



## Upcoming Dates

MAY	Mon 25th	Pupil free day
	Tues 26th	F—2 return to face to face learning at school
	Wed 27th	National Simultaneous Storytime
JUN	Mon 8th	Queen's Birthday holiday
	Tues 9th	Years 3-6 return to face to face learning
	Fri 19th	Last day of classes for Term 2
	Mon 22nd— Fri 26th	Staff PD week

## Birthdays

We wish the following student a very Happy Birthday:

Moosa Ahmad:  
Monday 18th May

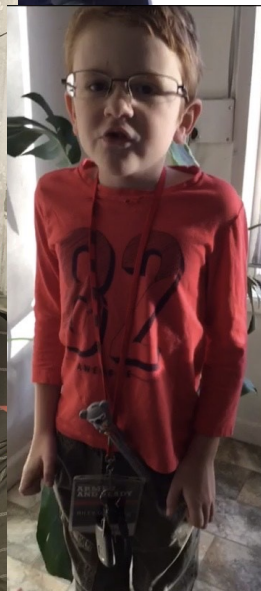
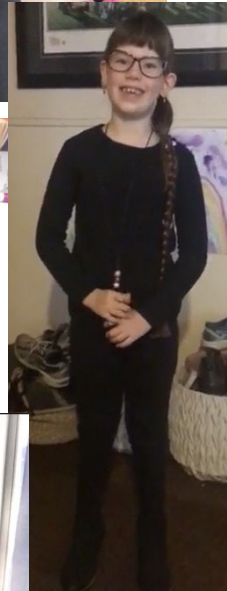
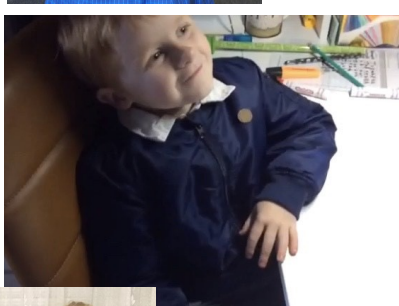


## Newsletter contributions

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

## Wacky Wednesday Dress up

On Wednesday Miss Shelton's 1/2 class were asked to dress up as a teacher. Can you guess who they are impersonating?



---

## From the Principal

I wish to again commend and thank all students, families and staff for their efforts during this time. Many challenges have presented themselves as a result of schools providing a remote learning model, however often a by-product of challenge is growth. Growing as a learner is a good thing. I am hopeful that despite the challenges to our learning, that growth has occurred. Perhaps students have discovered new strengths, or have a clearer understanding and appreciation of their capabilities as a learner, or have grown in other surprising ways.

### Remote Learning and students on site

Dates have been provided for Victorian students to return to face-to-face learning. We are very much looking forward to seeing the students at school.

May 25: Pupil Free Day

May 26: F/1/2 students return to face-to-face learning

June 9: 3-6 students return to face-to-face learning

When students return to face-to-face learning the remote learning model will cease for students in those year levels.

The school is following the latest advice in regards to cleaning, hygiene, sanitation and social distancing. Cleaning is taking place every school day with extra attention given to high touch surfaces. During the day students and staff are using plenty of hand sanitiser and soap, and surfaces and resources, such as books and stationery, are regularly being wiped with disinfectant wipes.

In particular we must be mindful of the mingling of adults, and avoid these situations if possible. Staff are currently adhering to social distancing measures at school of keeping 1.5 metres apart and limiting numbers of adults in certain rooms according to the one person per 4 square metre advice. Parents will also need to abide by social distancing.

Adults are to remain in their vehicles at drop off and pick up times. Staff will supervise and direct students during these times.

Where possible, adults are not to enter the school building. If you must enter the building please ensure it is only a short visit. Only one family will be permitted in the building at a time and must follow hygiene and social distancing measures. If an individual, child or adult, is unwell they must not enter the building.

