



## Upcoming Dates

FEB	Friday 7th	Welcome BBQ—6.30 pm; meat supplied
	Tues 11th	P & F AGM—7 pm
	Wed 12th	No Foundation classes
	Mon 17th – Fri 21st	Swimming classes @ 11am-1.30pm
	Wed 19th	No Foundation classes
	Mon 24th– Thurs 27th	Swimming classes @ 11am-1.30pm
	Tues 25th	Shrove Tuesday
	Wed 26th	Ash Wednesday No Foundation classes
	Fri 28th	Swimming Carnival
MAR	Wed 4th	Wimmera Machinery Field Days excursion No Foundation classes

## Birthdays

We wish the following students a very Happy Birthday:

Abdullah Ahmad: Wednesday 5th February

Samava Fawad: Tuesday 11th February

Erin Fraser-Klix: Wednesday 12th February

Charli Rethus: Wednesday 12th February

Also to Mrs Koning: Friday 7th February

happy  
birthday

## Buddies

Last week the buddies got to know each other better, completing a number of different activities.



## From the Principal

### A Great Start

All students are to be commended for the way they have started the 2020 school year. The beginning of the year is a time to establish routines and expectations, to become familiar with rules, and to switch on to what needs to occur for great progress in learning. It has been wonderful to see students put in effort to start their year of learning positively. A reminder that teachers are happy to discuss your child's progress, and if you wish to speak to your child's teacher you are welcome to arrange a time.

As part of the discussions that have taken place in classrooms is the idea that positive choices lead to positive consequences or outcomes. Many of these choices centre around the dispositions learners need in order to learn well. For example, if I listen attentively I will follow instructions better. Or if I block distractions I will complete more writing. If I am kind to others they will hopefully be kind to me. Great learners make positive choices that lead to positive progress in their learning.

### Community

Nhill Lutheran School is a wonderful community. During the year we are fortunate to gather together and experience a warm and welcoming community. The Welcome BBQ, Friday February 7, is one such occasion and I hope to see you there. Thank you to the Parents and Friends for organising the BBQ. Speaking of P&F, their first meeting is next Tuesday at 7pm and parents and caregivers are welcome to attend. The P&F are instrumental in raising funds that are used to support the school.

Every blessing for your week,

Damon Prenzler

## Cyber safety agreements

All students are required to return a signed cyber safety agreement before they are permitted to use devices at school. These were emailed to families with the Welcome letter. Please return these ASAP. If you require a new cyber safety agreement please see Karen in the front office.

## Zooper Doopers

Zooper Doopers are for sale at school for \$1. The sale of these raises funds for the SRC.

Please remind students that they need to be ordered in the same way as the lunch orders, before the start of the school day.

## Get 'em Going

Get 'Em Going Playgroup has started again, meeting each Tuesday at 9.15 am. 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

If you have any questions or would like more information on the program please see Mrs Koning at the front office.



## Devotional Thought

### What is your gift?

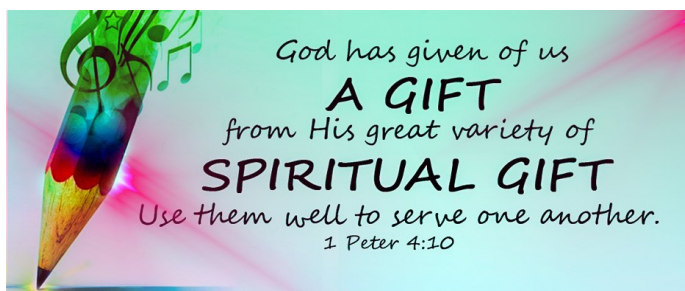
**Each one, as a good manager of God's different gifts, must use for the good of others the special gift he has received from God. Those who preach must preach God's messages; those who serve must serve with the strength that God gives them, so that in all things praise may be given to God through Jesus Christ, to whom belong glory and power for ever and ever. Amen. (verses 10,11)**

Read [1 Peter 4:7-19](#)

What's your special gift from God? When it comes to cars and engines, don't look to me for help. My brother, on the other hand, has a natural mechanical ability. He has a mechanics license and a university degree in mechanical engineering. He makes a living designing and building trucks and sports cars. So for anything to do with cars you can trust him. However, he hates working with people and can't work out how I survive doing my job, where I'm working with people every day.

