



## Upcoming Dates

|     |                      |   |
|-----|----------------------|---|
| FEB | Mon 17th – Fri 21st  | Swimming classes @ 11am-1.30pm                                  |
|     | Wed 19th             | No Foundation classes   |
|     | Wed 19th             | Hockey Roadshow   |
|     | Mon 24th– Thurs 27th | Swimming classes @ 11am-1.30pm                                  |
|     | Tues 25th            | Shrove Tuesday  |
|     | Wed 26th             | Ash Wednesday<br>No Foundation classes                          |
|     | Fri 28th             | Swimming Carnival   |
| MAR | Wed 4th              | Wimmera Machinery Field Days excursion<br>No Foundation classes |

## Lutheran Laypeople's League

The LLL provides school banking, which teaches children the important life skill of saving money.

If a children's saving account is opened with the LLL before 31 March 2020, the LLL will deposit a gift of \$25.

See details on the back page for more information or see Mrs Koning at the front office.

## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly last Friday:

Year F/1: Robbie

Year 1/2: Olivia

Year 3/4: Liam

Year 5/6: Frazer



## From the Principal

### Welcome BBQ

Thank you to all families who attended the Welcome BBQ last Friday. The lightning, thunder and rain certainly added a tropical feel to the evening! I hope you were able to make connections with people and maybe even get to know someone new. Thank you to the P&F and their helpers for cooking and preparing for the evening, and thank you to all who provided food to share.

### Acts of Service

Jesus led and loved through serving others. Performing an act of service often means doing something for the benefit of others, but not expecting anything in return. This year an Act of Service award will be presented at assemblies to students. This flows on nicely from our Kindness Award which was a focus in 2019.

### Evacuation Practice

On Tuesday morning the school, including the Get Em Going Playgroup, participated in an evacuation drill. All students, staff and visitors are to be commended for the quick and safe evacuation. Practicing for evacuations or lockdowns are important in schools. The drill on Tuesday was overseen by personnel from Dynamiq who assist the school in their emergency procedures. Staff received training on Monday as part of ongoing training and compliance.

### Looking ahead

It's amazing how quickly a calendar can fill up. Looking at the remainder of Term 1 there are many activities and events planned and I encourage you to refer to the calendar in this newsletter to keep up to speed with what's going on. I wish to highlight a few events: Swimming Carnival (Feb 28), whole school excursion to Wimmera Field Days (March 4)

and Grandparent's Day (March 27).

### Parenting ideas

I hope you are enjoying the Parenting Ideas articles that appear in our newsletter. As part of the school's membership of Parenting Ideas, webinar vouchers are available to parents. The webinars provide useful information and advice for parents on a range of topics such as:

- Brave parenting in a culture riddled with worry;
- Understanding techno tantrums;
- Future-proofing your child; and more.

There are previously recorded webinars available or you can book for upcoming webinars. With a webinar voucher the cost of many webinars is free. To access a webinar voucher please chat to either Karen Koning or myself. Further information may be found at [parentingideas.com.au](http://parentingideas.com.au).

Every blessing for your week,

Damon Prenzler

## 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

### Simply the Christian Life

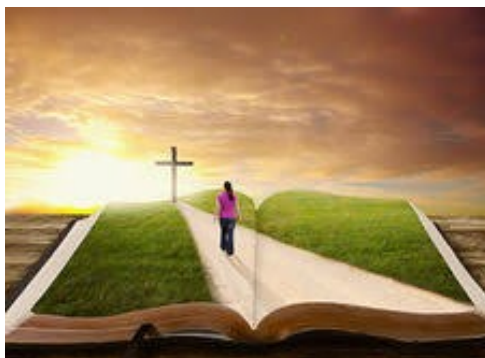
**For God has revealed his grace for the salvation of all people. That grace instructs us to give up ungodly living and worldly passions, and to live self-controlled, upright, and godly lives in this world, as we wait for the blessed Day we hope for, when the glory of our great God and Saviour Jesus Christ will appear. He gave himself for us, to rescue us from all wickedness and to make us a pure people who belong to him alone and are eager to do good. (verses 11-14)**

Read [Titus 2:1-15](#)

Whenever I read about successful business people or superstar athletes, I'm always impressed by their dedication and the sacrifices they make to achieve their status in life. Interestingly, if you look into the lives of business people and athletes who haven't achieved such a high level of success, you will often find the same high standard of dedication and sacrifice.

When Paul urges us to live 'self-controlled, upright, and godly lives in this world', he isn't asking us to become some sort of religious prude, nor is he guaranteeing that by living in this way we will become some sort of spiritual superstar. Rather, he wants us to see that this is just simply the Christian life. It's what results from hearing the words of grace and salvation and, out of love and thanksgiving, responding in our everyday life to God's gracious love.

***Lord Jesus, thank you for the precious gift of your saving love. Strengthen my faith by your Spirit, so that I will live for you always. Amen.***



## Worship News

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

Nhill: 9 am

Woorak: 11 am

Jeparit: 11 am

Church Office: 5391 1223



## Prayer of the Week

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

- ♦ Caleb Bedford and his family
- ♦ Sophie Blackwood and her family

## Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. Today it was run by Mr Prenzler. Parents and friends are invited to join us and stay for morning tea and coffee.



## Chapel Offering

At today's Chapel \$23.20 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$74.15 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

The Parents and Friends Executive Committee were elected at the P&F meeting held on Tuesday.

