

This Week's Message I CAN DO ALL THINGS FOR I CAN DO EVERYTHING THROUGH CHRIST WHO GIVES ME STRENGTH - PHILIPPIANS 4:13

For two years I had a plaque in my office with the above verse.

Reading this verse used to help me feel empowered - more confident and optimistic. I know that God will provide what I need each day - sometimes I just need that reminder to lean on him. It is a great message at times where we are uncertain or confused about difficult situations or decisions.

I do however have a bit of a problem with the word ALL in the message - I can do all things! Well I couldn't play basketball, I am a horrible golfer, I was never going to play cricket for Australia and I never played a league game of footy for Sturt. The list goes on.....

Today is no better. I can't visit my kids as often as I would like, I can't solve some of the questions and issues that can be presented to me daily, and I can't change the goal umpire's decision from the Crows game in round 23!.

As we read the verse from Phillipians, it is worth remembering that God is God and we are not! If I try to be God and have my own agenda for each day - I can't do all things!

When I remember this is God's World and he has a plan for each day, I can be confident and at peace knowing I do have the strength to do ALL the things God wants from me today.

When I re-focus and ask God to show me his agenda for today I tend to calm and be more confident about what I do. Remember with God we CAN do all things!

FROM THE PRINCIPAL

Thank you to all the parents and students who so strongly supported our SACE Info & Expo evening last Wednesday. We were thrilled to have Flinders and Adelaide Universities represented as well as the Kadina TAFE, Regional Skills Training Centre based at Arthurton, and the UniHub from Kadina. Our staff did a brilliant job of explaining the SACE pathways for our students and displayed the many subject opportunities we are able to offer. It is a privilege to be able to work with students through to Year 12 and our staff are doing an amazing job of catering for our students.

Congratulations to our Year 5/6 KO Netball Team on winning the Statewide Netball competition. A brilliant effort. We thank the wonderful support of the girl's parents, Mrs Jo Davey for coaching as well as our volunteer umpires Naomi Davey, Georgie Southwood and Rebecca Davey.

I would like to recommend our music showcase, A Night of Music - Evolving, to our school community that is coming up on Friday the 22nd of September. Each year our Music Program deepens and gains strength and momentum as our students progress through to higher year levels, gain more experience and confidence from entering competitions, and expand their repertoire. It is a fantastic night of music celebrating the talent and dedication of our music students - a night of great entertainment for our whole community, we would love to see you there.





REMEMBER TO BOOK YOUR TICKETS FOR THE NIGHT OF MUSIC TRYBOOKING

MLS PUPIL FREE DAY - WEDNESDAY WEEK 10 27TH SEPTEMBER

IF YOU ARE PLANNING ON TAKING YOUR CHILD TO THE FIELD DAYS, WE APPRECIATE YOU DOING IT ON THIS DAY

29TH SEPTEMBER - END OF TERM 3
EARLY DISMISSAL AT 1.55PM

TERM 4 COMMENCES ON MONDAY 16TH OCTOBER

CARE CORNER

School families in our prayers for week 7 & 8 are: Fred & Angus Redding, Lily Redding, Nash, Jave & Blair Ramsey, Nate Ramsey, India Rowntree, Matilda Carruthers-Murray, Thomas Rowe, Isabella Rowe, Willow Russell, Harley Rawlings & Kennedy Smith, Aleia Starick-Hosking, Lucy & Eli Sanderson, Matilda & Jack Southwood & Pearl Crawford.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32



BOOK CLUB DUE THURSDAY WEEK 8. ORDER ONLINE OR BRING MONEY IN A CLEARLY LABELLED ENVELOPE AND PUT IN A CLASS BOX. WINNERS OF BOOK WEEK CAN USE THEIR VOUCHERS.