Different gifts. Different ways of serving others. So what is your gift? It's not a matter of being important or receiving public recognition. It's a matter of discovering the talents and abilities that God has given you and using them in a way that serves others and honours God. What gift has God given you?

***Lord, help me see clearly the gift you have given me, and show me how I can use it to serve others and to bring praise to you. Amen.***



## Worship News

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

Nhill: 11 am

Woorak: 9 am

Jeparit: 9 am

Church Office: 5391 1223



## Prayer of the Week

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

- ♦ Georgia Allen and her family
- ♦ Jonas and Elvi Beattie and their family

## Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. This week it will be run by Pastor Carl. Parents and friends are invited to join us and stay for morning tea and coffee.



## Chapel Offering

So far this year, \$17.00 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.





## 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> and 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 Mrs Koning at the front office.

## Hats

Please remember that hats are compulsory for Term 1. No hat means no play. Please make sure that all hats are named and maintained in good condition.

## P & F

Please note that the P & F Association will be holding their AGM and General Meeting on Tuesday 11<sup>th</sup> February, 2020 at 7.00 pm in the Meeting Room at the Nhill Lutheran School. We welcome new and existing families to attend. If you haven't attended a meeting before then come and see what it is all about and maybe you have some great idea/s we could use this year for fundraising or social events.

## Swimming News

Students will begin swimming lessons, starting on Monday 17<sup>th</sup> February, and will be run daily between 11am-1.30pm. Students will get changed at school and then walk down to the swimming pool. Students are encouraged to bring along sandals or other appropriate footwear to walk to the pool. Please make sure that all clothing is named.



The Swimming Carnival will be held on Friday 28<sup>th</sup> February and we are seeking a few volunteers to assist us on the day. If you are able to assist please contact Mrs Koning. at the front office.



## INSIGHTS

### Getting the screen time balance right



I am always getting asked 'How much screen time should I allow my child?' Here's the thing. I don't believe there is a magic number of hours a child should be 'allowed' or 'not allowed' screen time. There are many other more pertinent questions we should be asking about our kids' screen time, aside from simply 'how much?'

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum? These are just some of the things we should be looking at when it comes to our kids' use of their screens. Which is not to say that the amount of time spent on screens is irrelevant. It is still valid to be concerned about how much time screens are consuming of your children's days.

To help alleviate some of the concerns you may have, and to put some strategies in place, here are some things you can focus on when it comes to your kids and screen time.

#### Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?

Conversely, are they showing signs of not being in control? If so then you may have to look at better ways to manage their time. Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per se, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.

#### Are all of their other needs being met?

Ask yourself, are they getting enough:

##### Sleep time

It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed helps ensure their sleep needs are met.

##### Bored time

Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

# parenting\*ideas

## Connection time

Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

## Active time

A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

## Downtime

Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

## Focus time

There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

## Mealtime

Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others and enjoying a meal together without the need of a screen helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.



### Martine Oglethorpe

Martine is a parent educator and a youth and family counsellor who speaks, writes and consults on the challenges faced by families in the modern world. Martine has a Masters in Counselling and a background in secondary education. Through her personal and professional work with families raising children, she recognises the important role technology plays in the social and emotional wellbeing of young people. Martine is an accredited speaker with the Office of the eSafety Commissioner.