Communication via phone, email or Seesaw is preferable. We realise this is somewhat unnatural, especially as we value the sense of community and connection at NLS – hopefully this will not be the case for too much longer.

Our drink fountains are unable to be used following AHPPC advice. Students are asked to have their own drink bottle and if a refill is required this can be done using a tap in the kitchen.

Further information will be provided next week. Stay safe and healthy!

Every blessing for your week,

Damon Prenzler

## 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... 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. 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

Jesus Christ is the same yesterday and today and forever (Hebrews 13:8).

[Read Hebrews 13:1-8](#)

Tried out a new takeaway cafe? Read a new author? Found a new series to binge watch on Netflix? Bought new shoes online or changed your mobile plan? All these changes are deliberate choices, self-motivated and informed by our emotions, thoughts, research and desired outcomes. Is this normal? On their own, each one is a small change, and not unsettling.

Has time in 'Iso' helped you discover something new? How has it shaped your new and emerging normal?

But is everything changing?

No! It is in our nature to question every aspect of life, especially our faith. It's actually a healthy thing to do this; it helps us to continue exploring and growing in Christ. The gospel assures us that no matter how often we turn our back, doubt or walk away, our loving and living Lord keeps coming to us through the free gift of his love, mercy and grace. As we change, God is right by our side, walking each step with us. He listens. He forgives. He loves. We can lean into God and rest in his comforting embrace.

Social distancing does not mean spiritual distancing. Jesus is the same, yesterday and today and forever. He is always with us, and his faithfulness to us never changes.

***Lord of life, thank you for walking each step of our journey with us today. Help us to rest in your loving embrace, to live in your hope, and to trust in you. Amen***

## New Blinds

New blinds and curtains have been installed in the Year 3/4 classroom.

## 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.....

- ♦ Harrison Jupp and his family
- ♦ James Lerhtoo and his 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



## Musical Dress-Up with Mrs A

We are unsure what the rules were, but it looks like lots of fun!!



## Behind the scenes of learning from home



## 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.



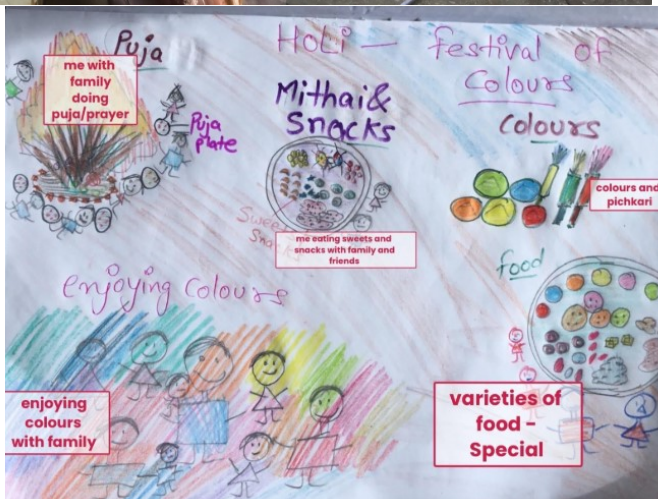
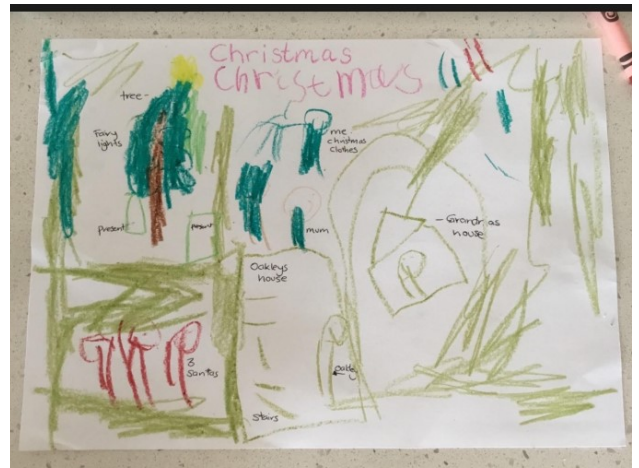
## Learning from home

Miss Sealey's foundation and year 1 students have had a busy week.

