



TOGETHER WE GROW

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Term 1

Week 7

Issue 7

13th March 2020



Upcoming Dates

MAR	Tues 10th — Fri 20th	Book Fair
	Wed 18th	Author Mark Carthew visit at Nhill Community Centre (F-2)
	Thurs 19th	Author Mark Carthew visit at Nhill Community Centre (3-6)
	Fri 20th	Harmony day and dress up day
	Fri 27th	Grandparent's day Last day of term 1
APR	Tues 14th	First day of term 2
	Tues 21st	Mobile Dental Clinic



FREE DENTAL CHECK-UPS

Wimmera Smiles will be visiting your
school on **Tuesday 21st April** in
our Mobile Dental Clinic.

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: Esther

Year 1/2: Olive

Year 3/4: Samava

Year 5/6: Abdullah



From the Principal

Coronavirus (COVID-19)

As you would be aware Coronavirus (COVID-19) is posing a significant health risk worldwide. A few days ago the Victorian Premier flagged the possibility of closing all Victorian schools amongst a range of broader measures aimed at tackling the spread of COVID-19. Our school is receiving regular updates from Independent Schools Victoria (ISV) and Lutheran Education Victoria, New South Wales, Tasmania (LEVNT). ISV are in communication with the Victorian Department of Education and Training and the Department of Health and Human Services, and pass on updates to their member schools. The school is following the advice provided by authorities and will follow any directives as required, while trying to ensure safety to our community and minimal disruption to the learning program.

Within our newsletter is an information page from DHHS suggesting ways to reduce your risk of coronavirus. In particular I would highlight the suggestion of isolating yourself at home if you feel sick. This applies to students, other family members, staff and anyone who may ordinarily venture on to the school site. I also encourage all members of our school community to keep informed. The following Australian Government site has a variety of information including for parents of school aged children: <https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

First Wednesday for Foundation Students

Wednesday was a special day for our Foundation students. For the last 6 weeks the Foundation students have not attended school as part of the introduction-to-school process where a 'break' in the middle of the week allows for a rest day (starting school is tiring!). These Wednesdays have also allowed opportunities for Miss Sealey to spend time with students on a one to one basis and conduct

assessments. This Wednesday, however, marked a special step in the Foundation students' education where they attended school and will continue to do so.

Looking ahead

Next week the school will celebrate Harmony Day on Friday. The SRC have planned for this day to be a day where students may wear the colour orange or traditional dress for a gold coin donation. Harmony Day is an opportunity to think globally and to celebrate the many cultures that make up our community.

Grandparent's Day is Friday March 27, the last day of term, and we are looking forward to hosting many special visitors on that day.

New Shade Sail

Work has commenced on our new shade sail with posts being put in today. The shade sail will be added in the next few weeks. This will provide a shaded area for students to play in the sandpit.

Parenting Ideas Article

Last Sunday was International Women's Day. We thank God for the many women in our lives and for their contributions, love, strength and much more. Parenting girls provides challenges that differ to those of parenting boys. The Parenting Ideas article this week is titled When Relationships Go Wrong For Girls, and hopefully provides some helpful ideas to navigate tricky relational issues that arise.

Every blessing for your week,

Damon Prenzler



Devotional Thought

Don't be afraid

**'Do not be afraid — I am with you!
I am your God — let nothing terrify you!
I will make you strong and help you;
I will protect you and save you.'** (verse 10)

Read [Isaiah 41:8-13](#)

At the age of 81 my mother was dying of cancer. She was in hospital, receiving palliative care.

I had travelled from home to spend a few days with her. In the evening, as I sat by her bedside, I wanted to offer her some gospel comfort, but I was having difficulty finding the words.

Then I noticed her hymnbook on her bedside table. Mum had always loved to sing hymns. I began quietly singing some of her favourite hymns such as 'Be still, my soul' and 'How great thou art'. She couldn't speak, but she nodded and smiled, encouraging me to go on. And I did, for over half an hour, until she drifted off into peaceful sleep.

I believe my mother found great comfort in the familiar words of those hymns. She certainly showed no fear or distress as she faced death.

God promises to be with us at all times. Each day his love is there to help, protect and strengthen us for whatever life brings our way.

God of all comfort, assure me of your presence and help today and every day. Amen.



Worship News

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

Nhill: 9 am

Woorak: 9 am

Jeparit: 11 am

March 18 Lenten service at Jeparit: 7.30pm

Church Office: 5391 1223



Prayer of the Week

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

- ♦ Olive Curtis and her family
- ♦ Max Dart and his family

Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. Parents and friends are invited to join us and stay for morning tea and coffee.



Chapel Offering

So far this year, \$111.35 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Furniture for sale

The school has numerous items of furniture it no longer needs and is offering these for a minimal cost of either \$5 or \$10 (depending on the item). Items include old student desks, filing cabinets and lockers. This offer is available until the end of Term 1. Please see Karen Koning or Damon Prenzler if interested.

Harmony Day



SRC Fundraiser

Casual Dress Day

Friday 20th March 2020

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

EVERYONE BELONGS
www.harmony.gov.au

Stamps for Mission

Nhill Lutheran School is happy to be a collection point for LCA Stamps for Mission. The sale of used postage stamps raises thousands of dollars to support God's mission in the world. So far, nearly \$447,000 has been raised!

Projects supported by Stamps for Mission include:

- Home of Grace, Thailand
- Ogelbeng seminary in PNG
- Courses on Lutheran Distinctions, Myanmar

If you have used stamps to donate, please send them along to school. If you are unsure of the guidelines, please cut the stamps off the envelope, leaving the postmark clearly visible.

