pm (dinner)	<input type="checkbox"/> 3:00 – 4:00pm
<input type="checkbox"/> 4:00 – 5:00pm	<input type="checkbox"/> 4:00 – 5:00pm	<input type="checkbox"/> 4:00 – 5:00pm
<input type="checkbox"/> 5:00 – 6:00pm	<input type="checkbox"/> 5:00 – 6:00pm	<input type="checkbox"/> 5:00pm (pack up)
<input type="checkbox"/> 6:00pm (pack up)	<input type="checkbox"/> 6:00pm (pack up)	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Calling all barista's – are you able to help make coffee on the day? We would love you to come help us out

Name \_\_\_\_\_ Phone Number \_\_\_\_\_



I can make the following baked goods for Sports Day

\_\_\_\_\_



I can make the following gluten free, nut free and/or dairy free baked goods for Sports Day

\_\_\_\_\_



Name \_\_\_\_\_ Phone Number \_\_\_\_\_

\*\* The P&F can supply house coloured patty pans for muffins and cupcakes

# Year Level Carers & Whispers of Hope

At St Mark's we value the wellbeing of our students, families, and staff.

One way we care for our community is through the appointment of Year Level Carers. The following is a summary of the proposed Year Level Carer role for 2024.

- Acting as a point of reference for families to contact in case of hardship, then working with the Pastoral Care Worker or, in their absence, the Deputy Principal in responding to the hardship.
- Promote positive relations between parents and teachers.
- Co-ordinate year level social events
- Maintain confidentiality of all involved, whilst passing on relevant information to the Pastoral Care Worker or the Deputy Principal if deemed appropriate.

The role of Year Level Carer is not to act as a 'go-between' to resolve conflict between parents/teachers, parents/parents, or parents/students. Year Level Carer/s are asked to refer parents to the school Grievance Procedure, the Pastoral Care Worker (Julian Feldstein), or the Deputy Principal (Loredana Saracini).

At St Mark's we understand families may be time-poor and even though they would love to be of assistance to others in time of need, they are unable to do so through the ongoing commitment of the role of Year Level Carer. This leads to another way we create a culture of care at St Mark's, the **Whispers of Hope program**. We invite these families to act as the 'whispers of hope' in our community by cooking a meal, assisting with school pick up or drop off, emergency babysitting, or any other ways families can care for others.

I invite you to complete the tear-off slip below or email [contact@stmarks.sa.edu.au](mailto:contact@stmarks.sa.edu.au) with your availability for 'Whispers of Hope' 2024 or as a 2024 Year Level Carer.

Should you require further information about either program, please do not hesitate to contact me through the school office on 83910444.

I would like to take this opportunity to thank you for taking the time to consider how you might contribute to the care of others in our community in 2024.



Loredana Saracini  
Deputy Principal  
February 1st, 2024

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## Year Level Carers 2024 – Whispers of Hope 2024

Parent Name: \_\_\_\_\_

☐ 2024 Year Level Carer (Please tick if you are able to act as a Year Level Carer.)

Act as a Whisper of Hope by \_\_\_\_\_.  
(Please indicate how you might care for others.)





# Community

Welcoming children in Years 4 to 6 to our first JAFFA event for 2024!

## JAFFA SPLASH

Sunday March 3, 1:30 – 3:30pm  
St Mark's Church Link  
Bring \$4.00, Enthusiasm and Your Friends

Please note that we're going to head outdoors for this event so be sure to bring a hat and a water bottle and to wear sunscreen

Contact Emma Graetz on 0418 898 430 or [emmagraetz@gmail.com](mailto:emmagraetz@gmail.com) to RSVP by March 1st or for any questions you might have.



ink pot arts inc.

## PETER PAN

A Musical Based on the Play by SIR J.M. BARRIE  
Lyrics By CAROLYN LEIGH  
Music By MORRIS (MOOSE) CHARLAP  
Additional Lyrics by BETTY COMDEN and ADOLPH GREEN  
Additional Music By JULE STYNE  
Originally directed, choreographed and adapted by JEROME ROBBINS

Peter Pan - 1954 Broadway Version Directed by Alicia Zorkovic

Saturday 24th February 5pm | Sunday 25th February 2pm  
Saturday 2nd March 5pm | Sunday 3rd March 2pm

The Living Arts Centre, Mt Barker Waldorf School  
27 Sims Road, Mt Barker

Bookings: Peter Pan - 1954 Broadway Version | Adelaide Fringe



facebook.com/inkpotarts | instagram.com/inkpotarts | inkpot.com.au | quilleinkpot.com.au

ADELAIDE HILLS HOCKEY CLUB

## COME AND TRY HOCKEY

### SUNDAY MAR 3

PLAYERS OF ALL AGES AND ABILITIES WELCOME



JUNIORS 2:30PM  
SENIORS (16+) 4PM

SMALL SKILLS SESSION  
FOLLOWED BY MINI MATCHES  
AFTERNOON TEA BETWEEN SESSIONS

AHHC HOCKEY PITCH - ANEMBO PARK LITTLEHAMPTON



FOR MORE INFO EMAIL  
SECRETARY@ADELAIDEHILLSHOCKEY.ORG.AU

facebook | instagram

# Get That Diary Out

## February

Friday 23rd

Chapel, 9am - Cornerstone

Tuesday 27th

Assembly, 9am

Wednesday 28th

Foundation Rest Day

Thursday 29th

Band Rehearsal, 8.30am

Courier Cup

## March

Friday 1st

Chapel, 9am - 6BW

Wednesday 6th

Foundation Rest Day

Thursday 7th

Band Rehearsal, 8.30am

Friday 8th

Chapel, 9am - Pastor Greg, giving of Year 2 Bibles

Tuesday 12th

Assembly, 9am

Wednesday 13th

NAPLAN test period begins

Years 4-6 Sports Day, 600m run/discus - from 9.15am

Thursday 14th

Band Rehearsal, 8.30am

Friday 15th

Sports Day - school begins at 12.40pm

 **AutumnFest**  
Hahndorf

Free Entry

Kids Activities | Market | Food | Music



Saturday 16th March 11am - 4pm

St Michael's Lutheran Primary School Oval

MOUNT BARKER DISTRICT COUNCIL | @autumnfesthahndorf | unlimited rides deal: 