



2025 - Term 3, Week 5

Upcoming Events

TERM 3

WEEK 6

- T-5 Netball
- 3-5 Cross Country
- Book Fair & Parade
- Assembly
- YR 3 McDonald Excursion
- T-5 Questacon Science Circus
- Book parade

WEEK 7

- Year 6 2026 Orientation (After hours)
- T-5 Netball
- Fathers Day Breakfast
- Fathers Day Stall

WEEK 8

- Vision Screening ELC-1
- 3-5 Swimming Carnival
- T -1 Stay Up

WEEK 9

- Vision Screening ELC - 1
- Student Led Conference
- Year 2 Stay up

WEEK 10

- Well Being Day
- Last Day of Term

TERM 4

Family camp - 25 October

Refer to Parent Lounge for details*During school term:*

Front Office Hours

7.45am - 3.15pm

Ph: 8983 0300 #2

admin.pcjs@ntschoools.net

**Reminder: Assembly is
Wednesday of even weeks**

**8.20am in the
Multipurpose Hall**

What a busy and exciting term it has been so far at our Palmerston Campus! Our students have been engaged in a wide variety of learning opportunities, both in and out of the classroom.

Some of the highlights this term include:

- Australian Lutheran World Service (ALWS) Visit – Year 3–5
- Year 5 Camp
- Year 5 Leadership Day
- Grandparents and Special Friends Day
- Transition – Year 5 Swimming Lessons
- Mini Swimming Carnival and Fun Day
- Transition – Year 3 Shoe Tying Lessons
- Science Incursion
-

By now, you should have received an email with our Semester 2 Calendar of Events. As you know, events and learning experiences are continually added throughout the semester, so we encourage you to regularly check TASS and the Upcoming Events section in the newsletter to keep your calendars up to date.

This term, we welcome several new students to our Palmerston Campus. We trust that both the students and their families feel warmly welcomed and quickly become part of our school community. We look forward to seeing them thrive, make new friends, and enjoy many opportunities our school has to offer.

We are pleased to share that our school has received a sporting schools grant this term. Netball NT will be running a series of 4 workshops with all students from Transition to Year 5, beginning next Monday. These sessions will be held on 18 August, 25 August, 1 September and 15 September. Students are welcome to wear their sports uniforms if they wish.

In the coming weeks, you will receive information about our upcoming Student-Led Conferences, including how to book a time slot. Each family will be able to select a 30-minute slot for your child to share their learning journey with you. This will also be a wonderful opportunity to join in and experience some of the activities your children are learning at school.

2026 Enrolments

NOTICE TO CURRENT FAMILIES & POTENTIAL FAMILIES. If you have siblings who are ready to start school or are currently attending another school, and you haven't yet lodged an Enrolment Application for the 2026 intake, please do so ASAP. Enrolment interviews for the 2026 school year have commenced. The College is currently accepting enrolment applications for 2026 for all Years, including our ELC. All enrolment forms can now be found online.

Thanks very much for your assistance. For further information, please contact our College Registrar, Rebecca Carpenter - 8983 0300 / enrol@goodshepherd.nt.edu.au We are excited about the opportunities this term presents and look forward to seeing our students thrive in their learning and activities. Thank you for your continued support and involvement in our school community.

Vicki Trathen

Head of Junior School Palmerston



Service in Action

At Good Shepherd Lutheran College, service learning and action are at the heart of both our Lutheran values and our International Baccalaureate education. In the Primary Years Programme (PYP), action is the core of student agency — an essential part of the learning journey that leads to the ultimate goal of international-mindedness.



When students take meaningful individual or collective action, they develop a deeper understanding of their responsibilities as global citizens. They also experience firsthand the rewards of working together with others toward a shared purpose.

For our learners, service is more than just an activity — it's a personal commitment and a reflection of faith in action. Guided by the gospel message and the example of Christ, we seek to help each other, care for those in need, and use our God-given talents to make a positive difference in both our local community and the wider world.

At Good Shepherd, responsible action isn't just encouraged — it's part of who we are. Together, we nurture young people who not only think deeply but act compassionately, living out their faith through kindness, service, and hope.