There is a collection box at the front office. Thank you for your help.

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

Hindmarsh Shire
Youth Week



Friday 3 April 2020

SKATE PARK TOUR 2020

Help us to deliver the event that you want!

Contact Gaby @ Facebook CDO Hindmarsh
call or text 0477-040-113 to be part of the
team to help plan the best Skate Park Tour
in the region!



SRC

Congratulations to the SRC students who received their badges at assembly last Friday.

Foundation/Year 1: Maddison & Zara

Year 1/2: Jonas (absent) & Olive

Year 3/4: Imogen & Shilah

Year 5/6: Charli & Frazer

SRC leaders: Maci (absent) & Nate



Sports Captains



Congratulations also to Archie and Asher, our 2020 Sports Captains.

Act of Service Award

Well done to Deegan who was the first recipient of our new award: Act of Service Award.



INSIGHTS

When relationships go wrong for girls



Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

Listen to their story

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'I' words, which encourage her to own her feelings. She could say, 'I felt let down when ...' Model apologies at home. Help her think of ways to say, 'I'm sorry. Can we fix this?'

Discuss the shifting nature of friendships

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girl's feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

Expand her village

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like such as through self-harm, anxiety, eating disorders and self-loathing.

parenting*ideas

Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



Collett Smart

Collett Smart is a psychologist, qualified teacher and author of '[THEY'LL Be OKAY: 15 Conversations To Help Your Child Through Troubled Times](#)'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia.

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

parentingideas.com.au

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GOD'S 4 FENCES

Kids Camp 2020

Tuesday 31st March – Thursday 2nd 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

(03) 5356 4253



1 DAY KIDS RETREAT

LITTLE DESERT NATURE LODGE
9.30AM-3.30PM | WEDNESDAY 1 APRIL | 2020

WHAT TO EXPECT

NATURE WALKS
MINDFULNESS
TEAM BUILDING
OBSTACLE COURSE
MORNING TEA
LUNCH
AFTERNOON TEA
LIMITED SPACES
AGES: 6+

GET THE KIDS ACTIVE
THESE HOLIDAYS!

A DAY FILLED WITH
OUTDOOR FUN &
TEAM BUILDING

ALL INCLUSIVE
PACKAGES FROM
*\$60.00

*Packages available for multiple children

BOOK ONLINE NOW | VISIT OUR RETREATS PAGE

FOR MORE INFORMATION PLEASE CONTACT US ON
5391 5232 OR EMAIL BOOKINGS@LITLEDDESERTLODGE.COM.AU





Horsham - Victoria

DATE:

Monday 6th April

TIME:

9am - 3pm

ADDRESS:

Horsham City NA
Park Drive
Horsham VIC 3400



Age: 6-15 years

COST: \$85 Per Participant

EARLY BIRD: \$75 (Ends 23rd March)

Including a T-Shirt

BOOK NOW:

<https://netfitnetball.com.au/netfit-clinic/>

Powered by:  **The Athlete's Foot**

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

CRICKET 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

**NHILL LIONS
COMMUNITY
MARKET**



Jaypex Park - Nhill,
Victoria
9 am to 1 pm

**Sunday 15th March
2020**

Contact Kerrie - 0401 246 811 or Lesley - 0419 135 132
Email: NhillLionsCommunityMarket@gmail.com Facebook: www.facebook.com/NhillLionsCommunityMarket/

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
Phone our office on
1800 556 456

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.



**Children's
Account**

Learn, save, grow.



Saint Patrick's Day

Library Limerick Challenge

**Can you out-limerick a leprechaun & make
off with his pot of gold?**

**Take the Nhill Library's Limerick
Challenge and you could..**

**Win a pot of
chocolate gold!**



**The Challenge is to create the most entertaining
Limerick on the topic of your choice.
Please keep it to a PG rating.**

Two Categories: 1. Adult & 2. Children (up to 15yrs)
Entries open Tues 10th March and close on Thurs 19th
Winners announced on Fri 20th March at 5pm.

**Contact Nhill Library on 5391 1684 or nhill.library@wrlc.org.au
for further details.**



Rules of a limerick poem

This poem, "Hickory Dickory Dock" is a famous nursery rhyme that is a limerick, notice the pattern it uses:



Hickory Dickory Dock,
The mouse ran up the clock
The clock struck one,
The mouse ran down!
Hickory Dickory Dock.



Rule no. 1: limericks are almost always 5 lines long

Rule no. 2: the first 4 lines rhyme with the line previous of it

Rule no. 3: the first, second and fifth lines rhyme with each other and have the same number of syllables (typically 8 or 9). The third and fourth lines rhyme with each other and have the same number of syllables (typically 5 or 6).

Rule no. 4: limericks often start with the line "There once was a..." or "There was a..."

Rule no. 5: the last line usually rhymes with the first line or shares the same ending word of that line.

START PLAYING

MAKE FRIENDS, BURN ENERGY AND LEARN THE
NETBALL BASICS.
PLAY SUNCORP NETSETGO
AT YOUR LOCAL CENTRE.



VENUE

NHILL & DISTRICT SPORTING CLUB, Davis Avenue, Nhill

SESSION DAYS & TIMES

THURSDAYS 4PM

START DATE

Thursday April 16, 2020

CONTACT

Casey Hiscock - 0427 227 382

Find your nearest centre at play.netball.com.au





Ten ways to reduce your risk of coronavirus

- ✚ **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- ✚ **TRY** not to touch your eyes, nose or mouth.
- ✚ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✚ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✚ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✚ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✚ **DON'T** wear a face mask if you are well.
- ✚ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✚ **GET** the flu shot (available April).
- ✚ **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

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Health and Human Services