In Christian Studies they made beautiful stained glass windows.

Stephanie Alexander saw them creating fruit kebabs.

During HASS the students were to show Miss Sealey a celebration that they were thankful for.



## INSIGHTS

# Overcoming the curse of perfectionism



Perfectionism is a modern curse in families and schools.

Fear of making mistakes holds more children back and is a greater impediment to children reaching their full potential than any school funding issue that tends to make front page news from time to time.

Perfectionists have a deep-seated unwillingness to expose themselves as temporary failures while they learn. This stops them from really achieving their full potential. This fear of failure is strongest amongst first borns, our most prolific population cohort, so it is little wonder that perfectionism is one of the greatest problems in Australian schools.

### **Perfectionists are hard to live with**

Perfectionists make demanding partners and anxious children. They can be critical of those around them just as they are highly critical of themselves. Their attention to detail can be infuriating. Their inflexibility can be enraging, particularly if you are an easygoing person yourself. Perfectionists usually want to be better than everyone else. You can pick a perfectionist at a thousand metres. They generally:

1. Plan ahead
2. Are neurotic about order
3. Are critical of themselves and others
4. Hate to leave jobs half done; they will stay at work until a task is completed
5. Procrastinate if they are unsure of results
6. Dislike delegating
7. Apologise a lot
8. Are governed by absolutes

### **How to help perfectionists?**

Help perfectionists understand that they don't have to do everything perfectly. In some circumstances there is little margin for error: I expect airline pilots and parachute-makers to do a perfect job! But in reality very few tasks require perfection.

### **Develop the courage to be imperfect**

The great psychologist Rudolph Dreikurs talked about the 'courage to be imperfect'. He believed that people are motivated by one of two forces: the desire to be superior or better than others, or the desire to contribute or be useful. Those motivated by the first force are never content because there will always be someone who can do a better job. Those motivated by the latter find contentment and fulfilment not only because their contributions usually assist others but also because they are not obsessed by doing a perfect or terrific job. Their satisfaction comes from helping, not from achievement.

### **Get them volunteering**

# parenting\*ideas

Volunteering is a great antidote to perfectionism. When kids volunteer their time and services they can just focus on getting the job done and be judged by their contribution rather than on how well they did in completing their task.

## Help them settle for excellence

I agree with Kevin Leman, author of *The New Birth Order Book*, who claims that perfectionists need to learn to be satisfied with excellence, rather than perfectionism. Now excellence is pretty good. I am not suggesting that they should always settle for second-best efforts. But being a slave to perfectionism means that people become observers rather than participants in many aspects of life, whether at work or in their leisure time. They tend to look on as others get on with what needs to be done.

## Loosen them up

If you are living with a perfectionist then you need to help them take themselves less seriously. Humour is something they definitely need. Whatever you do, *don't put pressure on them to succeed* as they already put enough pressure on themselves. Do the opposite and release the pressure valve. Focus on processes not results and help them follow the 80:20 rule – that 80 per cent of results comes from 20 per cent of effort (and achieving that last 20 per cent of results takes a lot of effort). There are times when they just don't need to do the perfect job.

Perfectionists! By helping them focus on others rather than themselves you'll help them live more fulfilled and happier lives. Ironically, when they focus on others they invariably grow up being more capable individuals because they'll try a greater range of activities and end up achieving more.



### 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:

**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.



## 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](mailto: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](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**

To receive this publication in an accessible format email [COVID-19@dhhs.vic.gov.au](mailto:COVID-19@dhhs.vic.gov.au)  
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.  
© State of Victoria, March 2020 (2001620)



Health and Human Services