



Upcoming Dates

MAY	Sun 10th	Mother's Day
	Wed 27th	National Simultaneous Storytime
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:

Deegan Clark: Tuesday 12th May



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

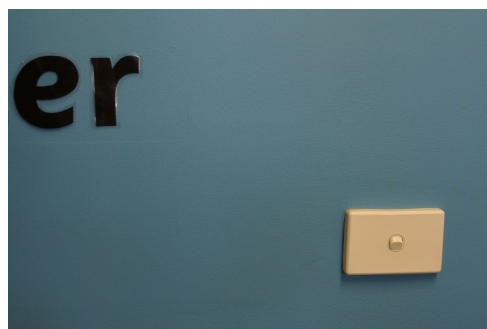
Competition

Congratulations to Justin and Bethel for answering last week's competition.

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

Send your entries to your teacher via SeeSaw.

1



2



3



From the Principal

Mother's Day

A very happy Mother's Day to all the mums! We thank God for the gift of Mums and hope that Sunday is a special day.

Remote Learning and students on site

We are waiting to see if there will be changes to our current remote learning situation. The Victorian Government have stated they will review current restrictions on May 11. Until such time schools receive an indication that the situation will change, we must abide by the current advice which is students who can learn from home must learn from home.

Again I would like to commend the students for learning in this way and for having to show adaptability. Thank you to parents who are helping the learning process and to staff for their efforts.

We're All In This Together

I hope you enjoyed the 'We're All In This Together' video. Hopefully it put a smile on a few faces. The staff miss seeing the students and wanted to do something to spread some joy.

Every blessing for your week,

Damon Prenzler

Premier's Reading Challenge

A reminder to all parents that Premier's Reading Challenge is still going ahead this year. Please ensure that each book is added to the online list and marked as finished when completed.

If you have issues logging in, please contact Mrs Mason at the school.

New Flag

Thank you to Anne Webster MP for providing our school with a new Australian flag.



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

Devotional Thought

The Isenheim Altar

'For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin' (Hebrews 4:15).
[Read Hebrews 4](#)

The Isenheim altar is the main treasure of a museum in Colmar, in the Alsace region of France. Painted in the early 1500s by Matthias Grünewald, it folds out to reveal a number of scenes from the Bible.

Upon first glance the painting of Jesus' crucifixion is disturbing, ghastly, even surreal. His body is green, covered in open sores. It seems unnecessarily confronting. With all the indignity and pain that crucifixion involved, why would an artist add these bizarre features to the dying Jesus?

In reading the history and purpose of the altar, all becomes clear. Grünewald painted the altar for the monastery of St Anthony in Isenheim. The monks of this order were well known for treating victims of the plague and skin diseases. These diseases caused sufferers to develop blisters and gangrene, turning their skin green.

The artist's message? Jesus knows your suffering. Jesus has felt your pain. He has gone through all the frustration, all the grief, all the uncertainty you will ever face. And he's taken it to the cross for you.

If Jesus were to be represented in artwork today, he might be painted as a strung-out mother with expectations dragging from all sides, or as a dad whose lost his job because of COVID shutdowns, or as a lonely, confused child or teenager trying to make sense of a crazy world – or as someone like you.

Dear Jesus, what a comfort to know that you are not distant, aloof and untouchable, but that you are a friend who's been through pain, grief, loss, frustration, stress and loneliness – and all for us. Amen.

Worship News

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

Online services can be viewed at:
<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg>

Church Office: 5391 1223



Prayer of the Week

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

- ♦ Shilah and Clayton Hiscock and their family
- ♦ Grace Jensz 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.

Learning at school



CSEF payments

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:

- * swimming camps or trips
- * swimming and school-organised sports programs
- * outdoor education programs
- * excursions and incursions.

Families holding a means-tested concession card or temporary foster parents are eligible to apply. \$125 per year is available for primary aged students.

Please see Mrs Koning if you believe that you are eligible and would like an application form or download it from this site:

<https://www.education.vic.gov.au/Documents/about/programs/health/CSEF-Application-Form-2020.pdf>

Then bring the form and Centrelink card to Mrs Koning so that she can apply on your behalf.

Hindmarsh Shire survey

We have some fun activities and competitions planned, but we need your input! Please take a minute to do our Youth Activities survey @ <https://www.surveymonkey.com/r/J7MZVL5> and let us know how you would like to spend your time in lock down.



Learning from home



Happy Mother's Day



INSIGHTS

Expect more from kids in these difficult times



Studies show that parent expectations are a powerful predictor of student success and wellbeing. As children are required to spend more time at home over the coming months, your expectations about your children's behaviour and performance are more critical than ever.

