



St Peter's Lutheran School

News Bulletin - Friday 27th May 2022

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From the Principal

Hi everyone. Welcome to week 5 of Term 2. It's crazy to think that we are already halfway through this term. I hope you've enjoyed the variety of weather we've had this week. The week started with beautiful sunshine but it was also nice to have a lovely shower of rain mid-week.

We've had confirmation that schools will continue to be provided with RATs for the remainder of Term 2. We will continue to hand out RATs to students as we receive them.

However, **from Monday 23 May 2022**, it is recommended RATs are used by students and staff only when **symptomatic**. RATs are also required to be used for 5 days if a student or staff member is a close contact of a confirmed case and they are attending or working at a school.

From Monday 23 May 2022, it will therefore no longer be recommended that non-symptomatic students or staff conduct RATs twice a week in mainstream schools.

Students and staff must continue to notify the Department of Health and their school if they return a positive RAT result.

This year's National Simultaneous Storytime took place on Wednesday 25 May. Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in many places around the country including libraries, schools, pre-schools and childcare centres. This year's picture story book was 'Family Tree' written by Josh Pyke and illustrated by Ronojoy Ghosh. Our students enjoyed listening and watching Josh Pyke read the story live on the electronic board.

On June 17 we will hold our annual Athletics Carnival. Students have been busy practising all events that take place on the day. Like last year, we will complete most running events during physical education to allow the Athletics Carnival to run smoothly. We encourage all students to have a go and try their best at each event.

I hope everyone has a blessed weekend

Millie Dent



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ATTENTION AND
PRACTICING
GRATITUDE.

Brené Brown

UPJOURNEY

Devotional Thoughts

Anxious humility

by Emma Strelan

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you (1 Peter 5:6,7).

[Read 1 Peter 5:1-7](#)

It's always been a secret desire of mine to be known for my humility. One of my favourite Bible passages is Micah 6:8, 'Act justly, love mercy, walk humbly'. I've wanted people to say to each other after I've spent time around them, 'Wow, Emma's such a humble person'. Of course, I'd never say I was humble – that wouldn't be very humble of me! But after reading this passage, I wonder if I've had the right idea of what humility really is.

I often think that humility is a form of lowering oneself, not expecting or feeling you deserve a specific level of respect or power.

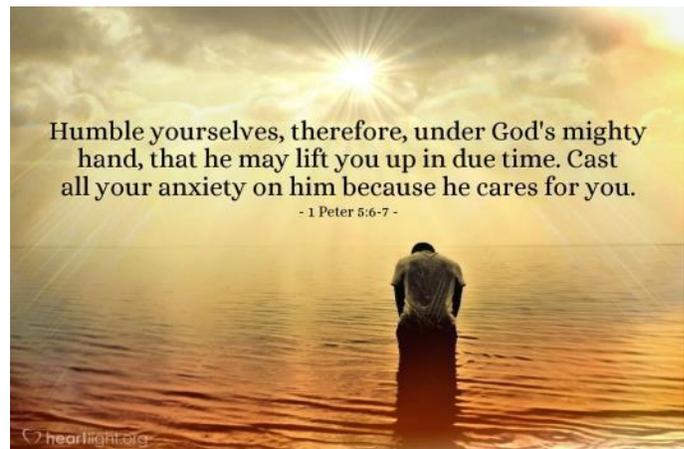
However, when I try to be humble by telling myself that I'm worthless, not good enough or not deserving, this actually leads to a lot of anxiety. The Greek word for anxiety (*merimna*) suggests worry 'as when one does not know whether to do this or that'. And boy, do I have a lot of that kind of anxiety! When I put myself down in an attempt to be humble, I don't feel I can trust my own decisions – after all, what right do I have to know what to do?

It may seem like this 1 Peter passage gives us two separate commands. However, it actually suggests giving one's anxiety to God as a way of humbling oneself. If I were to give up my anxiety, I would feel much more secure in who I am. And that's what humility really is – a sure understanding of who you truly are.

Humbling oneself is not necessarily the act of self-denial but pursuing an active dependence on God and entrusting your troubles to him. So maybe it's alright to want people to say, 'Wow, Emma's so humble'. But not because I make myself seem lesser than I am.

Rather, because of the way I trust in God and place myself under his mighty hand. And in ridding myself of anxiety, I can glorify him.

Lord, help me take an example from the way you humbled yourself. Today, I give my anxiety and fear of making decisions to you. Help me to stand firm in who I truly am – your child. Amen.



Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

- 1 Peter 5:6-7 -

Awards

Prep-2 Classroom Award

Jayla Milthorpe - For doing an excellent job at remembering the sounds the letters make and learning her Golden Words.



