Dear TLS Community,

**The importance of Encouragement**

1 Thessalonians 5:11 Therefore encourage one another and build each other up, just as in fact you are doing.

I caught up with a friend over dinner last week and she told me an amazing story. It was about a 28 year old man who had started a blog online about his life so far. He wrote that all through primary school he had been slightly overweight and therefore his peers picked on him. Throughout high school the same happened. The years of bullying about his weight left him feeling deflated and worthless. After high school, his self-esteem was so low that he was too ashamed to apply for any jobs. Instead, he moved into the granny flat behind his parents house where he spent his days watching TV, playing video games and over-eating. This resulted in him putting on even more weight to the point where he could hardly push himself off of the couch. He finished his first post with the following words: ‘Now I’m just waiting to die.’

In a world where people get torn to shreds on social media, posting this blog was a brave move. People can be quick to criticise and slow to encourage. But something so incredible happened to this man. Rather than people commenting negative things, they wrote uplifting messages with words of support, encouragement and helpful advice. ‘If you set your mind to it, I’m sure you’d be able to lose some weight, ’I’ll take on this challenge with you,’ and ‘why don’t you start doing a few simple exercises?’ And so he started.

Firstly, he sat on the couch and lifted his arms up and down. After a few days he started to feel better. He shared this on his blog and more words of encouragement flooded through. Then he started walking laps around the kitchen and more kilograms fell off. He kept going, kept sharing his story and people kept supporting him. And before he knew it he was healthy, happy and even employed. I would hate to think what would have happened if he didn’t have such a positive group of people reading and commenting on his blog posts.

There’s a lesson we can learn here. With words, we have the ability to empower people and build them up or we can belittle them and tear them down. Throughout the Bible we are instructed to encourage one another and we read verses that offer words of encouragement to us. In the Bible verse above, Jesus states that we should encourage each other and support others.

I think that’s one of the most important things for us to do. Every day, I speak words of encouragement to my students and see what a difference it makes to their mindset and self-esteem. Likewise, the staff at TLS speak words of encouragement to me and I feel like I can achieve anything I set my mind to. Without others encouraging us, it would be easy to lose hope. Life isn’t easy, Jesus even told us in the Bible that it would come with its challenges and tests. But surrounding yourself with people who encourage you is the best way to overcome these challenges, and encouraging others is a great way to show Christian love.

This week (and always!) I implore you to take any opportunity you can to encourage someone else. Have a safe and happy holiday,

Carlene Chinner,
Year 3/4 Teacher.

Casual day tomorrow Thursday 7th July, raising funds for Blazeaid (last day of term)
From the Management Team continued...

**Asthma Medication**
We ask all parents to please check expiry dates on asthma puffers kept in your child’s school bag and at home. Thanks.

Keep in your prayers…

**From the Principal…**

As the first semester of the 2016 school year draws to a close I take the opportunity to wish every member of our school community a safe and happy mid-year holiday break.

Thanks to all of our students who have worked so very hard during the first two terms of this year. We are so proud of our students and the way they carry themselves both here at school and in the community. I encourage them all to keep up the great work when school returns to begin term three on Tuesday July 26th. The last day for this term is Thursday 7th July with chapel at 2:40pm and normal dismissal time. Staff will engage in a day of professional development on Friday 8th July.

I also wish to thank our dedicated staff for all of their efforts during the first two terms of this school year. I am amazed and so very proud of the commitment and dedication of our staff team. They go above and beyond on a daily basis and are entirely committed to our school and its students. I wish them all a well-earned break.

Hearty thanks to our parents for their continued support of our school and its staff. Students benefit greatly when school and home work in partnership together and I am very thankful for the positive relationship our school has with its parent community.

Next term, we welcome our mid-year Foundation Teacher, Miss Gallasch and Year 1/2 Teacher, Miss Moten. We farewell Mrs Blenkiron, Mrs Schmidt and Mrs Schilling who are all on long service leave. We also farewell Miss Lange and wish her every blessing in the future.

