



TOGETHER WE GROW

2 Mackay Street, Nhill 3418 P: 5391 2144 F: 5391 2022 E: admin@nhillsvic.edu.au

Term 2 Week 4 Issue 13 11th May 2017



Upcoming Dates

MAY	Thursday 11th	NAPLAN
	Friday 12th	Mother's Day Chapel and morning tea @9am
	Friday 19th	Mums' Night Out @ 7.30pm
	Tuesday 30th	AFL Football Player Clinic—Year 4/5/6
	Wednesday 31st	School photos

Birthdays

We wish the following student a very Happy Birthday:

Deegan Clark: Friday 12th May



From the Principal

On Monday, students in Years 3-6 participated in the Cross Country hosted by Nhill College. It was wonderful to see all students complete the course and many improved individual times from last year. Congratulations to those who have made it to the next level to be held in Kaniva next Tuesday, 16th of May. Thank you to all students for trying hard and for encouraging one another. On Tuesday, all staff and students completed a number of educational training sessions ran by The Asthma Foundation of Victoria. A number of parents also participated in a parent information session.

The programs informed our school community of the health and well-being of students diagnosed with asthma and linked conditions. It was a great opportunity to learn how to manage asthma and recognise the trigger symptoms for asthma attacks. A new mobile application (app) has been launched so as to support people in managing their asthma. The app features symptom tracking, mood tracking, recording asthma attacks and emergency support. It can be downloaded from Asthma Australia. Just a reminder that parents/carers are responsible for providing the school with an Asthma Care Plan, signed by the treating doctor, if their child/ren has asthma. Parents also need to provide their child's medication, (clearly dated and in the original labelled container) and alert staff to any changes in their child's asthma management. I encourage all families to browse the www.asthmaaustralia.org.au website as there are many useful resources and information available informing about asthma. Did you know that one in nine people in Australia has asthma? It affects people of all ages. Some people get asthma when they are young; others when they are older. It is important that we all are vigilant in being informed about this lung condition. On Friday we celebrate how blessed we are to have Mothers. The students will be involved in presenting a Mother's Day Chapel and then there will be a beautiful morning tea for all to enjoy baked by our senior students. We would like to wish all Mothers a very happy Mother's Day on Sunday. As quoted, "To the world you may be one person, but to one person, you may be the world."

With Christ, Tara Pritchard

Devotional Thought

Delayed Gratification

Remember how it was with you in the past. In those days, after God's light had shone on you, you suffered many things, yet were not defeated by the struggle. You were at times publicly insulted and mistreated, and at other times you were ready to join those who were being treated in this way. You shared the sufferings of prisoners, and when all your belongings were seized, you endured your loss gladly, because you knew that you still possessed something much better, which would last for ever. (verses 32-34)

²⁶ For if we wilfully persist in sin after having received the knowledge of the truth, there no longer remains a sacrifice for sins, ²⁷ but a fearful prospect of judgment, and a fury of fire that will consume the adversaries. ²⁸ Anyone who has violated the law of Moses dies without mercy "on the testimony of two or three witnesses." ²⁹ How much worse punishment do you think will be deserved by those who have spurned the Son of God, profaned the blood of the covenant by which they were sanctified, and outraged the Spirit of grace? ³⁰ For we know the one who said, "Vengeance is mine, I will repay." And again, "The Lord will judge his people." ³¹ It is a fearful thing to fall into the hands of the living God.

³² But recall those earlier days when, after you had been enlightened, you endured a hard struggle with sufferings, ³³ sometimes being publicly exposed to abuse and persecution, and sometimes being partners with those so treated. ³⁴ For you had compassion for those who were in prison, and you cheerfully accepted the plundering of your possessions, knowing that you yourselves possessed something better and more lasting. ³⁵ Do not, therefore, abandon that confidence of yours; it brings a great reward.

³⁶ For you need endurance, so that when you have done the will of God, you may receive what was promised. ³⁷ For yet "in a very little while, the one who is coming will come and will not delay; ³⁸ but my righteous one will live by faith. My soul takes no pleasure in anyone who shrinks back."

³⁹ But we are not among those who shrink back and so are lost, but among those who have faith and so are saved.

A sign of emotional intelligence is the self-discipline to practise delayed gratification. This means that you have the ability to work hard or suffer inconvenience in order to achieve something worthwhile in the end which more than makes up for the pain. A good example are Olympic athletes who put themselves through gruelling training schedules for years in order to win a gold medal at the end. On the other hand, it is a sign of weakness to give in to yourself and your appetites. Delayed gratification has a spiritual dimension as well. As the writer of our text describes it, the Christian life often involves us in hard work and suffering. Sometimes we wonder if it is all worthwhile. Other people seem to be having a much better time. In the end, however, we know that our reward will be beyond measure. This gives us the strength to endure.

Dear God, help me always to see what goals are worth striving for, and strengthen me to bear any suffering in your name gladly. Amen.