Following the recent visit from Mrs Celia Fielke of Australian Lutheran World Service, who spent time with staff and students across all our campuses, you may have noticed a new spark in our learners. Many are feeling inspired and eager to make a positive difference in the world around them! As action might come in the form of participation, advocacy, social justice, social entrepreneurship or life choices, this has led to a number of various activities taking place for students to use as a platform to raise awareness of global issues.

Initiated by students, PYP action is authentic, meaningful, mindful, responsible, responsive and reciprocal.

Action could be:

- a change in attitude
- a consideration or plan for action in the future
- a demonstration of responsibility, or of respect towards self, others and the wider world
- a commitment to leading or participating in a youth advocacy group
- an engagement in school decision-making or an expression of support in community, local and global decision-making.

The action taken by students will also further embed the Key Idea of our Christian Living unit of Christian Studies for this term which is that 'Christians are called to love and serve all people'.

We look forward to witnessing our students live out our college value of service each and every day, as they continue to grow into compassionate, responsible, and globally minded young people.

Rebecca Fletcher
PYP Curriculum Coordinator



This term we are starting a whole campus implementation of Zones of Regulation. Some of you might have heard about it or seen it in action. I have included some information from the program for you. If you would like additional information, please contact me at catherine.sansom@nts.schools.net

A Parents' Guide to the Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'emotional regulation', 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation, or the ability to maintain a well-regulated emotional state to cope with everyday stress and to be most available for learning and interacting.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings. These coping strategies are called 'self-regulation'.



There are 4 coloured zones to categorise feelings:

- **The Blue Zone** – used to describe low states of alertness, (such as feeling sad, tired, sick or bored. Body/brain is moving sluggishly).
- **The Green Zone** – used to describe a regulated state of alertness (such as feeling calm, happy, focussed or content). This zone is generally needed for schoolwork, being social and ready to learn. It shows control.
- **The Yellow Zone** – used to describe a heightened state of alertness, but with some control (such as when experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion - slightly elevated emotions (being fidgety, wiggly, squirmy or sensory seeking). The person is starting to lose control.
- **The Red Zone** – used to describe extremely heightened states of alertness or very intense feelings (such as feeling anger, rage, and explosive behaviour, panic, terror or elation). Not being in control of one's own body.

College Chaplain



“I can do all things through Christ because he gives me strength”

If you wish to contact our College Chaplain, Kyle Cantrill,
please email
kyle.cantrill@ntschoools.net

House Points - Current Tally



FENTON: 945



STRAUSS: 1147



HUGHES: 1277



LIVINGSTONE: 945

House and Special Awards

FENTON

- Jesse Hangai
- Mahlia Rossborough

STRAUSS

- Archer Henderson
- Claudia La Porte
- Oliver Penning

HUGHES

- **Kamdyn Barnes**
- Thanirika Duggirala
- Eva Toll
- Elijah Trease

LIVINGSTONE

- Emmett Kamarudin
- Evie Harmer
- Euart Caddy
- Vivan Patel

COLLEGE VALUES AWARDS

- Kayden Skewes
- Dakota Hodgetts
- Patrick McKay
- Joy Carne
- Tessa Crick
- Sean Staines
- Lily Lugg



**LUCY BEAR
OFFICE**

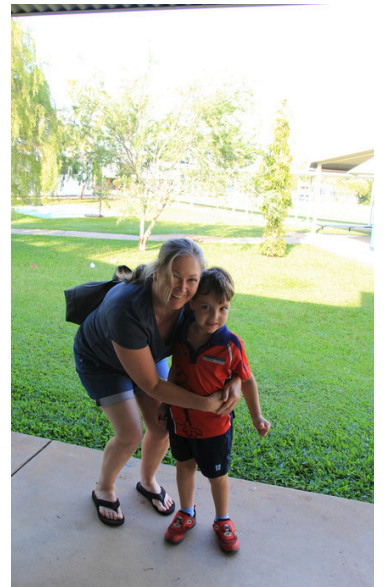
Grandparent and Special Friends Day



We are blessed to have celebrated our grandparents and special friends on Friday 18th of July.

