



## Upcoming Dates

MAY	Friday 19th	Mums' Night Out @ 7.30pm
	Tuesday 30th	AFL Football Player Clinic—Year 4/5/6
	Tuesday 30th	P&F Meeting @ 7.30pm
	Wednesday 31st	School photos
JUNE	Saturday 3rd	Aviation Weekend—P&F Donut Selling
	Sunday 11th	Jeparit Pioneer Museum—P&F Donut Selling
	Monday 12th	Public Holiday
	Tuesday 20th	Lightning Premierships
	Friday 23rd	Last Day Term 2

## Congratulations

Congratulations to Aaron, Nathan, Sean, Hayden, Grant, and parents Adrian & Jo, on the birth of Amber. Amber was born on Tuesday 16th May, weighing 8lb. We are sure the boys will make fantastic big brothers!



## From the Principal

Congratulations to all students who competed at Kaniva for the next level of cross country on Monday. Students tried their very best and encouraged each other. Thank you to all parents and friends who went along to support the students.

We look forward to the P&F 'Mum's Night Out' this Friday. Doors open at 6.45pm and the movie begins at 7.30pm. Thank you in advance to our wonderful P&F committee for organising such a special evening for mums and women of all ages.

Our school takes its responsibility to keep students safe seriously. Asthma and anaphylaxis are two conditions that require parents to provide management plans to the school. To raise awareness about medical conditions in our school community, it is important that parents have a good understanding of their role and responsibilities. In today's newsletter we have included a link to information about anaphylaxis that has been provided by the Royal Children's Hospital. It is critical that parents inform the school if your child's medical details change or needs to be updated.

[http://www.rch.org.au/kidsinfo/fact\\_sheets/Allergic\\_and\\_anaphylactic\\_reactions/](http://www.rch.org.au/kidsinfo/fact_sheets/Allergic_and_anaphylactic_reactions/)

Yours with Christ, Tara Pritchard



## Devotional Thought

### Low Life—Hebrews 12:3-11

Think what he went through; how he put up with so much hatred from sinners! So do not let yourselves become discouraged and give up. For in your struggles against sin you have not yet had to resist to the point of being killed. Have you forgotten the encouraging words which God speaks to you as his children?

‘My child, pay attention when the Lord corrects you, and do not be discouraged when he rebukes you.’ (verses 3-5) <sup>3</sup> Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. <sup>4</sup> In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup> And you have forgotten the exhortation that addresses you as children—“My child, do not regard lightly the discipline of the Lord, or lose heart when you are punished by him; <sup>6</sup> for the Lord disciplines those whom he loves and chastises every child whom he accepts.” <sup>7</sup> Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? <sup>8</sup> If you do not have that discipline in which all children share, then you are illegitimate and not his children. <sup>9</sup> Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? <sup>10</sup> For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. <sup>11</sup> Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

There are those who promote Christianity as a kind of high life. Follow Jesus, they say, and your success and happiness are assured. Nothing is further from the truth, as the life of Jesus himself shows. He remained poor all his life, was constantly in danger of persecution and death, and finally was cruelly executed. Being one of his followers involves the potential for such suffering for us also.

What’s the point, then, of becoming one of his followers? What sensible alternative is there? Certainly not to follow the way of sin, which, though seemingly the easy path, leads in the end to dire disaster. The only hope we have is in Jesus. We also have the assurance that he will use all the troubles that do come our way to strengthen us in our faith. And to those who endure to the end, he has promised a rich reward.

***Lord, give me the wisdom and the strength to follow your path, wherever it might lead, and to see with the eyes of faith the glorious end you have provided for us all. 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 \$192.85.

## Chapel



Chapel will be held at 9am in the Multi Purpose Room. It will be ran by a group of senior students. Starla has written this week’s Chapel. We invite all guests to join us for morning tea.

## Worship News

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

Jeparit: 11am

Nhill: 11am

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.....

- ♦ Natalie Hall 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.

## 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.



www.illustration.com - 96658373

## 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

## 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**



The next P&F meeting will be held on 30th May at 7.30pm in the Meeting Room. These meetings are open to all families in the school, and we welcome new faces. At the meetings we talk about social events for the school community and fundraising for the school, we generally have lots of laughs and cake. Please consider coming to the next P&F meeting we would love to see you there.



## Students of the Week

**Annabella Zanker:** For excellent reading. Keep up the great work!

**Stella Schnaars:** For working hard, being a great helper in class, having beautiful manners and for completing extra homework. Well done Stella!

**Thomas Albrecht:** For trying hard, doing his homework, using manners and being a great helper. Well done Thomas!

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

**Giana Pohner:** For trying her best in class, doing a great job with her homework and for being a caring member of our class. Keep up the wonderful work Giana!

**Deegan Clark:** For working hard in class to complete his work whilst ensuring it is done neatly. Keep up the great work Deegan!

**Kendra Clark:** For fantastic neat work with her shape and angle work. Great work Kendra!

**Kit Oliver:** For doing a great job of improving her daily mental Maths and answering questions in small groups. Well done Kit, keep up the top work!



## 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