

salvos

magazine



Socialising at school

Navigating emotions
in the classroom
and beyond



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FAITH TALK

More than
survival

MY STORY

The new
normal

NEWS

Doors to
a new life



"There is no such thing as a child who hates to read; there are only children who have not found the right book."

—Frank Serafini



The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

Salvos Magazine

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Back to school

Welcome to 2023! And welcome to a new-look Salvos Magazine. We've updated our cover, and a few more tweaks will be made throughout the year.

Christmas and summer holidays came and went so quickly, and many people are now back into regular routines.

The busy back-to-school season is also here, with all the excitement, challenges and expenses that brings. Socialising at school plays a major role in education, both for children who love social contact and those who find it difficult. Our feature in this edition gives parents and caregivers ideas on helping children thrive at school, with a focus on their social, emotional and spiritual development.

As we gear up for a challenging year, Jess Morris shares an encouraging message about the hope and strength that God gives, and his promise to walk with us throughout our lives to give us hope and a future.

The *Salvos Magazine* team is praying our readers will experience that hope throughout 2023 and beyond.

Simone Worthing **Assistant Editor**

Socialising at school

Navigating emotions in the classroom and beyond

Some children are social butterflies but for many, socialising in a new environment can be overwhelming and overstimulating. As a caregiver, this can be a source of anxiety. Of course, you want your child to be calm and happy, but it can be stressful trying to help them cope in an unfamiliar environment. Some kids will become quiet and shut down, while others will have a tantrum because they are struggling to regulate. Ultimately, children are just like us – but as adults, many of us have learned how to better regulate our emotions and navigate social situations.

The team at Slumberkins – an emotional learning brand focused on empowering children to be caring, confident and resilient – provides insights into how we can help our children navigate big feelings and circumstances through social and emotional learning.

SOCIAL AND EMOTIONAL LEARNING

In its simplest form, social emotional learning (SEL) involves lessons that children (and adults) can use to:

- Understand their own emotions
- Show empathy towards others
- Communicate more effectively
- Build positive relationships
- Make decisions that positively impact themselves and others.

Educators who incorporate social emotional skills into their lesson plans often focus on helping students manage and overcome daily challenges so that

they're more likely to succeed academically, socially and emotionally.

Starting from infancy, into toddlerhood, and beyond, you can encourage the foundation of age-appropriate SEL skills from home, including:

- Expressing what your child wants or needs to their caregivers
- Learning to form healthy relationships
- Regulating their emotions (within reason)
- Playing with other children.



SOCIALISATION SKILLS

While a school setting may allow some children to thrive socially, other kids may not have the same experience or have access to the same experience. Socialising with others and thriving in a social environment comes naturally to some children. They look forward to making friends on the first day of school and don't look back when their caregivers drop them off.



Other children may feel shy or uncomfortable in social situations, whether it's their first school camp or speaking up in class. It's important to recognise your child's sense of socialisation in different settings so you can identify ways to support them and build connections that make them comfortable.

When it comes to SEL in early education, there are various frameworks that parents and educators can follow to help children with socialisation. In the United States, the Collaborative for Academic, Social, and Emotional Learning (CASEL) created one of the most widely used frameworks, which focuses on teaching children the following five key skills:

- **Relationship skills** – these include the abilities you learn to create and maintain healthy relationships and include: communicating clearly, actively listening, collaborating with

groups, and asking for help or helping others when needed.

- **Responsible decision-making skills** – these skills revolve around being able to make logical and constructive choices. Children learn to factor whether their possible solutions are safe, ethical, and whether they'll have positive or negative consequences.
- **Social awareness skills** – this includes understanding the perspectives of others and empathising with them. SEL teaches children to appreciate diversity, be open-minded to others, and be respectful.
- **Self-awareness skills** – these relate to your child's understanding of their thoughts and emotions and how they impact their behaviour. With SEL, they can learn to identify their feelings, recognise their personal strengths and gain self-confidence.
- **Self-management skills** – once your little one has learned to understand their thoughts and emotions, they can work towards controlling them to help achieve their personal goals. Self-management skills they learn may include managing their stress levels, practising self-discipline, learning organisational skills and participating in goal-setting.

