

Term 4, Week 3
1 November 2019

Term 4 Upcoming Events

Friday 1st November

7.00pm Vineyard Loose Change Quiz
Night @ Clare Valley Racing Club

Wednesday 6th November

9.30 – 11.00am mainly play in The
Cottage

Monday 11th November

11.00am Remembrance Day service at
Vineyard

Thursday 14th November

Brekky, Bikes & Bein' Safe ride/walk to
school

Thursday 21st November

Year 6/7 Class Visit to Kara House- more
details to follow

Friday 22nd November

Faith Challenge @ Faith Lutheran
College, Tanunda

Tuesday 3rd December

Choir Visit to Kara House – more details
to follow

**Monday 9th December – Thursday 12th
December**

2020 Student Book Packs available for
collection from the Front Office

Vineyard Term Dates 2019

Term 4: Mon 14th October – Fri 13th
December (9 Week Term)

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Principal: Michelle Keller

Vineyard Wire

Needs or Wants

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Philippians 4:19 (NLT)

Often young children confuse what they need with what they want. Many a toddler will throw a tantrum in the supermarket when they don't get what they want.

God knows exactly what each of His children need. It may not always be what we want but He knows what is best for us. Thankfully our generous and loving father knows exactly what we need and when we need it.

God who created all things, owns all things. Everything that we have belongs to Him. Therefore, He is more than capable of providing all that we need.

When we have faith in Jesus, we can depend on Him to meet all of our needs, even though it may not be in the way we expect. Sometimes we may need to wait longer than we would prefer so that we depend on Him more. God not only provides for our physical and emotional needs but our spiritual needs as well.

When we have a relationship with Jesus, He gives us a sense of peace that no-one else can give.

God is love. He didn't need us, but he wanted us. And that is the most amazing thing.

Submitted by Craig Jervies



From the Principal

CANBERRA

What a wonderful camp our Year 6/7 students had in Canberra last week. Travelling with students, staff and parents from Good Shepherd, Angaston, our students visited sites which complimented their Civics and Citizenship unit on Parliament and Decision making. I would like to thank Miss Harmer, Mr Jervies and Mr Upton for their organisation and wonderful care of our students. Camps are a lovely chance for staff and students to learn and build relationships together. We acknowledge the support of the Australian Government through their PACER contribution of \$60 / student, our Parents and Friends Association for their donation of \$100/ student, and all of the families who helped with fundraising to help subsidise camp costs. In this edition you will find photos and further details ☺

BUILDING SITE

Ground work continues with piers being dug and a concrete pour scheduled soon. A gentle reminder that staff and families are asked to stay right away from the building site at all times, being particularly mindful of restricting access for their vehicles ie: parking in their driveway. The lane closest to the office building should only be used for buses, and children are not to be in the carpark unattended. We thank you for your co-operation. It's certainly exciting to see progress happening.

WARNING ABOUT TIK TOK

You may or may not be aware of an app called 'Tik Tok'. In 2018 Tik Tok was the most downloaded app from the Apple store with over 104 million downloads. Tik Tok is a destination for short-form mobile videos and has become increasingly popular with young people. As a result of trends emanating from the United States, it has become popular to create a short video in school uniform or even at school in an attempt to 'go viral' or 'become famous', and to upload them accompanied by music with the kinds of lyrics that we would wish were not as popular as they are! As you can imagine, this is fraught with dangers, as children are identified. We suggest that it may be appropriate to talk to your child (particularly Middle and Upper Primary) if they have access to this app. Further information can be found at <http://support.tiktok.com/en/privacy-safety/for-parents-en>.