Provided as a part of our school's Parenting Ideas membership

[parentingideas.com.au](http://parentingideas.com.au)

**TODAY'S THE DAY  
TO HAVE A BLAST!**



**Nhill Sporting Club Cricket Blast!**

5 - 10 Year Olds  
Every Saturday, February 8th to March 14th  
9.30am to 11am @ Davis Park, Nhill  
\$40 for a 5 week program + a pack with cap,  
drink bottle, ball & bag  
Register your interest with Tarrah Dodds  
0438 329 042



# VR at the Library

Explore the world—experience a Space walk, climb Mt. Everest or visit an Egyptian tomb with Virtual Reality.

Try our new VR equipment today—30 minute sessions

At Nhill Library from Tues Jan 21st to Sat Feb 15th  
Bookings essential. See staff for details.



WIMMERA  
REGIONAL LIBRARY  
CORPORATION  
your local library

Inspiring  
AUSTRALIA

VICTORIA  
State Government

Jobs,  
Precincts  
and Regions

The  
ROYAL SOCIETY  
OF VICTORIA  
Promoting science since 1854



NHILL LAWN TENNIS CLUB

## JUNIOR POINTS TOURNAMENT

SUNDAY 23RD FEBRUARY 2020  
@ 8.30AM

\$7 Singles  
\$13 Doubles  
U10, U12, U14, 15+

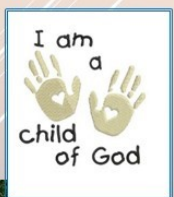
Contact: Helen Cannell  
Email: [nhilltennisclub@gmail.com](mailto:nhilltennisclub@gmail.com)  
Text: 0419829272  
Entries Close: Wednesday 19th  
February 2020



# GOD'S 4 FENCES

## Kids Camp 2020

Tuesday 31<sup>st</sup> March – Thursday 2<sup>nd</sup> April



Tandara Lutheran Camp – Halls Gap

For 9-12 year olds only

\$170

Registrations are limited, use the link to register

<http://www.tandara.org.au/app/register/form/1>

[kerry.linke@camptandara.com](mailto:kerry.linke@camptandara.com)

(03) 5356 4253





# Dance & Drama at The Patch

*Commencing Wednesday 12<sup>th</sup> February*

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.

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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!

**Years 3 - 4 students:** 3.45pm – 4.30pm

**Years F - 2:** 4.30pm – 5.00pm

**Years 5 & above:** 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

**Years F – 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  
80 MacPherson Street, Nhill, 3418  
Ph: 53879 800







Australian Library and  
Information Association

# Library Lover's Day

Friday February 14th

- Join us at Nhill Library, this Library Lover's Day, for a cuppa & a chat about your favourite book.
- Go on a Blind Date with a Book
- Or share the Love—Recommend a book you love to others.

*Uncover  
something  
new*

WIMMERA  
REGIONAL LIBRARY  
CORPORATION  
your local library

[alia.org.au/libraryloversday](http://alia.org.au/libraryloversday) #LibraryLoversDay

Escape the Heat



Or the Cold

Enjoy a variety of games with some  
friends at the Nhill Library for:

## After School Games



Wednesdays during School  
Terms

Anytime from 3:30pm to 5:30pm

WIMMERA  
REGIONAL LIBRARY  
CORPORATION  
your local library

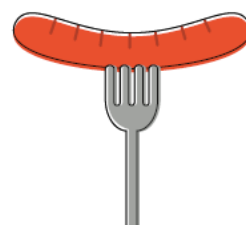




The Parents and Friends Association of the  
Nhill Lutheran School

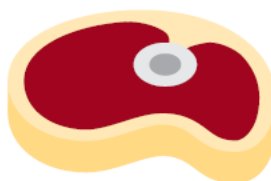
**Invite all School families to our**

# Welcome BBQ



**Friday the 7th February 2020**

**6.30pm start**



**RSVP: to the School by Monday 3rd February 2020**



Bring a salad or dessert to share,  
except for Foundation and new  
School families as we are  
welcoming you to the School.  
Meat supplied. BYO chair.  
Tea, coffee, water and gluten free  
options available.