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**[beyou.edu.au/fact-sheets/
social-and-emotional-learning](http://beyou.edu.au/fact-sheets/social-and-emotional-learning)**



Scan here for more
on the need for
community.

Kids, connection and caring

WORDS Jessica Morris

In the hubbub of returning to school, a child's spiritual wellbeing (and ours!) can be put on the back-burner. We tend to swap fun for productivity, and our tolerance for play goes down. However, kids have a knack for connecting with what is sacred and true. They want to express the deepest parts of themselves when they feel safe to do so.

You can help them to explore this spirituality and play in three ways:

FIND THEIR 'SAFE SPACE'

Whether you have a faith or not, we all have places and activities that make us feel more connected and at home in our bodies. Getting outside in nature will help some kids to re-centre, others will gravitate towards church, and some feel at home in a quiet, safe space like a library.

Encourage your child to return to their 'safe space' as often as they need to during the school year. It's not a waste of time – it is restorative.



EMBRACE THEIR HOBBIES

Kids are naturally drawn to different activities and hobbies. Running, writing, drawing, painting, dancing, collecting, exploring nature, imaginary play – these are all sacred and pivotal behaviours that help children figure out who they are.



In the rush of day-to-day life and homework, make time for your child to play and express themselves. Right now, play may seem inconsequential, but this is forming the building blocks of their character, spirituality and future passions.

LET THEM SHARE THEIR STORY

Children love to share stories about their day and inner world! As they grow older this can change, so empower them to share their thoughts in a way that feels meaningful to them. Talking with a parent or guardian is a great starting point.

You can also pray with them, ask them to write their stories down, encourage them to draw what they are thinking, or to act it out. Through this they learn that they don't have to go through life alone, and what they have to say is important.

Transforming consumer culture

INTERVIEW Sarah Keogh

Salvos Stores recently appointed Aife O'Loughlin to the role of Senior Manager – Circular Economy. Sarah Keogh, Customer Experience Coordinator at Salvos Stores, recently caught up with Aife to discuss this exciting new opportunity.

Sarah Keogh: What is the circular economy?

Aife O'Loughlin: Right now when something new is manufactured it is designed using a 'Take, Make, Waste' system. This means it is impacting our biodiversity, often isn't made for multiple consumer lives and inevitably ends up in landfill.

When something is designed to be circular, the entire life cycle of the product is considered from before it's manufactured, through to re-use and eventually end of life, where it could be re-made into something new.

How did your role come about?

We've just launched our new strategy at Salvos Stores, and one of the key activities identified was to be a thought leader in the circular economy. Secondhand fashion retail is projected to grow three times faster than commercial retail in the next four years in Australia alone.

How does the role fit into the mission of the Salvos?

Working on new initiatives within the circular economy space will allow for Salvos Stores to continue the positive impact we make for people and the planet, whilst continuing to grow our contribution to community programs that support people in need.



Aife O'Loughlin oversees the circular economy strategy for Salvos Stores Australia.

What exciting upcoming projects can we expect to see?

Right now, I'm focused on building strong foundations to ensure we are making the best decisions to support this continually evolving space.

Whilst I am very excited about what the future holds, everyone can get involved in the circular economy today. Donate items you no longer need to your local Salvos Store or via our online donation portal, and choose to shop secondhand, either in one of our stores nationally or through salvosstores.com.au

For more information, check out salvosstores.com.au

Opening doors to a new life

Salvos support Ukrainian refugees settling into Australia

WORDS Ciska Burrie and Simone Worthing



Some of the Ukrainian refugees who were delighted to attend The Salvation Army's recent Multicultural Gala in Sydney.

Being a refugee in Australia is tough when you haven't got access to funds to support a new life. It's especially difficult if you don't speak English. Thankfully, many – including Ukrainians who have been arriving in Australia since the Russian invasion in February last year – have been connected to Salvation Army migrant-focused programs around the country, as well as to local Salvo churches.

