



## Upcoming Dates

APR	Sat 25th	ANZAC day
MAY	Sun 10th	Mother's day
JUN	Mon 8th	Queen's birthday holiday
	Fri 19th	Last day of classes for Term 2
	Mon 22nd— Fri 26th	Staff PD week

## Birthdays

We wish the following students a very Happy Birthday:

Ryan McCartney: Sunday 26th April

Eric Tu: Tuesday 28th April

happy  
birthday

## Competition

Students, how well do you remember your school?

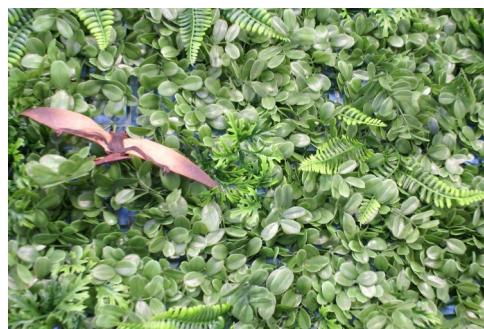
Look at the pictures below and figure out where they were taken.

Send your entries to your teacher via SeeSaw.

1



2



3



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## From the Principal

Greetings to our school community. I hope you are keeping well.

It has been very encouraging to see our students demonstrate adaptability in our remote learning. We are now over a week into remote learning and hopefully some initial challenges have been overcome as we have discovered what is working well and what is not. Remember, the teachers and staff are willing to provide assistance if required.

### **Anzac Day**

Anzac Day is commemorated on April 25. Normally our students would participate in Anzac Day commemorations in Nhill and lay a wreath, however due to current circumstances this unfortunately won't be happening. We can, however, still take time to remember those service men and women who have served in the armed forces and continue to do so. Lest We Forget.

### **Students on site**

Each week the school will ask families to let us know if their child(ren) will be at home or school. For a student to attend school on site they must meet the categories for exceptions as listed in the email sent to families. This information has been provided by the Department of Education. This assists us with our planning for the learning and for supervision at school.

If your child is learning onsite at school during this time they are to wear their school uniform. We will allow some flexibility in that students may wear their sport or formal uniform. Also, if your child is learning from school they must bring their iPad and other learning requirements.

As we are following the most recent Australian Health Protection Principal Committee (AHPPC) advice on reducing the potential risk of COVID-19 transmission in schools, we have had to close our communal water fountains. Students are to bring a water bottle and if a re-fill is required we can fill up the bottle from a tap in the kitchen.

Every blessing for your week,

Damon Prenzler



## Newsletter contributions

If you would like to send through a photo, a picture drawn by a student or sample of your child's learning we may add it to a future newsletter. Feel free to send to [admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au)

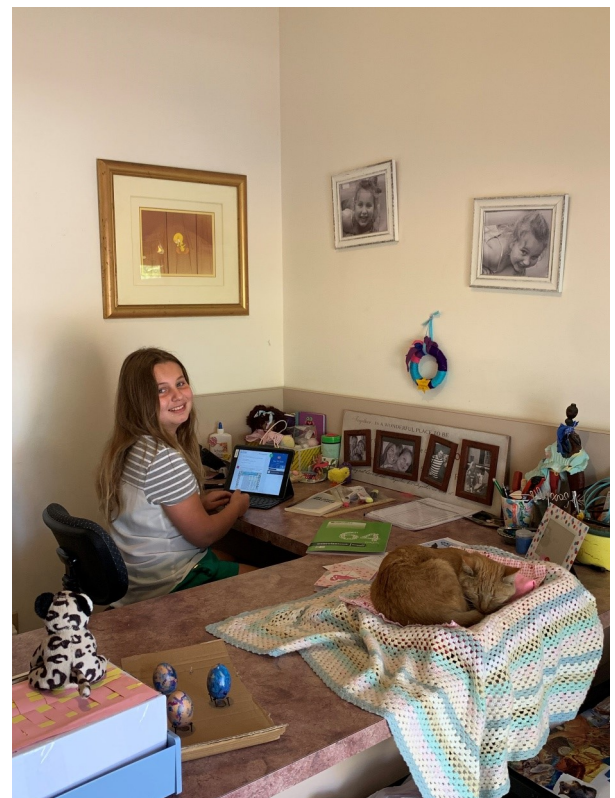
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## Swapping books