REFORMATION

This week in the Lutheran Church we celebrate Reformation Day. This is a time when we recognise Reformers like Martin Luther who fought for God's Word (the Bible) to be freely available for everyone to read – not just Pastors and theologians. Martin Luther changed Christian thinking by dispelling the thought of the time that forgiveness had to be earned or bought. Luther insisted that we are not forgiven because of anything we do – including the buying of indulgences or doing enough good work. Instead, we are forgiven because of who God is. We are loved and forgiven because God is full of grace and mercy. Luther's teachings and writings got him kicked out of the church. But he didn't go alone. Others agreed with him, and after his death those who agreed with Luther became known as Lutherans and also as Protestants. Lutheran Churches celebrate Reformation on the last Sunday in October each year. How blessed we are to know the freedom this message brings us – Saved by grace through faith, through Jesus.

FIRE DRILL

Today we had a practise Bushfire Drill where we invacuated to the Stadium. As part of this process we tested our messaging service. All parents should have received a text message informing you of this. The message comes from us via a messaging service, so the sending number may be different each time a message is sent.

If you did not receive the SMS, please let us know ASAP so that we can ensure in a real emergency all parents are able to be informed.

Blessings to you for the coming week,

Michelle

School Notices

Mid North Lutheran Ministries – Service Times

SUNDAY 3RD NOVEMBER

Clare	9.00am
Blyth	9.30am
Brinkworth	9.00am
Burra	9.00am
Snowtown	11.00am

Family & Staff Prayers

Over the last week in staff devotion we prayed for the: Maidment, Pedler, Schupelius and Hodge families, staff member Mark Underdown, and St Jakobi Lutheran School, Lyndoch

Chapel services are held every Monday at 8.50am. Family and friends are welcome to join us for these services.

Lunch Orders

Hot lunches are available every Friday. This year they are being supplied by Main Street Bakehouse.

All orders must be placed at the office or via the blue bags in your child's class before 9.30am the Thursday before.

Brown lunch order bags are available from the front office.



Ice Blocks

In Term 1 and 4 ice blocks (Quelch Sticks) are available for sale Monday - Friday from the undercover area at lunchtime.

Ice blocks are 40 cents each and limited to one per child.

Sharing of money or buying for others is not allowed.

Birthday Blessings

God's Blessings to everyone who is celebrating their birthdays.....

3rd November

Silas Nolan

Students of the Week –

Term 4, Week 3 – Community Awards

Emily Amundsen – For demonstrating **LOVE** by looking out for all students and adults on camp. You showed massive amounts of care and compassion and went out of your way to help.

Students of the Week are presented at our Assembly every Friday afternoon at 2.45pm. Family and friends are welcome to attend.

Valedictory Sponsorship

Would you like to be a sponsor for one of our awards presented at our Valedictory Service?

We are giving families the opportunity to sponsor these awards by way of a monetary donation of the value of your choice.



Your donation will go towards covering the cost of the purchase and engraving of the medallion each award winner receives.

If you are interested, please come and see Jennie in the front office for more information.

Woolies Earn & Learn

Thanks to the support of the Vineyard community we were able to purchase the following equipment through the Woolies Earn & Learn Program. Science equipment, electricity set and biology lifecycle specimens, and musical instruments from other countries and cultures. We look forward to using this equipment in our lessons.



Exclusion after an illness

Over the last weeks there has been quite a few students absent due to illness or who have become ill during the day at school. These illnesses have ranged from colds right through to gastro. We ask that if your child is experiencing any symptoms of a cold or gastro that you consider keeping them home to help stop the spread of these illnesses.

As per the SA Health guidelines, students who have had vomiting or diarrhoea are to be excluded from returning to school for at least 24 hours after symptoms have disappeared. Please see the fact sheet below for more information. If you have any questions, please do not hesitate to contact your family doctor or local pharmacist.

Viral Gastroenteritis

This is a type of gastroenteritis (also known as 'gastro') caused by a virus. Many different viruses can cause viral gastroenteritis.

How viral gastroenteritis is spread

Viral gastroenteritis is spread through contamination of hands, objects or food with infected faeces or vomit. The virus is then taken in by the mouth. Viral gastroenteritis may also be spread through coughing and sneezing.

Signs and symptoms

Symptoms usually last 1 or 2 days and include:

- mild fever
- nausea and vomiting
- stomach cramps
- diarrhoea.

