



Hearts and Minds

Newsletter of Encounter Lutheran College



Ping. Pong. Ping. Pong. Back and forth it goes.

Although you'd be forgiven for thinking this is an Olympic-themed message inspired by watching table tennis in recent days, it's more a reference to the to-ing and fro-ing of our current COVID-impacted lives. One moment we were embracing the opening days of a new term, then in an instant we were plunged into uncertainty.

As we reflect on going into and coming out of lockdown, I wonder if we could re-read a transcript of what we said during these past few weeks. What did we say in front of our kids? Setting aside the potential frustration of home-schooling, was the general narrative in your home one of hope or despair? Glass empty or full? Woe is me or blessed are we? Whether we like it or not, our kids are the products of our conversations and actions. As we continue to navigate a time and space that is complex and far from certain, I encourage you to model the resilience, compassion and moments of joy that exist in the everyday.

I'm confident and also hopeful our children will reflect on COVID-times as kids and be able to draw upon the lessons of learning that inform their lives in years to come.

Kelvin

What's On!

Term 3 Week 4

Wednesday 11th August

- Wakakirri Performance day

Thursday 12th August

- Year 12 P.A.R.T.Y Program - FMC
- SSSA 5-a-side Soccer Year 8-10 Girls

Friday 13th August

- Year 6/7 Netball - Happy Valley

Term 3 Week 5

Tuesday 17th August

- 'The Emerald City' Dance Showcase - 3:30pm and 6:00pm

Wednesday 18th August

- SAPSASA Southern Fleurieu Athletics Carnival
- Year 9 Community Project Exhibition - 6:00pm

Thursday 19th August

- Year 6/7 SAPSASA Statewide Basketball
- Year 12 Online Trial Exam

Friday 20th August

- Zone Year 8/9/10 Girls Netball - Pt. Norlunga

FROM THE HEAD OF MIDDLE & SENIOR SCHOOL

Welcome to Week 3!

This week Year 12 students attended a SATAC information session where they heard information about how to apply for university and TAFE. They also collected their SATAC booklets which will assist them in this process. Further information and help can be obtained from Mrs O'Donnell or myself as we prioritise supporting them in their studies and then their transition beyond secondary school.

All students in Years 8-11 also attended a Subject Information Session, where they heard from each of the Curriculum Leaders about future opportunities and new subject offerings in their faculties. With new subject offerings across most areas our students have the opportunity to choose from over 30 SACE subjects and many vocational pathway offerings.

Encounter is constantly striving to ensure that our students have access to the most up to date subject offerings and ensure that their pathways are bespoke and authentic throughout their secondary schooling. We believe it is essential that each student has a clear and informed plan to ensure that they are able to maximise their gifts, talents and interests as they navigate their life though and beyond Encounter. This year parents are able to join the subject counselling interviews virtually and information has been sent home via email to facilitate this process.

As we continue to navigate the constantly shifting parameters over the past 18 months one thing has, and will always remain - Encounter students are cherished gifts from God and we are grateful for the continued support from our community.

Have a wonderful fortnight.



WORK AT LIVING IN
peace
WITH EVERYONE

Staff Devotion By Katie Nuttall

(with some inspiration from Lutheran Hour Ministries)

Hebrews 12:14-15 Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it may become defiled.

With humans, things are not always what they seem. The Holy Spirit can alert us to unseen vulnerabilities. We know when we see plant shoots above ground they indicate roots below the surface. Similarly, our own attitudes may indicate bitterness 'rooted' in our hearts. For example, we might say, "I'll forgive, but I'll never forget." One of the most damaging things about bitterness is that it not only hurts us, but our relationship with Christ. Our attitudes and actions DO affect others. We can't eliminate troubling roots by getting rid of the shoots. We can only do this by digging them out. But how? That's the work of God. By His grace alone, we can 'uproot' resentment from our hearts. We can ask Him to bring any issues to our attention and ask for His Grace.

God's forgiveness through the cross gives us the capacity to pray, to forgive, and to forget the hurt.

Katie



Please check your emails!

Recently we have had a number of school emails end up in the junk or spam folders of our parents/caregivers.

We are putting a call out to families to please check you junk/spam to ensure there are no school emails that have fallen through.