Until next term, God’s blessings to all, Darren.

**Hats TLSS is a sun smart school…**
Our Sun Smart Policy has been endorsed by the Cancer Council. To gain this important recognition of the care and effort we take to ensure the well being of staff and students, hats are required to be worn from set dates instead of a term based arrangement. Students and staff are asked to wear hats from;

**1ST AUGUST, 2016 until 30TH APRIL, 2017.**

**Asthma Medication**
We ask all parents to please check expiry dates on asthma puffers kept in your child’s school bag and at home. Thanks.

**Keep in your prayers...**

**Family Prayers:** This week please pray for these school families and staff members:

- Mifflin
- Miller
- Mudge
- Munzberg
- Nietschke
- Hannah Lord
- Cate Madden

As a community we know God’s power through prayer, so please keep the school, its staff, students and families in your prayers. If you have prayer requests, please let Darren, Matthew or the office staff know.

**School Photos - Tuesday 2nd August**
Photo envelopes have now been sent home with all students. Please return these to school by **Wednesday 27th July** - T3 (even if not buying photos).

**Lunch Order Days**
As mentioned in previous editions of ‘TreLiS’, there will be **no Apex Bakery lunches** for 29th July, 5th August, 12th August and 19th August.

The P & F will be supplying warm lunches on these dates with the money going toward the Year 7 Canberra Trip. At this stage the 29th July and 12th August will be **SOUP DAYS** and the remaining two dates could possibly be **SPAGHETTI and MEATBALLS** (depending on the number of helpers received). Further details to follow...
Generation Next
I want to share with you an article from the generationnext.com.au website. This organisation promotes positive mental health and wellbeing of young people in Australia and runs an annual conference that I regularly attend. This article reminds us that blanket expectations and understandings have inherent dangers. This is why we at TLS work so hard at recognising the individual and differentiating.

Our Sinister, Soul-sapping Happiness Industry
On a recent sodden weekend walk, I tried to cheer myself up by thinking: it's not so bad. Not the slugs or the sky or the rain making its way down a gap between neck and waterproof. But I couldn't do it. Losing heart, I turned back. Glump, glump, glump through the puddles.

But I am aberrant. Melancholy is against the rules nowadays. I should have put on my yellow wellies, twirled my spotty umbrella, photographed myself in the garden and put it online with the hashtag #singingintherain. That's what everyone else seems to be doing.

I do not want to ‘keep calm’ and ‘be happy’. I am not moved to ‘clap along because I’m happy’ as Pharrell Williams exhorts from every radio from March until October. I am not chivvied along by ‘fitness inspo’, ‘wellness inspo’ or ‘bluesky inspo’ social media posts.

Just as we have medicalised the irrepressible energy of the noisy younger brother into ADHD, the shyness of the gauche teenager into being ‘on the spectrum’ of autism and the anxious habits of the fastidious soul into OCD, so we are in danger of recasting low spirits as a disorder of mind and temperament. Of course there are people whose lives are made appallingly difficult by autism or Asperger's Syndrome, who are held back by crippling obsessive compulsive behaviour, just as there are those who are overwhelmed by depressions and despair. Extreme, unmanageable unhappiness deserves every sympathy and all the weapons in our medical and holistic arsenal. But feeling hopeless on grey days, wretched on long commutes, neglected when children do not call or abject when a boyfriend breaks things off — that is life, it is not a failing of will nor a failure to ‘thrive’.

– Laura Freeman

PARENTING HOT TIP!
Perhaps a good one for the upcoming holidays, my ‘Hot Tip’ for this week is: BREATHE.

I know this may sound flippant, but in fact, I think it isn’t.

When the kids are pressing your buttons – breathe. When you walk into a messy room – breathe. When they are tucked up into bed – breathe. When you wake up in the morning – breathe. When the moments are great – breathe them in. I don’t just mean just breathing as our bodies will do without thought – I mean, take a moment (or more) to breathe, and be aware of it. Be mindful of your situation, your instinctive reaction, breathe, and then choose what you will say and do. Just breathe.

