

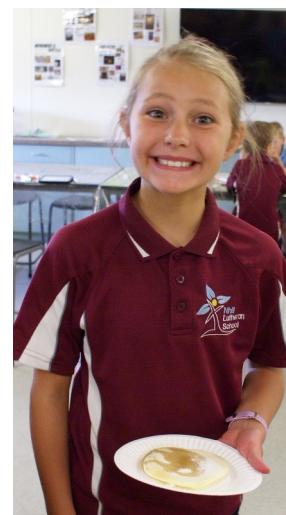


## Upcoming Dates

MAR	Wednesday 20th	First Wednesday at school for Foundation class
	Thursday 21st	SRC Casual Dress Day for Harmony Day (wear orange or traditional dress)
	Thursday 28th	Let's Stamp Out Bullying performance

## Shrove Tuesday

Students enjoyed their pancakes on Shrove Tuesday.



## From the Principal

### The Next Step

You may have heard the saying that a journey of 100 miles begins with one small step. This saying, and others like it, highlight that progress and growth is a series of steps. Our Foundation students are about to take another step in their educational journey. Next week the Foundations will begin attending school on Wednesdays meaning they will attend school 5 days a week (just like the big kids!). We wish them and their families well as adjustments are made for this next step.

### Identifying Our Emotions – The 5 Point Scale

Developing strong emotional intelligence is beneficial for our wellbeing. At Nhill Lutheran School we aim to develop students not just academically, but socially and emotionally too. Helping students to identify and name emotions is important for their emotional growth. Understandably, the younger a person the harder it may be to recognise or name an emotion, or even know what to do if a particular emotion is present. Being aware of others' emotions can build empathy and a caring culture. You may have noticed some 1-5 scales appearing in the school in the form of posters or little bookmarks. This 5 point scale is a tool that helps students identify their emotions, and is relatively easy to use. Students can use this scale to identify their own emotional state, give it a number 1 to 5, and in doing so inform others about how they're feeling at any given point in time. Teachers and students can then respond appropriately and sensitively meaning students feel heard, validated and cared for. So what does each number mean?

- 1: Good day – I'm calm and focussed.
- 2: OK – I can continue my day.
- 3: Not very good – I'm not feeling well.
- 4: Very upset or angry – I need to work through my feelings.
- 5: Out of control – I need to spend time in a safe place to calm.

### And finally. . .

We're catching our breath after a few filled weeks with Swimming, Field Days and more. We're looking forward to welcoming Grandparents on April 5 to our Grandparent's Day. We also look forward to acknowledging Harmony Day next Thursday – a wonderful opportunity to be thankful to God for the many blessings of living in a multicultural community. Every blessing for your week!

Damon Prenzler

## Child Safety

Students across all year levels will be revising Cyber Safety and how to protect themselves online. Key messages that you can also reinforce at home include; Informing students that nothing ever disappears from cyberspace; online behaviour and comments become a digital imprint visible to potential friends, employers etc....At Nhill Lutheran School, we strongly encourage parents to develop appropriate on-line boundaries for their children. If you would like more information and advice, please visit the government Cyber Safety website at [www.cybersafetyhelp.gov.au](http://www.cybersafetyhelp.gov.au).



## Found

Lost property: available at the front office

Swimming goggles from the swimming carnival and sunglasses from the Welcome BBQ

## Maintenance Roster

The purpose of this roster is to have a group of people available to fix any small maintenance issues that arise. If they occur in your month, you may be called upon to help.

### March/April

**Darryn Rethus**, David Reichelt,  
Adrian Pedie, Steven Carew, Roy  
Dickinson, Jeff Woodward, Joel  
Borgelt, Richard McPherson



## Devotional Thought

### God's angels

**God will put his angels in charge of you  
to protect you wherever you go.  
They will hold you up with their hands  
to keep you from hurting your feet on the stones.**  
(verses 11,12)

Read Psalm 91:1,2,9-16

I remember a picture that was on my bedroom wall when I was a child. It showed two happy children chasing butterflies right next to a cliff. They were quite unaware that there was danger only metres away. But one of God's angels was standing close by, protecting them. I always loved that picture. It reminded me of how God cared for me.

Do you sometimes stop to reflect that God has his angels watching over you? You may never know what they have protected you from. So much of what God does for you comes your way quietly, often even unnoticed.

St Paul says there are unseen wicked spiritual forces waging a battle against you, and if it wasn't for the armour and weapons that Christ provided for you, you'd never be able to stand and survive (Ephesians 6: 10-17). Martin Luther referred to the work of the angels in his morning and evening prayers: 'Send your holy angel to be with me, so that the devil will have no power over me'.