We advise adding "@encounter.sa.edu.au" to your approved mailing list as a way to help stop emails going to the wrong folder.



Library bags!

Library bags are encouraged to be used by all students. An assortment of colours are available for purchase from our Uniform Shop for \$10.50

The Emerald City Dance Showcase

The Encounter Dance Showcase "Emerald City" is being held at the College on Tuesday 17th August. There will be two shows - 3.30pm and 6pm.

Tickets can be purchased through clicking on the Trybooking link below. Adults are \$15 and Children (5+) are \$10.

<https://www.trybooking.com/BTLUH>

Parenting Adolescents: What's Important

Last term we were fortunate to have psychologist Ali Wallis present a parenting seminar on 'Supporting Our Teen Community'. We as Encounter Wellbeing Team would like to thank the large number of parents who supported the event, with overwhelmingly positive feedback, we will certainly look to offer similar events in the future.

The session began with some time to reflect and give thought to...

What are your most important goals, dreams and hopes for your teenager, now and into the future?

How do you want your relationship with your teenager to be in 1 year, 5 years, 10 years?

What control do you have over that?

What knowledge about your teenager and your interactions with them do you need, to make this relationship as rewarding as possible for both of you?

Good enough parents do not strive to be perfect parents and do not expect perfection from their children. Bettelheim (1987).

Some key themes of the presentation were:

- Temperament plays a big role in how your adolescent will work through their adolescent years. Each adolescent will face different challenges and deal with adversity in their own way.
- Your adolescent is 'growing their brain': they flip between the amygdala (flight/fight/instincts) and the prefrontal cortex (inhibiting impulses, organising complex information, and regulating their feelings appropriately). Expect tricky situations to trigger their amygdala and cause strong emotions and behaviours, but also that they will grow out of this over time.
- Adolescents have many tasks they must perform to become functioning adults. These include forming their own identity, making strong attachments outside the family, and becoming independent. This will sometimes clash with family and community values, routines, health and safety. They will get through them!

When problems arise for your adolescent and you, go back to the questions at the top, as a guide for your actions.

Key reminders

Gentle down.

Be respectful to them and to yourself.

Have trust and hope in your relationship.





Whats happening in Music?

Vocal Group "come and try", Weeks 2-4
Give one of our Vocal Groups a try before committing!
Monday lunchtime Middle and Senior Vocal Groups available

Senior School Band – Wednesday lunch times
Middle School Band – Thursday lunch times
Accepting new members now!

Interschool Music Day @ ELC - Friday 17th September

For members of lunchtime music ensembles and string players (violin, viola, cello, double bass).
ELC hosts music students from Tatachilla Lutheran College in a day of fun music collab, finishing with a concert for Junior School.

Stage 2 Music Performance Night
Wednesday 22nd September

Music Showcase
Wednesday 20th October

Starting soon... Friday lunchtime concerts

For more information contact
carolyn.hart@encounter.sa.edu.au

Year 9 Community Project



DON'T USE CHEMICALLY BASED PRODUCTS!

USING CHEMICALLY BASED PRODUCTS ON YOUR SKIN CAN CAUSE LOSS OF IMPORTANT PIGMENT IN YOUR SKIN.

THESE CHEMICALS AREN'T JUST AFFECTING YOUR SKIN, IT IS BADLY AFFECTING THE ENVIRONMENT AND IT'S WILDLIFE.

CHEMICALS ARE HARMING THE WILDLIFE BECAUSE A LOT OF THE WILDLIFE IS SENSITIVE TO THESE CHEMICALS.