Diagnosis

Diagnosis is based on the clinical presentation. A faecal examination can sometimes identify the virus and should be performed to also rule out bacterial infection.

Incubation period

(time between becoming infected and developing symptoms) 24 to 72 hours.

Infectious period

(time during which an infected person can infect others)
During illness and for at least 24 hours after symptoms have disappeared.

Treatment

No specific antiviral drugs are useful for treating viral gastroenteritis. It is a common illness which may be particularly serious in young children.

The following are general recommendations for the treatment of gastroenteritis:

- Give plenty of fluids. Oral rehydration solution is highly recommended for children with mild to moderate dehydration. It is available at pharmacies and should be administered following the instructions on the packaging.
- Mildly unwell children should be given their usual fluids more often. Carbonated (fizzy) drinks or undiluted juice should be avoided.

- Medicines to prevent vomiting or diarrhoea should not be given (especially in children), except where specifically advised by a doctor.
- Breastfed babies should continue to be breastfed throughout their illness.
- Children on formula or solid diets should restart their normal diet (including full strength lactose containing milk) following rehydration with oral rehydration solution.
- Children who are hungry or ask for food should be given small portions of their usual foods, but avoid foods high in sugar or fat.

When to seek medical advice

Seek medical advice if there are any of the following symptoms:

Adults

- Signs of dehydration, such as thirst and decreased urination, lethargy, dry mouth, feeling faint on standing
- fever
- severe abdominal pain
- bloody diarrhoea.

Children

- Signs of dehydration, such as thirst and decreased urination, lethargy, dry mouth, sunken eyes, feeling faint on standing
- fever
- abdominal pain
- bloody diarrhoea
- any symptoms in a child less than 12 months of age.

Prevention

- Exclude people with viral gastroenteritis from childcare, preschool, school and work until there has been no diarrhoea or vomiting for 24 hours. If working as a food handler in a food business, the exclusion period should be until there has been no diarrhoea or vomiting for 48 hours.
- Infants, children and adults with viral gastroenteritis should not swim until there has been no diarrhoea for 24 hours.
- Follow good hand washing and keeping areas clean procedures.

Taken from SA Health- You've Got What?
<https://www.sahealth.sa.gov.au>

What's happened this week at Vineyard

Sports Day 2019 Report

Sports Day was again a great success, with all students having a go, trying their best and enjoying the day with their friends.

The march on is always a great spectacle, seeing each house marching proudly down the 100m track before lifting the day with their house chant.

The morning session included field events. The Upper Primary started with an 800m to get the blood pumping then completed the traditional events of shot put, discus, long jump & high jump, while the Junior Primary completed modified field events of long jump, mini shot put, hoop discus and vortex throw. It was great to hear the encouragement from the students to all involved.

We finished off the morning session with the 50m, 75m & 100m for respective ages. There were some quick wind assisted runs on the day.

After lunch all students were involved with team games like tunnel ball, under & over, bean bag or spoke relay. It is great to see the enthusiasm and team spirit on display in these games. The Upper Primary also competed in a 200m race.

The final events for students was the baton relays. All students in the school were involved in a relay during the afternoon, with the final relay being the best of the best in each year level involved.

The 'blue ribbon' event, the 'Mum's and Dad's gift', was a hotly contested contest with Jodie Mullighan becoming a 4 time champion and Jamie Holder claiming the Dad's title to add to his swimming success earlier in the year.

It was a great day! The students tried their best and continually encouraged each other for the duration of the carnival. Thanks to the parents who attended, supported, assisted and were involved, it adds to the day and atmosphere. And finally we thank the teachers and support staff for their guidance, initiative and encouragement. This makes the day run smooth and makes it enjoyable for everyone involved.