We started with a chapel service followed by students participating with different activities and taking tours of the campus. Lastly, we ended the morning with a beautiful morning tea in the hall.

Thank you for all those who were able to come, we appreciate and acknowledge that grandparents/special friends play a special part in our children's lives.



Grandparent and Special Friends Day



Grandparent and Special Friends Day



Year 5 Camp

In Week 2, Year 5 went to camp at Goanna Park on the Arnhem Highway.

B.E.N.T

On the way to the campsite we stopped at B.E.N.T (Barramundi Experience Northern Territory) where we got to hand-feed some barramundi and have a look at some fish! When eating, the barramundi made a loud sound which made everyone jump. There was a platform that was connected to the grass paddock and we got to feed some small fish.

Day 2 Activities:

On the second day we did a whole heap of activities. We made damper from the Australian recipe, had water relays, made delicious smores on the fire, did a first aid course, built a whole shelter made straight from nature! We even went on a lake walk and saw 3 freshwater crocs! When we went on the bug search we saw an old ranger cabin where they used to stay!

Night time games

We played spotlight and we all had to hide from the person in! So many people got out but some were so good at hiding!

When one of us got out the rest would run away from where they got found. The Talent Show was also so much fun. We had to work with our group to perform in front of all Year 5s. Points were gained for each team.

The best part of camp was meeting new people from the other campuses, the fun activities but most importantly the free play time we got!

Jack. I & Sam



Year 5 Camp



Swimming T - 5 & Carnival

In week 2 and 3 we did swimming lessons at Swell Palmerston. All the year levels participated in the swimming lessons.

Some grades were swimming together and there were different groups based on your swimming skill. Some of the higher levels dived off the diving board and did laps in the big pool.

The big pool was freezing compared to the little pool. We did some pretend rescues and relay races and if we were lucky we could do sinkies. It was so much FUN.

Maddy & Jack M



At the swimming carnival we had a lot of fun especially after the events when we got to play in the splash zone. The racing events we did were free style, kickboard, back stroke and a noodle race. We got to have brain food that the teachers brought in for the kids to eat. We had bananas, apples, oranges, muffins, muesli bars and bread rolls. It was very fun.

Daly & Oscar



Year 5 Leadership Day



On 11/08/2025 we had our Year 5 leadership day. Howard Springs and Leanyer came to the Palmerston campus and we all met up in the hall. A lovely lady named Emma taught us about the 4 S's. The 4 S's stand for: Service, Spiritual, Significant and Support.

Throughout the day we were split into 12 different groups. In those groups we did fun activities, to do with the 4 S's. We learned that if you go in for a hug in slow-motion then you bring your arms back, you end up in a cross. We also had 1 person in our groups lay on a big sheet of paper as we traced them. Inside the human drawing we wrote qualities a leader should have. Then around the body we wrote leaders we know or people we look up-to.

We also watched 2 fun videos to learn more about leadership and how there are many ways to show leadership. Overall it was a fun day and a great way to learn about leadership.

Chloe & Madeleine



Transition - 100 Days of School



On Monday, our Transition students marked a major milestone – 100 days of school! The day was filled with excitement, creativity, and hands-on learning as we explored the number 100 in fun and meaningful ways.

The celebrations kicked off with the 100 Fruit Loop Necklace Challenge, where students carefully counted 100 pieces of cereal before threading them onto string to create a colourful keepsake.

They also enjoyed drawing self-portraits imagining themselves at 100 years old – complete with wrinkles, glasses, ties, bows, and even walking sticks!

To get moving, the children tackled the 100 Exercise Challenge, completing sets of jumping jacks, star jumps, squats, and stretches in groups of ten until they reached 100. We also tested our taste buds with the 100 Licks Challenge, where students counted each lick of a lollipop while trying to stay focused on the task.

In a science-inspired activity, the children made predictions about how much space 100 drops of water would take up in a cup, then tested their ideas and recorded their observations with drawings. The day finished with a reflection on everything we have achieved in the past 100 days – from learning to read new words to making new friends – and the exciting learning that is still ahead.

We are so proud of our students for their hard work, enthusiasm, and achievements. Here's to the next 100 days of learning, laughter, and growth!