The angels play an important role in your journey through life. They are part of what God does for you in order to keep you from harm and bring you safely into his home.

***Thank you, God, for sending your angels to watch over me. Cover me with your protecting hand. Amen***



## Worship News

Please see below for this week's church service times;

Jeparit: 10 am

Parish AGM & fellowship

lunch to follow

Church Office: 5391 1223



## Prayer of the Week

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

- ◆ Chloe Crisp and her family
- ◆ Harper Crouch and her family

## Chapel

Chapel this week will be held in the Multi Purpose Room at 9am. It will be run by the Year 1 class. Parents and friends are always invited to join us and stay for morning tea and coffee.



## Chapel Offering

At the last Chapel \$19.60 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$153.45 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

## Lunch Orders

Please note that final arrangements are still being made regarding lunch orders. Could parents please wait until further notice before sending students to school with lunch orders.



## NLS volunteers

### Reading Buddies Program

We are currently seeking some parent helpers to assist with our reading buddies program and Perceptual Motor Program (PMP). Reading buddies involves parent volunteers coming into classrooms and listening to students reading aloud. Volunteers must have a current Working With Children Check and complete the training that is explained below.

### 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: **VSC4\_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 Mrs Koning at the front office.

### Hats

Please remember that hats are compulsory for Term 1.

Please make sure that all hats are named and maintained in good condition.

## Book Fair

The Book Fair will be open for the last time tomorrow (until 4 pm).

Thanks.

## Colouring competition

Yesterday each student was provided with a picture to colour for the 52nd Annual Vintage Machinery Rally. This will be at Wheatlands Warracknabeal on the 20th and 21st April.

If students decide that they would like to enter the competition, please make sure that their completed entry is back to school by the end of March, so that we have enough time to deliver them to Warracknabeal.

Thanks to the students who have already entered.

## Kindness award

The Kindness award was presented to Lily Hall and Georgia Allen at assembly last week.



## SRC Fundraiser

### Casual Dress Day Thursday 21<sup>st</sup> March 2019

For a gold coin donation  
wear orange or traditional dress  
for Harmony Day





## Kids Camp 2019

Tandara Lutheran Camp

**When** April 9-12

**Who** Ages 9-12

**Cost** \$210



**Theme** Tips and tricks to read the Bible like a Pro!

To register: <http://www.tandara.org.au/app/register/form/1>  
Registrations close 1<sup>st</sup> of April 2019

**Nhill parkrun, Jaypex Park**  
**Every Saturday morning, 8.00am**

5km walk or run or a bit of both

No experience necessary

Register at [www.parkrun.com.au](http://www.parkrun.com.au)

Further details on [www.facebook.com/nhillparkrun](https://www.facebook.com/nhillparkrun)

Be part of the fun

**TOTALLY  
FREE**



# BE PART OF OUR TEAM

SHARPEN YOUR SKILLS, MAKE FRIENDS FOR LIFE  
AND BELONG TO A SPORT YOU'LL LOVE.  
PLAY JUNIOR NETBALL AT YOUR LOCAL CLUB.



### VENUE

NHILL & DISTRICT SPORTING CLUB, Davis Avenue Nhill

### SESSION DAYS & TIMES

THURSDAYS at 3.40pm

### START DATE

Thursday 4th April 2019: come try & registration day

### CONTACT

Casey Hiscock - 0427 227 382

Find your nearest centre at [play.netball.com.au](http://play.netball.com.au)



# NHILL COMMUNITY PERFORMING ARTS PROGRAM

The Nhill Community Performing Arts Program is an activity run by The Nhill Learning Centre. It is open to all students of primary and secondary school age and will run every Wednesday of each term. The first session for Term 1 will commence on Wednesday 13<sup>th</sup> February and run for 8 weeks.

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## **DANCE: to be held at "The Patch", 9 Clarence St, Nhill**

After a warm up, participants will learn good techniques to maintain their safety and look after their bodies whilst dancing. Sessions will cover various dance styles over the course of the program. These include ballet, lyrical, jazz, tap and more!

**Foundation – Year 4 students:** 4.00pm – 5.00pm

**Year 5 & above students:** 5.00pm – 6.00pm

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## **DRAMA: to be held at "RSL Room", 10 Clarence St, Nhill**

During drama sessions, participants will explore various technique skills, areas of expression, and styles of performance. These include, amongst others, vocal projection and characterisation, gesture, mime, improvisation, melodrama, script interpretation, and performance creation.

**Year 5 & above students:** 4.00pm – 5.00pm

**Foundation – Year 4 students:** 5.00pm – 5.45pm

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**Cost:** \$40.00 for dance OR drama for the term, or \$50.00 for both dance AND drama



Nhill Learning Centre  
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