Seizing an opportunity to collaborate in response to the Ukrainian situation, Rebecca Micallef, National Social Impact Manager for The Salvation Army's Employment Plus, linked a few Salvo churches in western Sydney with both Employment Plus and the Blue Peony Foundation, an organisation established to welcome and support Ukrainians who have recently fled their country.

"We have partnered with our local corps [churches] and ... Blue Peony, to help those fleeing war in Ukraine by

supporting them into employment and providing connections to the community," Rebecca explains.

"We provide a holistic program that focuses on employment, yet understands the importance of feeling a part of community through social connections ... We currently have around 20 participants who are being supported into employment, with the numbers increasing every day."



Clothing and shoes were initially popular items for Ukrainian refugees, who often arrived with very little from home.



Oksana engaged with the Salvos for assistance in finding employment and is now working in a job she loves.

In addition to the people who arrive seeking asylum or as refugees from other parts of the world, the increase in participation from Ukrainians has meant staffing levels needed boosting.

Working closely with the Volunteer Resources team, Rebecca advertised and recruited volunteers who feel a connection to the Ukrainian community to fill a Ukrainian/Russian interpreter role, as well as a refugee and asylum seeker job mentor. Alisa Chuganova filled the interpreter role, and Jade Milford the mentoring position.

"The response we had from the community was simply overwhelming – there was such a fantastic response from people wanting to help any way they could," Rebecca says.

Ciska Burrie is the Volunteer Resources Developer, Human Resources, for The Salvation Army Australia.



Scan here for more on the need for community.

OKSANA'S STORY

Oksana is a refugee who escaped the current war in Ukraine and sought safety in Australia. The Blue Peony Foundation referred Oksana to The Salvation Army Employment Plus Local for assistance in finding meaningful and sustainable employment.

Nibras Jasim, Humanitarian Employment Consultant, welcomed and supported Oksana and linked her with different employers. Nibras also supported Oksana's job applications and advocated on her behalf. Oksana secured a part-time position with Harris Farm, and an additional two days per week in an aged care centre. The Salvation Army's financial assistance services also helped Oksana during times of financial hardship prior to her finding work.

"As soon as I asked for help, Nibras immediately responded, offered me all the available vacancies with detailed descriptions, helped me improve my resumé, boosted my resumé promotion, and informed me about a job market where I could meet with Harris Farm Human Resources personnel and prepare for interviews with them," says Oksana.

"Nibras kept in touch with me throughout the whole process. Once I had received the contract, she also wanted to make sure everything went well. I am very grateful – her help was necessary for me, and she helped me feel confident. I really like working in Harris Farm. It's my first job in Australia. I am happy to be part of Australian society, pay taxes and be confident in the future."

More than survival

God's promise of hope and a future

WORDS Jessica Morris

Life doesn't always turn out the way we planned. As we begin a new year, it can be challenging to find fresh hope and new dreams when our old ones have fizzled out. Disappointment can leave us jaded and depressed, and sometimes it is easier to survive than hope.

But after a while, survival isn't enough. Sure, we can generally survive one or two obstacles, like a global pandemic, or unemployment. But as challenges start piling up, our resilience gets lower and lower. We experience a financial crisis, receive a disturbing diagnosis, or someone we love dies. How do we keep going when it feels like we are carrying the world on our shoulders?



Like many Australians, I pride myself on my work ethic and my ability to get the job done. It is part of what makes our diverse country so dependable and hardworking. But over the past few years, I have found that no amount of hard work or attempting to 'get over' my troubles can heal my heart. Only hope can. Because while my energy and resilience are finite, hope is eternal. Hope comes from God.

It can be challenging to find fresh hope and new dreams when our old ones have fizzled out.

”

HOPE AND A FUTURE

I've shared stories about my mental health journey for years, and 'hope' is nearly a buzzword for me. I'll wear it on a T-shirt, plaster it on a book, and create a playlist of songs to get me through the day. But I've found it is easier to talk about hope than actually practise it – after all, when we hope for something, whether it be a better day, healing, a relationship, or a better year, we run the risk of being disappointed. And let's be honest – we have all experienced disappointment in the past few years.