Year 1 Keogh



Year 1JK have had a very busy and varied fortnight. The Year Ones swam like merfolk for a fortnight, taking the opportunity to participate in swimming and water safety lessons at SWELL. They had a wonderful time and represented our school community beautifully.

They enjoyed a shoelace tying incursion in week 4, earnestly following the steps to learn practice and how to tie their own laces.

Science week began with a blast from the past, as visiting Geologist Lochie, shared his wonderful collection and knowledge of fossils with us. The students made their own fossils out of plaster after making a mold from ammonite fossils. They even got to touch a megalodon tooth and 200, 000,000 year old turtle poo - how cool!



Year 2 Whelan

We have had a wonderful start, as we settle into Term 3.

All students have settled in well with getting to know how Ms Whelan runs her classroom. Everyone did an amazing job during the 2 weeks of swimming.

The most exciting news is our new class pet — a group of tiny Sea Monkeys! We've been fascinated watching them hatch and grow, and we can't wait to see how they change over the weeks ahead.

Get to know Ms Whelan

Name: Prue Whelan

House: Fenton

Favourite colour: Aqua

Favourite food: cheese and chocolate

Favourite music: 60 – 80s

Favourite place to visit: Adelaide



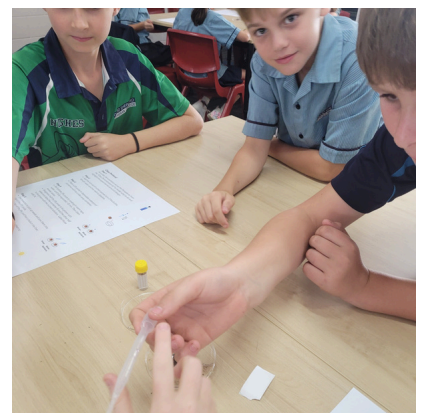
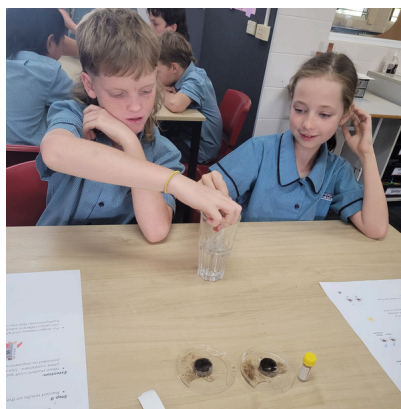
Year 5 Perryman

In the year 5 class room we have been learning to write explanation texts. We got to choose a subject of interest and learn how it works, behaves or it catches food. We are publishing our writing on data discs for something different.

In Science we have also been doing experiments to learn about particles in matter. Matter is solid, liquid and gas. We tested each particles using matter in syringes. When our group did it we used brown rice and it only went down 1 millimeter. The means the particles in solids are tightly packed.

In Maths, we have been putting our multiplication knowledge to the test. We learnt about multiples, fact families and factors of numbers. We are also learning about area and perimeter which uses multiplication. It is very important to know your timetables and makes learning math easier if you are quick at them!

Hamish & Kaïden



Defence School Mentor Program

This term, we've continued to support our students from Australian Defence Force (ADF) families through the defence school mentor program. The program is designed to help students stay connected, build resilience, and feel supported — helping them navigate the challenges associated with military life, such as frequent relocations and parental absences. Each week a new lunch time activity is organised for students to attend.

Some of the activities we have done are throughout the year have included:

- Creating photo frames for Mother's Day gifts
- Movie Day
- Pizza Party
- Creating our own defence kids' badges
- Board Games
- Outdoor games

These sessions offer a friendly space where students can connect with others who share similar experiences.

The defence school mentor can be found at the Palmerston Campus every Thursday

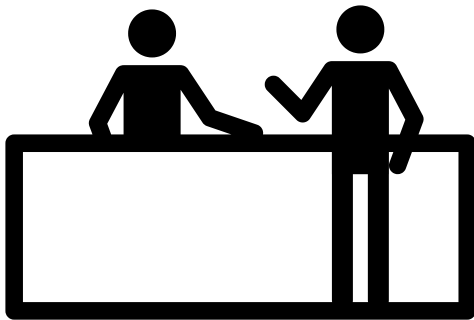
Jess Moon
Defence School Mentor



Friendly Reminders

POKEMON CARDS

As much as we love seeing our students enthusiasm for collecting and trading, Pokemon cards have been causing a few hiccups in the playground. To avoid any upsets, we ask that cards stay safe at home.