NETBALL



On Monday we travelled to Adelaide to play in the final for 5/6 knockout netball. We started off strong and were determined to win. We quite comfortably won the first 2 games which put us through into the semi finals against Norwood which we also won. putting us through to the grand final. We played Bordertown in a very physical and tight game but we finished the last two quarters strong and came out with the win by 20. We ended up coming 1st out of 64 small schools which was a huge achievement. It was a great experience. We had an amazing time and we would definitely do it all over again. Thanks to the scorers, umpires and our coach. By Jayme, Summer, Maddie, Grace and Maysie

BASKETBALL



Today the 5/6 SAPSASA basketball teams compete in the regional finals up at Kadina. We played 7 games against schools from Southern Yorke Peninsula, Northern Yorke peninsula, Mid North and Clare Valley.

It was great to see some great basketball skills and sportsmanship on display throughout the day. The boys had a very close competition winning 4 games and losing 3 games to finish fifth.

The girls finished the day in first place winning all 7 games and will now play in the state finals later in the year.

We would like to thank Mr Joel Emery for coaching the boys team and Mr Matt Howarth for umpiring and all parents who helped score on the day.



YR 11/12 STATEWIDE BASKETBALL FINAL

On Friday 18th of August 2023, Maitland Lutheran School competed in the statewide Year 11/12 Boys & Girls Schools Basketball finals held at the Lights Community and Sports Centre in Adelaide. The boys qualified by winning the regional lead up tournament held in Kadina. Maitland Lutheran School also had 3 girls, Victoria Savage, Iesha Wanganeen, and Teya Wilson, selected to represent the Yorke Peninsula combined schools team, who also competed on the day.

The boys played 3 minor round games against Oakbank Area School, Aberfoyle Park High School and Birdwood High School, coming away with 2 wins against Oakbank and Birdwood and a narrow loss against Aberfoyle Park. This qualified us second in our pool, which meant we had to play the top placed Balaklava High School in the cross-over semi-finals. The boys played out of their skin against Balaklava, with the scores close all game. Unfortunately we came up 1 point short against an Andrew Gaze's nephew led Balaklava.

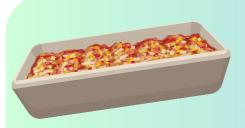
This meant that Maitland Lutheran had to play off for third and fourth against Aberfoyle Park High, the only team they lost to in the minor round. Once again, the competition was fierce, with both teams going goal for goal over the course of the game. However, our boys elevated their game to the next level over the last 4 minutes of the game, to come out victors by 4 points to finish third overall on the day.

Balaklava went on to win the grand final by 20 points.

Victoria, Iesha and Teya all shone on the Yorke Peninsula combined girls team, with each playing an integral part in the team. Overall, the competition was extremely close in the girls competition with the Yorke Peninsula Combined team finishing fourth overall.







If you are interested in helping others in our school community by donating a meal or please contact Tenille.

A meal normally consists of a main meal and some kind of dessert or cake/muffins etc. Thank you for supporting our care program. (tenille.chambers@mls.sa.edu.au)





CASUAL CLOTHES DAY
-ALL THINGS DENIM-

GOLD GOIN DONATION



Sausage sizzle \$2 \$2.50 with onion

YEAR 10/11 CAMP



We saw lots of official business, the sitting rooms and halls, the library and the ballroom, dining rooms and drawrooms as well as lots of pictures, paintings, silverware, flags and stained glass windows.

Next we went to the Go Kart racing and the Laser Skirmish which was awesome fun and exciting and the teachers took part also. We then went to our accommodation at West Beach Caravan Park in the Bunkhouse. We had some spare time to play on the Bouncy pillow and then we had our dinner of pizza. Monday night's activities were either the Golf Driving Range or Mini Golf at Glenelg. It was a lovely evening. The next day we all arose and we could go for a beach walk if we wished. We then had breakfast and went to Glenelg to begin our Amazing Race and Scavenger Hunt. We arranged metro cards to take the tram into the city and then we had to find things along the way including a retro album cover, subway napkins and a 2011, 5 cent piece. We then took the city bus and we also had to visit certain places in the city such as the Central Market, the Courthouse, Rundle Mall, the Myer Food Court, the University of Adelaide, the Zoo, North Adelaide and the Colonel Light Statue and Memorial Drive Adelaide Oval. We then went over the footbridge to the train station and took the train to Pt Adelaide.