Year 3-6 Classroom Award

Eamon Emson - For Excellent behaviour, work ethic, and adjusting to different teachers this week.

Notice's

Important Dates

All the below dates are to the best of our knowledge and may change at short notice depending on COVID-19 restrictions.

May 2022

27th - P&F Meeting @ The Victoria Hotel
Dimboola 6pm

June 2022

1st - Lightning Prem practice match
3rd - Lightning Prem Nhill
9th - No Lunch Orders. P&F Hot Food Only
9th - Golf Clinic -Senior Class Only
10th - Report Writing Day (Student Free)
13th - Queens Birthday Public Holiday
17th - Athletics Carnival
22nd - Last Day Term 2

July 2022

11th - First Day Term 3

Hot Food Friday's

P&F are back running Hot Food Friday's. Every 2nd week there will be a different option. There is no obligation to buy, its just a nice alternative during the cooler months. There is still some slots to fill for helpers and food donations, if you can assist in any way please contact P&F.

Thursday 9th June - Baked Potatoes
Friday 15th July - Toasted Sandwiches
Friday 29th July - Tacos
Friday 12th August - Mini Pizza
Friday 26th August - Spaghetti
Friday 9th September - Chips Nuggets/Fish Fingers



Chaplaincy

Book Fair

Fri 27 May noon-9pm

Sat 28 May 9am-noon

Books \$1 Maroske Hall, Dimboola Rd

UPDATED CANTEEN MENU

Please see below updated Canteen Menu, effective from Monday 30th May 2022.

Dimboola Memorial Secondary College - Canteen Menu St Peter's Lutheran School Lunch Orders

Cold Food

Sandwiches	
Chicken or Ham – Full Salad	\$4.50
Chicken or Ham – Lettuce & Mayo	\$3.50
Choice of two fillings	\$2.50
Choice of three fillings	\$3.00

Rolls	
Chicken or Ham – Full Salad	\$5.00
Chicken or Ham – Lettuce & Mayo	\$4.00
Choice of two fillings	\$3.50
Choice of three fillings	\$4.00

Wraps	
Chicken or Ham – Full Salad	\$5.00
Full Salad (no meat)	\$4.50

Salad Boxes	
Full Salad (no meat)	\$5.00
Chicken, Ham, or Tuna – Full Salad	\$5.50
Chicken Tender – Full Salad	\$6.00

Salads List		
Beetroot	Capsicum	Carrot
Cheese	Cucumber	Lettuce
Onion	Spinach	Tomato

Drinks

Cool Ridge Water 600ml	\$1.50
Juice Box 250ml Tropical, Orange, Apple & Blackcurrant	\$2.00
Oak Milk 250ml Chocolate, Strawberry, Iced Coffee	\$2.00

Hot Food

Chicken Chilli Tender	\$2.00
Chicken Wrap - Tomato, Lettuce, Mayo	\$4.50
Chicken Wrap - Full Salad	\$5.00
Chilli Chicken Wrap - Tomato, Lettuce, Mayo	\$4.50
Chilli Chicken Wrap - Full Salad	\$5.00
Chicken Burger – Lettuce, Mayo	\$4.50
Chicken Burger - Full Salad	\$5.00
Chicken Burger Deluxe - Full Salad w/Bacon	\$5.50
Lamb or Chicken Souvlaki - Lettuce, Onion, Cucumber, Tomato	\$5.00
Lamb or Chicken Souvlaki - Full Salad	\$5.50
Lasagne	\$4.00
Steamed Dim Sim	\$1.00
Party Pie	\$1.00
Bakery Sausage Roll	\$3.50
Nachos	\$3.00
Pizza Muffin - Ham and Pineapple	\$1.50
Pizza - Ham and Pineapple	\$3.50
Hot Dog in a Roll	\$3.00
Focaccia - Chicken, Chilli, Spinach	\$4.50
Focaccia - Ham, Cheese, Spinach	\$4.50
Focaccia - Ham, Cheese, Pineapple	\$4.50
Toasted Sandwich - Ham and Cheese	\$3.00
Toasted Sandwich - Ham, Cheese, Tomato	\$3.50
Baked Potato - Coleslaw, Sour Cream, Cheese	\$5.00
Baked Potato - Bacon, Sour Cream, Cheese, Spring Onion	\$5.50
Baked Potato - Bacon, Coleslaw, Sour Cream, Cheese, Spring Onion	\$6.00
Baked Potato - Bolognese Meat, Sour Cream, Cheese, Spring Onion	\$6.00
Chicken Nuggets	\$0.50

Around Our School