STUDENTS SIGNING IN AFTER THE BELL

If you are arriving after the school day has begun, please sign your child in at the front office. This helps us keep accurate attendance records and ensures you child's safety

PARENTS AND VISITORS

This also applies to any parents or visitors coming to the school during class time. You must come into the front office before entering the school grounds.

SLOW DOWN

Please reduce your speed when entering the school gates and when driving off. We understand the life is busy and there are places to be, however the safety of our students and community comes first



LOST AND FOUND

If any of these items belong to your child, you can find them in the lost and found box in the front office.



UNIFORM SHOP: TEMPORARY CHANGE IN TRADING HOURS

CLOSED

Tue 26 August
Thu 28 August
Fri 29 August
Tue 2 September

REOPENING

Thu 4 September - regular opening hours resume.

ADDITIONAL TRADING DAY

Wed 10 September

**GOOD SHEPHERD LUTHERAN COLLEGE
PRESENTS**

Disney

**FREAKY
FRIDAY**

A NEW MUSICAL !

TICKETS NOW AVAILABLE!

BROWNS MART THEATRE
12 SMITH ST, DARWIN CITY

WEDNESDAY 10 SEPTEMBER

10.30am 7.00pm

THURSDAY 11 SEPTEMBER

10.30am 7.00pm

FRIDAY 12 SEPTEMBER

7.00pm

CLICK HERE

ADULT STUDENT

\$30 \$20

**GOOD SHEPHERD
LUTHERAN COLLEGE**

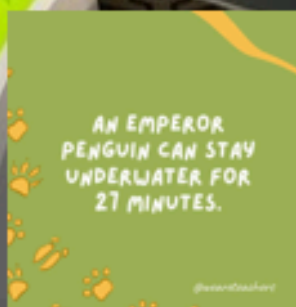
COMMUNITY • RESPECT • SERVICE



ATTENTION ALL BUS STUDENTS
INAPPROPRIATE BEHAVIOUR ON OUR
BUSES, IS NOT TOLERATED.

- Your behaviour on the bus matters for everyone to be safe and have a peaceful ride.
 - Don't group together and pick on others, instead look after each other.
 - Do not throw things inside the bus.
- Bad behaviour on the bus can distract the driver and it's important that he can concentrate on driving.
- It may be a fun game for you but for others it is not, and it will compromise everyone's safety on the bus.

Can parents/guardians please ensure that students understand their responsibilities as outlined in the Code of Conduct for School Bus Travel. Click on this link for the Code: https://nt.gov.au/_data/assets/pdf_file/0010/547624/code-of-conduct-for-school-bus-travel.pdf





SPORT VOUCHERS

Apply now 



**NORTHERN
TERRITORY
GOVERNMENT**

Claim your child's sport voucher today

You can receive two \$100 **sport vouchers** each year, one in January and one in July, to help pay for sport, active recreation and cultural activities.

How to apply

1. Visit nt.gov.au/sport-vouchers to get started
2. Register and apply for the voucher through grantsnt.nt.gov.au

Need help?

Call us on 1800 817 860 or email Sport.VoucherScheme@nt.gov.au



nt.gov.au/sport-vouchers



Keep in touch!



Click to...



phone



web



email



facebook



instagram



linkedin



Howard Springs Campus

Cnr Whitewood Rd and Kundook Pl
Howard Springs

Leanyer Campus

94 Leanyer Dr
Leanyer

Palmerston Campus

Cnr Temple Tce and Emery Ave
Palmerston



Top End Lutheran Parish

We welcome you to come and be a part of our community.
Our Sunday morning church service starts at 9.30am
14 Trower Road, Milner

Phone: 1300 TELP 00 (1300 8357 00)

Email: darwinlutheranchurch@gmail.com