Tuesday night we went to the British Hotel for a meal down at Pt Adelaide. We then went Bowling for the evening at Woodville bowl. On Wednesday we had breakfast and a walk and then went to Bounce which was a fun outing of trampolining. We had subway for lunch and then headed for home.

Overall the camp was a great success with learning, fellowship and fun with great staff and great activities. Thanks for a great city experience.

YEAR 10/11 CAMP



YEAR 10 - SUSTAINABLE COOKING



Our Year 10 Food and Hospitality Class have been looking at sustainable cooking. They cooked with lemons which were picked from a tree here at the school.

Sustainable cooking practices not only benefit the environment but also contribute to healthier eating habits for ourselves and our communities.

Locally Sourced Ingredients: Using ingredients that are sourced locally reduces the carbon footprint associated with transportation. It supports local farmers, reduces reliance on long-distance shipping, and promotes fresher, seasonal produce.

<u>Seasonal Eating</u>: Consuming foods that are in season helps to reduce the energy and resources required to grow and store food out of its natural growing season.

Health and Nutrition: Sustainable cooking often involves choosing whole, minimally processed foods, which can contribute to a healthier diet. It encourages the consumption of fresh, seasonal produce that is rich in essential nutrients.

LEMON CAKE

100g butter, melted 13/4 cup sugar 2/3 cup cream 3 large eggs 1 large egg yolk 1 tsp vanilla extract zest of one lemon 1 tbs lemon juice 2 cups plain flour 2 tsp baking powder

Preheat oven to 180 degrees.

Line a 9-inch cake tin with baking paper.

Melt butter and let it cool a bit.

Add all ingredients but the plain flour and baking powder to a large bowl. Beat well with an electric beater. Then add flour and baking powder. Beat again until well combined and smooth.

Pour batter into the cake tin. Cook for approximately 40 minutes. Let cool and dust with icing sugar to serve.

LIFE ED

This week our Foundation to Yr 6 classes were involved with Life Ed. who visited our school. Life Ed is designed to inspire and empower students, providing knowledge, skills and strategies around topics of physical health, safety and social and emotional wellbeing, all through interactive learning experiences.



Topics that were covered were:

- Identifying and practising assertive communications skills
- Practising emotional regulation skills such as mindful breathing
- Understanding how to respect ourselves and others
- · Identifying characteristics of positive relationships
- · Recognising safe and unsafe environments
- Behaviours that maintain friendships
- · How to recognise, react and report unwanted
- contact, bullying or predatory behaviours
- · Strategies to help maintain positive online and offline relationships
- How to build friendships and care for others
- Identifying and managing feelings and emotions
- Recognising body clues that let us know when we could be unsafe
- · Safe people and places to seek help





TO PARENTS AND CAREGIVERS OF SENIOR SCHOOL STUDENTS

YOU ARE INVITED TO THE MAITLAND LUTHERAN SCHOOL P & F

FREE WORKSHOP WITH To Minks

Are your children about to leave home?

Do they have enough skills in the kitchen?

Parents and Caregivers come along to this free workshop and learn some great tips to help your children with fast, easy, cheap and nutritious cooking!

MONDAY 25 SEPTEMBER 2023 6.00PM - 7.30PM

Maitland Lutheran School, Multipurpose Room Tea, coffee and nibbles provided

RSVP Bec H 0408 926 982 Be quick, spots are limited!

Rease note: This workshop is specifically designed for parents and caregivers to attend

PORT HUGHES CLW AMAZINGRACE

Year 7-12
9 - 13 October
Port Hughes Accommodation Centre
Bus transport available

\$245 per camper
\$10 sibling discount
First time campers \$20 only
Registrations close 24 September

For more information or to register: blueprintministries.org.au/camps/port-hughes-clw/



Blueprint ministries







Family Picnic Day

EVERYONE IS WELCOME!