On the days when planning for the future, or even daring to hope it could look different, feel impossible, I cling to God. Because no matter what tomorrow looks like, God doesn't change. And he promises that it gets better.

“

While my energy and resilience are finite, hope is eternal.

”

I have repeated the words from the prophet Jeremiah, who is quoted in the Bible, many times. “For I know the plans I have for you,” declares the

Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah chapter 29 verse 11).

I can't promise that 2023 will be easy, or that a miracle will arrive in the way you expect. But I can promise you that God's love for you will never run out. And that means his plans to give you a hope and a future are non-negotiable.

Whoever you are, and wherever you find yourself, you can have hope in God. He wants you to do more than survive – he wants you to soar.



Scan here for more
on mental health.

The new normal

Changing the lives of those caught up in war

Australian Salvation Army officer (pastor), Major Elizabeth Garland is the Development Officer for The Salvation Army in its Eastern Europe Territory (EET). This area includes Bulgaria, Georgia, Moldova, Romania and Ukraine.

Salvos Magazine: Can you give us an overview of your role?

Elizabeth Garland: My role includes overseeing projects, including community development and emergency response across the EET, and monitoring the funding and overall direction of our anti-human trafficking response. I also coordinate mission support projects which fund the evangelical mission of the Salvos here in the EET.

The development side of my work includes being a member of the Ukrainian taskforce, looking at areas of community engagement and how this

all comes together in terms of ongoing sustainability and mission.

How long have you been in the EET?

I arrived in January 2022 and contracted COVID-19 within a week. After I worked for one week in the office, Russia invaded Ukraine on 24 February.

At the beginning of the war, there were daily online meetings with Salvo leaders in each of our countries, writing and coordinating emergency projects, and meetings with emergency services team members at International Headquarters in London.

What does your typical week look like?

We have prayers first thing every morning for 10-15 minutes, and each week there is a meeting with our country leaders to talk about their work with Ukrainian refugees, and a range of different issues.

Our project board meets every two weeks to discuss new and ongoing projects, as well as emergency responses. I also communicate online with International Headquarters regarding finances and new projects, and regularly liaise with donor offices in Europe, USA and Australia.

What are some of the most challenging elements of your role?

The legal finance systems in each of the countries in which we work are quite complex and challenging to understand.



Major Elizabeth Garland, front right, inspects a laundry project for the homeless in Iasi, Romania.



Major Elizabeth Garland oversees projects, community development and emergency response for the Salvos in Eastern Europe.

I didn't realise how easy the Australian tax system was until I came here!

What motivates you in your work?

I like a challenge and feel that I am contributing and making a practical difference to people's lives, particularly those who are in situations beyond their control, such as the war in Ukraine. I feel that this is what God wants me to do with my life and he enables me to do it.

What are the most rewarding aspects of your work in Eastern Europe?

Seeing the impact of The Salvation Army in local communities and individual lives – physically, mentally, emotionally and spiritually. In Georgia, for example, I met a mother who had escaped Ukraine. She was there with her 13-year-old son and had just given birth to a new baby. Her husband was at the front in Ukraine. The Salvos are supporting her, providing meals and giving her community and care.

In the first couple of months of the war, we had refugees staying in The Salvation

Army's building here. Our corridors became a playground for the children. One boy said it felt like he was on holidays – he could go to the park, play, walk around the lake. He was so happy.

How has the outbreak of war impacted your work?

It is totally different to what I expected. I am working in many areas, all wrapped up in the emergency of the war, and we are establishing a lot more projects.

It was unsettling at the beginning, hearing reports that we might have to evacuate. I had a bag packed ready to go, whereas now life has settled down and this is our new normal.

What do you miss the most?

My family and friends. I am the proud aunty of seven nephews aged from their late teens to early 20s. I miss my mum and dad, my two brothers and sister, although we have regular contact.

Driving on the other side of the road is a bit of an adjustment as well. Not speaking Russian or Romanian means conversations aren't as easy, and I miss the familiarity of home. I have worked overseas a lot though, and tend to settle into most places quickly.

Please pray for peace and that no other countries will be drawn into the war. Pray for safety, and for the health and protection of Salvo officers and people in Ukraine and throughout the Eastern European Territory.