The final result saw Hutt succeed in a hotly contested contest throughout the day with Wakefield, second

There were many records broken. Certificates were presented at assembly today to the following students:

Foundation

- Ishrat Atwal –Hoop discus 15.31m
- Flynn Becker –Hoop discus 21.98m

Year 1

- Maddison Harvey – 50m 9.41secs & Long Jump 1.93m

9-year-old

- Jackson Couch – Discus 17.15m

10-year-old

- Tegan Kloock – 100m 15.14secs & Long Jump 3.24m

11-year-old

- Josh Carlin – 800m 3.05mins

12-year-old

- Mackenzie Victor – High Jump 1.34m
- Will Upton – 800m 3.03mins

13-year-old

- Lucy Menadue – 800m 3.16mins
- Emily Amundsen – Shot Put 7.33m

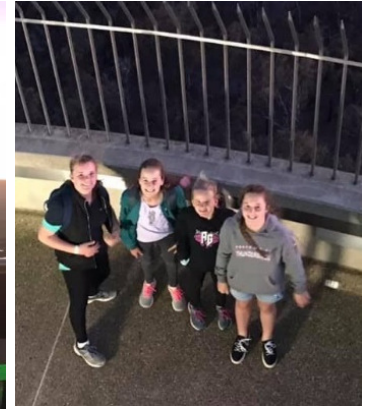


Year 6/7 Canberra Camp

Our Canberra Camp was huge, and we had a blast. So rather than writing about everything we have done I have chosen some highlights from my class. If you want to know more, the 6/7 students will be more than happy to personally share with you.

When we first arrived in Canberra we went straight to Mt Ainslie on our coach. We went to the lookout of Mt Ainslie to look over Canberra we could see the Parliamentary Triangle and all the important buildings. Mt Ainslie Lookout was an amazing view over Canberra and then we went to all the places.

We went to Telstra Tower on the first day. You could go outside by going up stairs. It was night, cold and windy but the view was ahhh-mazing!



On Wednesday afternoon we went to Questacon. We went to 5 galleries all containing different things, and all very exciting. There were many things that people loved like lightning in a room (basically a dome), the earthquake simulator and the massive 7 metre drop slide. There was also a robot who you could play against in air hockey which basically predicted your every move but only a few people could beat it.

We loved going to the War Memorial. The interactive discovery zone let us dress up, go into a helicopter and trench. We spent a lot of time learning about the different wars in the different areas of the Memorial.



Year 6/7 Canberra Camp cont.



On Thursday night we had a tour of the Australian Institute of Sport. We went in a hands-on room and there were lots of mini Olympic sports like wheelchair racing, rowing, bike racing and ice racing where you had to lie on a boogie board with handles and turn it from side to side. It was lots of fun.



At the Museum of Democracy we all had gloves on to protect the old building then we split up into two groups. My group went up to a room with lots of TVs and we got these little cards that you had to scan to start the fun. You picked a character and then answered some questions. Then we moved around to the different TVs with our picture on it. When we finished, we joined the other group and went into the old Senate. When we were all settled and seated two kids got chosen to dress up and be the first people who were in Parliament. They had to present a speech off a piece of paper.



A big Thank you to Mr Jervies and Derek Upton and all the other adults for coming with us and caring for us if we were sick, injured or just tired. We would also like to thank everyone who helped us fundraise so we could go to Canberra for a little less. Thank you to our parents for sending us on this great trip. Thanks to all the tour guides who showed us around the place in as much detail as they could offer. Thank you to the other school for coming with us and "mingling" with us.

Community News

Please see the school notice board in the stadium for further information on these and other events.

VACSWIM



Enrol in YMCA VACSWIM TODAY and learn a skill for life.

At The Valleys

Monday 16th to Friday 20th December

Booking forms available at the front desk or can be emailed

Cost for 5-day programme \$72

Mid North Messy Churches Invite You to



FAMILY FUN CHURCH

Activities Together
Celebration
Sausage sizzle /Ice-cream

*'Do Not Worry' At
Mega Messy Church*

Sunday 10th Nov

3.00pm – 5.00pm

Clare Lutheran Church
5 Sabine St Clare



For further information; or to make sure there's an ice-cream for you and yours
Gail: 0438 922 731 or gail.edwards7@bigpond.com

Children please bring an adult or two