So students are able to refresh their reading stocks, the school is providing times for families to visit the school to borrow/change readers/novels/lexiles etc... This will commence next week. One family may be permitted in the school building at a time to source books and will be required to apply hand sanitiser, and follow social distancing requirements of 1.5m. We ask that you keep your time on site to a minimum and only use it for the purpose of returning and borrowing books. If a family member is unwell they must not enter the school building. A return box for books will be placed at the main entrance to the school, with all books hygienically wiped on return. Days and times are:

- Monday 1pm - 3pm: Family surnames beginning with A-C
- Tuesday 1pm - 3pm: Family surnames beginning with D-L
- Wednesday 1pm - 3pm: Family surnames beginning with M-P
- Thursday 1pm - 3pm: Family surnames beginning with Q-Z

## Learning from home





## Devotional Thought

### Radical peace

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (John 14:27).

[Read John 14:25-30](#)

There's been a lot of talk about 2020 being a year that we should cancel or start over. But those who trust in Jesus have strong reasons to have a very different point of view.

Everything that's happening in the world right now has the potential to bring about a whole lot of good that might not have happened otherwise. Whenever hardships occur, it brings people out from the distractions of day-to-day life and leads many to question their mortality, identity and purpose. For example, if people desire peace now, they might discover that Jesus spoke a lot about peace – a peace that is unique because it can't come from the world but only directly from him (John 14:27, our verse for today). And he first spoke about this during a time of great hardship, when the Jewish people were living under the strict Roman Empire and when the hearts of many people were far away from God – kind of similar to today in some ways. If Jesus could offer radical peace then, he can sure offer it to us now.

So, rather than wishing we could skip this year, we really have good reasons to be hopeful and optimistic about it. Jesus is doing some amazing things in our midst. His Spirit is at work making people aware of their sin and brokenness, and helping them see the free gift of hope and eternal life that can be found in Jesus Christ. What a time to be alive!

***Lord Jesus, ruler of all the universe and ruler of my heart, give me your peace and help me not to be afraid of the hardships that are in front of me. Help me to be hopeful and to trust in your love more and more. Jesus, I pray that you would be with my friends who don't trust you yet, that you would help them see their need for a Saviour, and that you would lead them to your peace. Amen.***

## Worship News

Please note that there will be no worship services until further notice.

Church Office: 5391 1223



## Prayer of the Week

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

- ♦ Erin Fraser-Klix and her family
- ♦ Olivia Fritsch and her family

## Chapel

Chapel is now delivered via SeeSaw. Please check your SeeSaw app on Friday mornings.



## Chapel Offering

With no face to face chapel for the foreseeable future, there is limited opportunity to be able to continue blessing our sister school in Myanmar.

We have received a message from the school asking if we could try and provide approximately \$60 a week so that they can keep operating. If you would like to make a contribution towards our sister school, please contact Mrs Koning at the front office.



# Short Movie Competition

Original and creative short movie under 4 minutes long that is engaging, entertaining, and shareable and contains a message of hope to deal with life's challenges.

2 categories – School students and General. Best in each category receives:

**1<sup>st</sup> Prize \$300**

**2<sup>nd</sup> Prize \$200**

**3<sup>rd</sup> Prize \$100**

*Every valid entry receives a Lutheran Media gift pack.*

**Best short movies to be**  
shared on the internet, social media, in schools and in congregations.

**Entries close 11<sup>th</sup> September 2020**

For more information including entry forms, go to  
[www.lutheranmedia.org.au/competition](http://www.lutheranmedia.org.au/competition), or Freecall 1800 353 350.



## INSIGHTS

### Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

#### Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

#### Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

#### Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistency use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

# parenting\*ideas

## Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

## Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at [smilingminds.com.au](https://smilingminds.com.au) as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

## Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

## And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



### 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.



# 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](http://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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