While there may be a temptation to shield children and young people from hardship during the current COVID-19 pandemic, this is unrealistic and out of step with current societal norms. Every segment of the community including children and young people is expected to both give something up and contribute more during the pandemic.

The greatest contribution kids can make is to help their family function as effectively as possible, look out for the wellbeing of family members and peers (using appropriate social distancing measures) and to quickly adapt to the new learning requirements from school.

As a parent you should expect your child or young person to:

Help at home

More time spent at home means more mess, more untidiness and more food to prepare. It's reasonable to expect kids to clean up after themselves, sweep floors, wipe benches, wash dishes or empty dishwashers and also contribute in age appropriate ways to meal preparation. Consider using a weekly jobs roster for the larger tasks and avoid linking pocket money to jobs. Linking help around the house to pocket money teaches children to think "what's in it for me?" rather than "how can I help my family out?"

Behave well

The default question for kids when living in close quarters with others should be, "How does my behaviour impact on others?" If their behaviour impacts adversely on the rights and wellbeing of others, then it's not an appropriate behaviour. A child who continually makes a noise while in close proximity to a sibling who is studying is showing little consideration. As much as possible skill kids up to resolve relationship problems with their siblings so that you're not continually policing their behaviour.

Look out for others

Encourage children to look after the wellbeing of fellow family members. Using age appropriate language, help children understand the signs of deteriorating mental health including sullenness, moodiness, spending more time alone, shortness of temper and drooping out of family activities. Encourage children to act with empathy and kindness when family members are struggling and discuss ways that they can help including giving them space, listening and having fun at appropriate times. By helping children to look out for the needs of others, you are also helping them to build skills in expressing the full range of their own emotions.

Stick to schedules

The use of structures and routines are an essential element of family functioning, particularly during times of change. It's advisable to make your family schedules mirror the schedules established by your child's school. Expect children and young people to stick to the established schedules without taking short cuts, arriving late or finishing early for online lessons. Differentiate the week by relaxing the schedule on weekends, which gives kids something to look forward to.

Show up for lessons

Expect kids to show up for school lessons with the right attitude, equipment and clothes. Wearing clothes specifically for school work helps to trigger their readiness for learning, and differentiates school time from leisure time.

Display discipline

Time spent at home requires children to self-regulate and be disciplined. I suspect that those children who do best in this time of self-isolation will be students who discipline themselves to exercise regularly, limit their use of digital devices, develop a sleep preparation routine, stick to school work routines and practise mindfulness regularly.

Expectations can be tricky to get right. Too high and children can give up. Too low and children will meet them. In these challenging times when more is asked of all of us, err on the side of keeping your expectations high for your kids. They'll more than likely rise to the new challenges that social distancing measures require of them, building their confidence, character and resilience.



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

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



\$25 offer extended!

Until 31 May 2020.



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 May 2020.



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:

1st Prize \$300

2nd Prize \$200

3rd 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 11th September 2020

For more information including entry forms, go to
www.lutheranmedia.org.au/competition, or Freecall 1800 353 350.



Free Online Short Course Opportunity

Introducing the Psalms

One reason so many people love reading the Psalms is because they give voice to their sorrows and heart-felt yearnings, their joys and praises to God. These Spirit-inspired prayers, songs, and meditations embrace the whole breadth of human experience and Christian faith, from depths of suffering to heights of thankfulness and praise. Most of all, the Psalms testify to Jesus who prays them with us.

Members, friends and contacts of the LCA are invited to participate in ALC's first-ever online short course

Introducing the Psalms

3 consecutive Tuesdays commencing 19 May

1.30–2.30 pm CST (2–3 pm EST)

Led by Old Testament lecturer, LCA pastor and author, Dr Adam Hensley, this 3-part series engages participants in the world of the psalms, including

- *Psalms as poetry, where they come from, and their importance in the worship life of Israel*
- *Kinds of psalms (genres) and their uses*
- *The arrangement of the Book of Psalms and its significance for biblical faith.*

The sessions are accessed via a Zoom link and are live and free. There are no barriers to participation based on age, location or education level; anyone who can receive an email can join in. Participation can be active or passive—it's your choice.



Dr Adam Hensley
BTh GradDipMin PhD GCTE

Author of

*Covenant relationships
and the editing of the
Hebrew Psalter.*

LHBOTS 666. London:
Bloomsbury T&T Clark, 2018.

To register or ask
further questions
email

enquiries@alc.edu.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