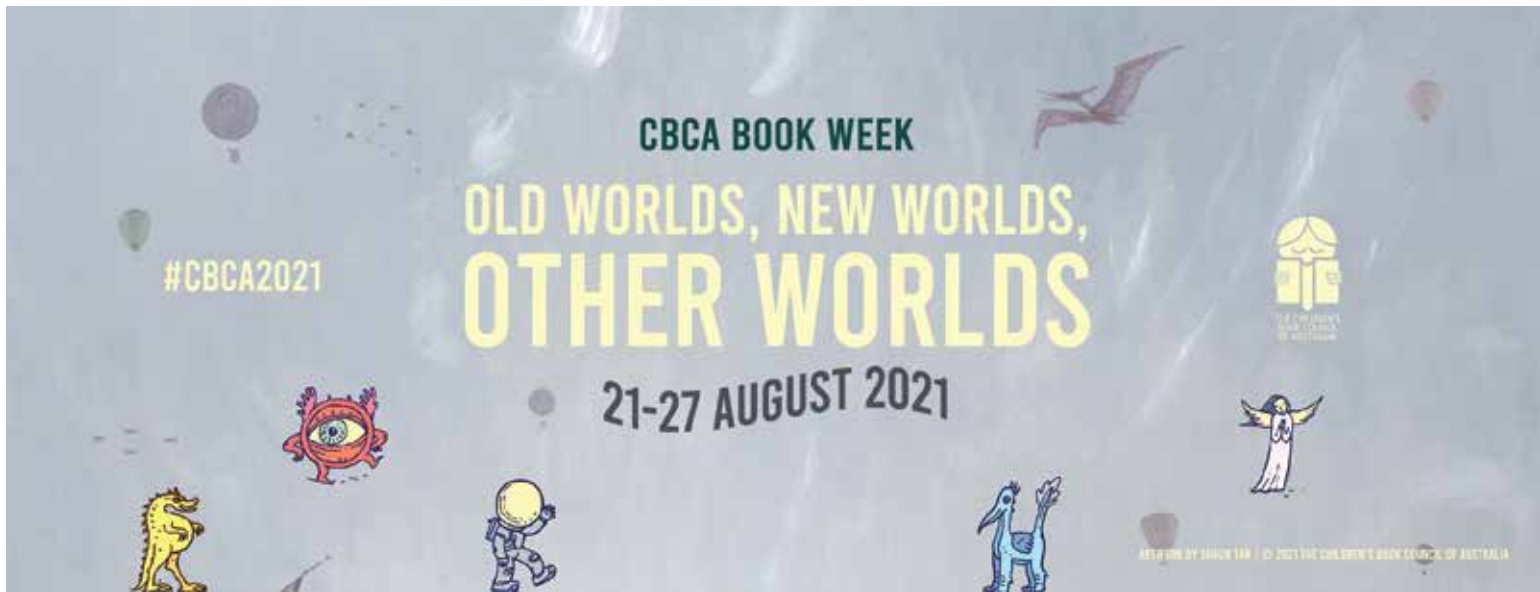
THE WILDLIFE CAN GET SICK AND EVEN DIE FROM THESE CHEMICALS.

SO THINK ABOUT IT, DO YOU REALLY WANT TO KEEP USING CHEMICALLY BASED PRODUCTS?!

I DON'T THINK YOU DO, SO DON'T BE SHY, USE ECO FRIENDLY PRODUCTS AND AVOID CHEMICALS!

IT ONLY TAKES 5 SECONDS TO CHECK ON THE BACK OF PRODUCTS TO CHECK FOR CHEMICALS.

BY DOING THIS, YOU CAN MAKE A DIFFERENCE.



Book week 2021!

Students are encouraged to dress-up as a character from their favourite book or something to do with this year's theme

'Old Worlds, New Worlds, Other Worlds'



Community Notice Board

Port Elliot Tennis Club Open Day

August 15th, 2021

Juniors 9am

Seniors 11 am



There are some spaces left in our Saturday Aussie Hoops session for Rookie's (5 - 7 year olds with little or no experience.)

It's super fun, super safe and super encouraging.

Saturday's in term 3, 9am at Victor Rec Centre.

Register online at: <https://aussiehoops.basketball/>

Art Exhibition

7-11 August 2021



Join us for an amazing exhibition of painting, 3 dimensional and textile art exploring the theme, "Living Water". Featuring work from members of Encounter College and the Lutheran Church Centre.

Location: Lutheran Church Centre,
21a Adelaide Road, Victor Harbor, SA
Dates & Times: 7-11 August 11am-4pm, Sat 7th to Wed 11th August
Entry: Gold coin donation to South Coast Community Care



Featured artworks (L-R): Encounter College
year 9/10 Visual Arts Students