Chapel Offering

Currently, the chapel offerings are donated to support a sponsor child, Waxiagong, and his community in Laos. So far we have raised \$175.15.

Chapel



A special Mother's Day Chapel will be held this Friday at 9am. We invite all Mums and special guests to come along, and stay for morning tea.

Worship News

Please see below for this week's church services times.

Jeparit: 9am

Nhill: 9am

Woorak: 9am

Church Office: 5391 1223



Prayer of the Week

Each week we pray for someone in our School Community. This week we pray for.....

- ◆ Amelia Drendel and her family

School Event News

Volunteering at NLS

For all parents wishing to volunteer at school to help in the classroom, on camps or with other student activities this year, parents must bring the following to the front office: 1) a current Working with Children Check and; 2) a certificate of completion of one-hour Valuing Safe Community training session on-line within the past three years. As a school of the Lutheran Church of Australia (LCA), staff and volunteers are obliged to meet the requirements of the LCA Safe Place Policy. Valuing Safe Communities (VSC) is a program to comply with this expectation. This training is valid for three years.

VSC Online Training Instructions

Go to <http://ilearn.alc.edu.au/course/view.php?id=170>. Follow the instructions. Use the Enrolment Key: VSC3_Volunt33r to gain access to the training. On-line training takes about 30-40 minutes. Certificates of completion will be generated at the end of the session. If you need any assistance, or would like to use a school computer to complete the training, please see Brittany at the front office.

P&F News

MUMS' NIGHT OUT

Come and Join us for an evening of fun and Old Hollywood style set in the deep south of Nhill.

Friday the 19th May

Doors open at 6:45pm , Movie starts at 7.30pm,

Tickets \$20 available at the door

Refreshments and a light supper will be available

Nhill Lutheran School Multipurpose Room



Maintenance Roster

The purpose of this roster, is if there are any small maintenance issues that arise in your month, you may be called upon to help. Thank you in advance for your help.



May/June

Darryn Rethus, Paul Marshman, Martin Colbert, Peter Hedt, Andrew Hiscock

Get 'Em Going

Get 'Em Going Playgroup is on again next Tuesday 16th May. The program runs from 9.30am-11am. Each week children will be given the opportunity to participate in physical, social and mental stimulating activities to assist in preparing them for their learning journey ahead.

Please bring along the following:

- A water bottle
- Fruit snack
- Gold coin donation



For further information please see the front office.

MAINTENANCE NOTICE

Please note that due to maintenance upgrades the south entrance of the school is blocked off. Please use the side ramp doors.



Wood for Sale

The Parents & Friends Association currently has wood for sale. It is \$80 per trailer load and is able to be delivered upon negotiation. Please see Mr.Pritchard for further information and inquires.



Students of the Week

Trinity Rethus: For her excellent effort with her homework. Keep up the great work Trinity!

Chelsea Bone: For always having beautiful manners and for her great work about horses. Excellent work Chelsea!

Joel Mock: For working very hard in class and concentrating during discussions. Keep up the wonderful work Joel!

Oliver Bone: For having a go with writing a journal entry in Science and a persuasive writing piece. Keep up the great work Oliver!

Isaac Pohlner: For fantastic estimation skills with our measurement work and improvements in his Math's layout. Well done Isaac!

Natalie Hall: For doing a great job of improving her understanding of measurement equivalents. Well done Natalie!



'The Digby Award'

Chloe

For amazing Maths work and terrific attitude to everything she does. Fantastic to see Chloe!



Student Wellbeing Information

Mindfulness is the practice of noticing what is happening right now. Stop. Breathe. Think. Take notice of how your body feels and what you see, hear, smell and taste. Notice what your mind is doing. Mindfulness helps you to create space between the emotions you feel and the actions you use to respond to them.

Practicing mindfulness during childhood improves cognition, social and emotional skills and well being. It can:

- * Decrease stress and anxiety
- * Promote sleep
- * Improve focus and attention
- * Build problem solving skills
- * Improve impulse control
- * Increase compassion and kindness
- * And build stronger relationships.

Try these simple steps at home to help your child. Discuss these ideas before bed or even around the dinner table!

A help: is a chance for us to admit that we need help and to have the courage to ask for help.

A thanks: is being grateful for the 'things' we have in our lives. It's the feeling of quiet gratitude, humbly and amazingly, without shame at having been blessed.

Or a WOW: means we are not dulled to wonder—it's the mesmerizing or the miraculous within our days—the veins in a leaf, the formation of the birds flying over. 'Unto us so much is given. We just have to be open for business.'





2017 Calendar

Friday June 2nd

Hosts: Jeparit

Friday Aug 4th

10 pin bowling
Horsham

RSVP essential

Friday Sept 15

Hosts: Jeparit

Friday Oct 20

Hosts: Woorak

November

Ultimate Frisbee