867 South Killkerran Rd, South Killkerran. Follow signs from St John's Lutheran Church.

Informal service at 10am
Followed BBQ lunch and fun activities

BBQ lunch provided

Please RSVP to Nicky Mattschoss for catering purposes: 0427392037





Chloe 10th September Kimberley 10th September **Tori 10th September Brandon 11th September** Levi 11th September Ryker 11th September Stella 11th September Percy 13th September Chloisha 15th September Seth 15th September Lara 16th September Asha 17th September Isaac 17th September Fletcher 18th September Billie 19th September Sophia 21st September William 21st September

CY COUGARS NETBALL CLUB ARE RAISING MONEY TO RESURFACE THE NETBALL COURTS



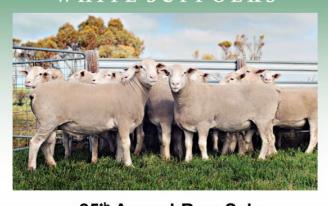




SCAN THE QR CODE TO WIN ADELAIDE THUNDERBIRDS 2023 PREMERSHIP TEAM SIGNED DRESS WORN AND DONATED BY MAISIE NANKIVELL

Jandebrey

WHITE SUFFOLKS



25th Annual Ram Sale Wednesday 20th September 2023 Maitland Showgrounds 1:30pm

Inspection from noon – BBQ lunch provided **70 Rams**

Ovine Brucellosis Accredited Free Ovine Johne's Vaccinated

Geoff & Tania Stock – Sandilands P. (08) 8839 2052 M. 0438 392 052 E. gt.stock@outlook.com FCO-VCO
henna, beauty station,
epic paint fight & more!

beloved is back for 2023! gather your girls and join us for a day filled with fun, friendship and laughter!

girls aged 11 - 18 years.

saturday, september 30th 10.00am start, cost \$25 light church edithburgh

for more details and registration contact Sarah-Jane 0433 240 691



CHEERLEADING / TUMBLE DANCE / POM CLASSES

AGES 4YO-ADULT / COMP & REC TEAMS
VISIT OUR WEBSITE TO SIGN UP



www.midnorthallstars.com.au



CCSLC 1 Doswell Tce, Kadina



🚹 @midnorthallstars



(1) 72007208

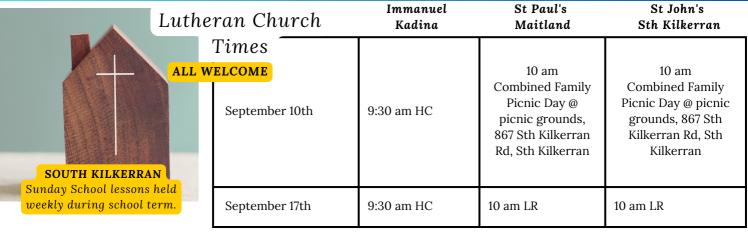






Tony Clark, Wardle Co. 0427 363 161 – Julian Burke, Nutrien 0458 542 615

COMMUNITY NOTICES





MAITLAND JUNIOR TENNIS CLUB

Please register your interest to play Junior Tennis Saturday mornings by calling Carly Jarrett 0429 919 006.

Parent helpers encouraged.



FOOTBALL CLUB

ANNUAL GENERAL MEETING

To be held Monday 16th October 2023 At 7pm in the Central Yorke Football Club Rogers Tce, Maitland.

All members, players & supporters are encouraged to attend.
Enquiries and apologies to





"And God raised the Lord and will also raise us up by his power."

1 Corinthians 6:14

Maitland Lutheran School

23 Clinton Road, Maitland SA 5573
P: 08 8832 2288 E: info@mls.sa.edu.au
W: mls.sa.edu.au

To place a community notice please email kelly.dyett@mls.sa.edu.au