**Chairperson:** Alana Zanker

**Vice-chairperson:** Bron Zanker

**Secretary:** Michelle Allen

**Treasurer:** Bec Curtis

**Additional members:** Carol Case-Hassall, Jackie Rethus, Renae Wheaton

A reminder that all parents and caregivers are welcome to attend P&F meetings, and to participate in the fundraising activities planned for 2020.

## Swimming News

We are looking forward to our swimming lessons over the next 2 weeks. Please ensure students have the necessary items with them for the lessons. Lesson times are listed below, classes will be walking to and from the pool, allowing around 15 minutes for the journey. Because of this, some classes will have a slightly different recess or lunch time during swimming weeks.

Year 5/6: 11.00 – 11.30

Year 3/4: 11.30 – 12.00

Year 1/2: 12.00 – 12.30

Year F/1: 12.30 – 1.00



The Swimming Carnival will be held on Friday 28th 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.



## 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. There are still a few outstanding. Please return these ASAP. If you require a new cyber safety agreement please see Karen in the front office.

## Zooper Doopers

A reminder that Zooper Doopers are to be ordered before school each day.

They cost \$1 and their sale raises funds for the SRC.

## Welcome BBQ



## INSIGHTS

### Why consistency improves kids' behaviour



*One of the simplest ways to improve a child's behaviour is to be more consistent.*

Children love their parents to be consistent as they are able to predict how they will act. A consistent approach to discipline helps put kids in control of their behaviour.

Consistency means as parents we follow through and do as we say we will. It means resisting giving kids second and third chances when they break the rules or behave poorly around others. When we let kids get away with two or three infractions of the rules we often come down very hard eventually, which causes resentment. Act early and prevent poor behaviour from escalating is the best approach.

Consistency also means both parents in a dual parent family get their act together and respond in similar ways when children are less than perfect. Children learn from a young age to play one parent off against the other when their standards differ or communication is poor. Sole parents need to be consistent with how they react when children behave poorly.

A consistent approach is shown through a clear set of limits and boundaries that provide kids with structure and teaches them how to behave. Studies show that families with very few boundaries or rules are more likely to have children who behave poorly around others, or don't consider their own safety.

Children like limits and they also like to push against boundaries. One study has shown that kids will push parental boundaries about one third of the time. This is a normal, but irritating expression of a child's push for independence and autonomy.

Some toddlers, teens and other tricky types will push twice that amount, which is very hard work indeed.

Consistency is often sacrificed by busy parents and put in the 'too-hard basket'. When parents are tired, stretched and overworked the last thing we want to do is engage in a battle with a strong-willed child over what are sometimes petty issues.

Besides, consistency can make a well-meaning parent who values relationships feel downright awful.

But giving in rather than holding your ground is not a smart long-term strategy. If you give in occasionally kids will learn that if they push hard enough, or give that winning smile, you will eventually give in.





Here are some ideas to help you be consistent with your kids:

- 1. Focus on priority behaviours.** It's difficult to be consistent with every single misbehaviour, but it's easy to focus on one or two. When you are consistent with one or two priority behaviours it has a positive impact on other behaviours.
- 2. Give yourself a tangible reminder** about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to "Walk away when a child whines. Don't give in." Or "Catch your kids doing the right thing when they resolve a problem without arguing."
- 3. Check your routines.** Make sure you have simple routines for troublesome times of the day such as bedtime or mealtimes.
- 4. Act** rather than overtalk or repeat yourself when kids misbehave. Sometimes it's really inconvenient to set a consequence, as you may have to battle a tantrum that follows. But the stand-firm approach pays off in the long-term as kids learn eventually that you mean what you say, and say what you mean. That's what firm, consistent discipline requires.
- 5. Agree to a joint position** with your partner about a range of parenting issues such as discipline methods, going out, the use of technology, alcohol, sexuality and other important areas.



**Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

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

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

## NHILL LIONS COMMUNITY MARKET

Jaypex Park - Nhill,  
Victoria  
9 am to 1 pm

Sunday 15<sup>th</sup> March  
2020



Contact Kerrie - 0401 246 811 or Lesley - 0419 135 132  
Email: [NhillLionsCommunityMarket@gmail.com](mailto:NhillLionsCommunityMarket@gmail.com) Facebook: [www.facebook.com/NhillLionsCommunityMarket/](https://www.facebook.com/NhillLionsCommunityMarket/)

# 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

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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  
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



**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

**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

# Learn, save, grow!

Teach children how to save, before they learn to spend,  
with an LLL Children's Savings Account.

### Featuring:

- No fees or charges – at all
- Great interest rate with no 'bonus' rate hurdles to jump
- Funds always accessible
- No minimum deposit or balance required
- Easy to follow passbook with internet access available.



Cash deposits can be made into your child's account via school  
banking available at this school - **ask the School office how.**



LLL school banking encourages students to develop regular saving  
habits which can be maintained throughout life.

For more information or  
to open an LLL Children's  
Savings Account:



[www.lll.org.au](http://www.lll.org.au)  
Phone our office on  
1800 556 456



**LLL**  
**Children's  
Account**  
Learn, save, grow.

This advice is general in nature and does not take into account your personal situation, needs or objectives.  
Please refer to the Disclosure Documents before making a decision to deposit funds with the LLL. \*The \$25 gift  
consists of the normal \$5 gift paid into the first account opened in the child's name, PLUS an additional \$20  
when quoting the promotional code (GET25) and the account is opened by 31 March 2020.