Scan here for more information on Salvation Army Disaster and Emergency Services.

Lunchbox banana muffins



Ingredients

2 cups self-raising flour, 1 tsp ground cinnamon, $\frac{1}{2}$ tsp bicarbonate of soda, 1 cup rolled oats, $\frac{1}{2}$ cup brown sugar, 2 eggs, $\frac{3}{4}$ cup plain yoghurt, $\frac{1}{4}$ cup canola oil, 2 bananas, mashed

Method

- Preheat oven to 200°C. Line a 12-cup muffin pan with paper cases.
- Sift flour, cinnamon and soda into a bowl. Add oats and brown sugar and stir to combine.
- Whisk eggs, yoghurt and oil together. Add banana and stir to combine.
- Pour into dry ingredients and mix until just combined.
- Spoon mixture into paper cases. Bake for 20 minutes or until golden and cooked through. Cool for five minutes before transferring to a wire rack to cool completely.



Quick quiz

1. How many of Australia's universities are in *The Times* Higher Education's World University Rankings 2023?
2. Which Australian schools hold the highest level of enrolments?
3. In which locations are the proportion of students enrolled in independent schools highest?
4. Who is Australia's current Minister for Education?
5. According to a Cambridge University study of high school students around the world, what are the two most studied subjects?

Bible byte

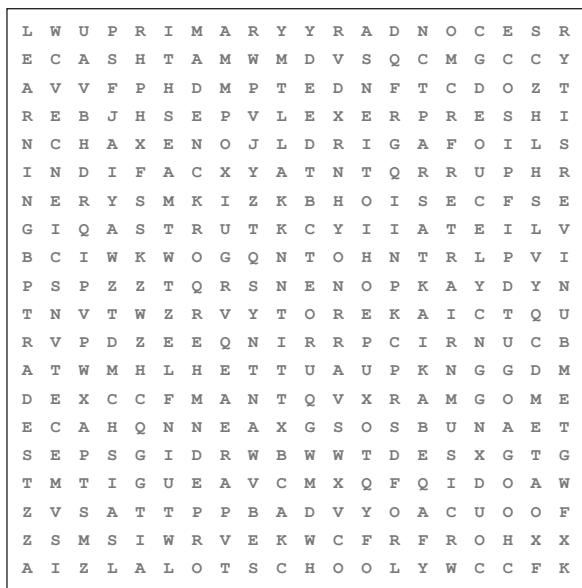
"Intelligent people are always ready to learn.
Their ears are open for knowledge."

*Proverbs chapter 18, verse 15
New Living Translation*



Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



Wordsearch

Words are hidden vertically, horizontally, diagonally, forwards and backwards.
Enjoy!

Apprentice	Music
Arts	Primary
Assignment	School
Cooking	Science
Crafts	Secondary
Degree	Sport
Education	Student
Geography	Teacher
History	Teamwork
Imagination	Tertiary
Learning	Thinking
Literature	Trades
Maths	University

FUNNY THINGS KIDS SAY

"How do you spell UFO?"
a young boy asked his teacher.

"I can't wear my glasses when we do maths," said the primary school student.
"The doctor said they are just for reading."

The dad asked his son what he learned in school today. The little boy replied, "Not enough. I have to go back tomorrow."



DID YOU KNOW?

Students in Finland have the least number of school hours in the developed world, and some of the best results long-term.

Longyearbyen School, a combined primary and secondary school in Svalbard, Norway, is the northernmost school in the world.

In Australia there are around 4,030,717 students across 9581 schools (2021).

Tum-Tum: Is poking out of the book on page 2.
Quiz answers: 1. Seven. 2. Government schools. 3. ACT and South Australia. 4. Jason Clare MP. 5. Mathematics and English language.



Joseph's Coat of Many Colours

Read more in Genesis 37:3

Kidzone Bible Colouring Book + Puzzles is available instore from Salvation Army Supplies for only \$15, or order online at: salvationarmysupplies.com.au

For wholesale opportunities and bulk orders contact the team at salvo.publishing@salvationarmy.org.au