God bless your time together these holidays.

Matthew
In Week 8, Year 6 student Ben Slade represented Barossa & Light for SAPSASA Soccer in the State Carnival in Adelaide. Well done Ben, we hope you had a great week!
This is the last newsletter for term 2. This term, the newsletters have been written by Raven, Demi and Cherie. We will be your Journalism Team in term 4 again. Thankyou for reading our newsletter pages and we hope that you enjoyed them.

See you in term 4!

On Thursday, we will be announcing the drawing competition winners. We want everyone who entered to know what a tough decision it was to make. All of the entries were amazing.

Thank you for entering!

Remember the fundraising day is Thursday - the last day of school on the 7th of July! Remember to bring a gold coin donation if you are coming in casual dress and another gold coin donation if you want to participate in the obstacle course!

We hope you have fun!

For your information...

ICT Information / Consultation Session
We will be holding another ICT Information/Consultation Session on Wednesday 3rd August from 2:00-3:00pm in the Kavel Room. The ICT Committee invites all TLS families to attend this session that will detail the progress of our ICT review to date and also invite comments and ideas from TLS families about our future direction.

We look forward to seeing you there.

Peter Dawson, ICT Committee Chair.

$173.55 has been raised for TLS - "thanks to everyone who has placed tokens in the School Bank for Tanunda Lutheran School"!
We are on the home stretch to the end of term 2, this term has flown by with the OSHC children engaging in many fun and creative activities. Come and have a look at our display boards and your child’s profile books.

You may have noticed a few new faces, we are currently going through some changes in staff as we try to find a regular assistant. I have been discussing this with the children and they are coping very well. We appreciate your patience and understanding.

As the end of term fast approaches, don’t forget about the PUPIL FREE DAYS 8/7/16 and the 25/7/16. Bookings are now open online.

Thank you
Heather

Aussie Hoops is Basketball Australia’s official basketball development program. It’s a perfect way to introduce your child to the game of basketball. Sessions are based around learning the fundamentals of the game in a fun, relaxed environment. The program caters for children aged 5-10 years, of all skill levels. Come along and have a try!

Register at www.aussiehoops.com.au

WHERE: The Rex, Magnolia Road, Tanunda
WHEN: Thursday 4.00pm - 4.50pm
DURATION: Thursday August 4 (Term 3, Week 2) – September 22, 2016
COST: New Registration $85.00 (including Aussie Hoops pack)
Returning $60.00

CONTACT: Ben MacCulloch, Aussie Hoops Co-ordinator
Ph: 0419 819 429

Cross Roads Playgroup
Cnr Mount & Magnolia Rd, Tanunda
08 8563 0945

Fare Increase
There will be a price increase in 30th July for all LinkSA tickets and School Bus Passes. We are still able to provide our current pricing for the end of term 2. 

Contact: Ben MacCulloch, Aussie Hoops Co-ordinator
Ph: 0419 819 429

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Pre - School, Reception, Year 1 & Year 2 - Term 3, 2016

Venue: Nuriootpa Primary School, 15 Buna Terrace, Nuriootpa

Day and Time: Every Monday during school term, 4:00 -- 5:30 pm (commencing 1st August)

Fees: $125 Full paying student
    $ 83 Sibling discounted rate
    $100 Student Card discounted rate

Coordinator of the children’s class at Nuriootpa: Deborah Frame

Teacher: Edith Zeller

(Enquiries to: Deborah 0424 101 107)

Students at our Community School usually attend a pre-school (Kindergarten) or mainstream school where they learn the proper formation of letters, reading and writing in the English language. The School for the German Language Inc. builds on this prior knowledge and focuses on teaching German language and culture. The teacher uses the German language in class and incorporates games, craft activities and songs in their lessons to motivate the young students.