



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:

Sophie Blackwood:
Sunday 24th May

Miss Lindsay:
Wednesday 27th May

happy
birthday

Wacky Wednesday Dress up

This week it was Miss Sealey who had a dress up on Wednesday.



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

From the Principal

It has been enjoyable over the last week or so spending time preparing for students to be on site. The staff and I are very much looking forward to welcoming F-2 students back to face to face learning next Tuesday, and the Years 3-6 students a fortnight later on June 9.

I'm not sure how parents will respond to students returning. Maybe there will be party poppers and celebrations at your house? Maybe a big sigh and slump on the couch? Maybe there will be sadness? However you feel or respond, the staff and I are very appreciative of all the efforts of families to keep the learning program progressing as best as possible.

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.

What have we learnt about learners and learning?

I love it when I hear students reflect about themselves as learners. We know that students have different learning needs and that schools must cater for different learning styles. Our provision of agile learning spaces at NLS enables students to learn in ways that are conducive to different learning considerations.

The word 'dispositions' is used to describe what a learner needs to learn well, learning behaviours if you like, or a 'toolkit for learning'. Common to both the Australian

Curriculum and Victorian Curriculum are the general capabilities for students of Critical and Creative Thinking, Ethical Understanding, Intercultural Understanding, and Personal and Social Capability. These capabilities are interwoven throughout all curriculum areas and highlight the dispositions of capable learners.

The move to remote learning due to COVID-19 has brought many of these dispositions to the forefront as we consider what it is that makes a successful learner. What has this situation, thrust on us by a response to a global pandemic, taught us about learners and learning? Listed below are a few responses to that question.

- *Learning can happen anywhere* – in the classroom, isolating at home, on the farm, on a road trip, visiting new places.
- *Learning happens at all stages of life* – learning is not confined to school years only. I know that educators, including NLS staff, have been on a steep learning curve to respond to the need to provide a learning program remotely. I know parents have also been on a steep learning curve in helping their children learn from home.
- *Adaptability* - changes happen (often unexpectedly and suddenly) and the ability to adapt is good. Our students and teachers have had to possess great adaptability.
- *Digital competency* has allowed much of the learning to occur, for meetings to happen, for collaboration and more. I am amazed at the digital competency of our students and how they can navigate their way around an iPad, apps, Seesaw and more. For many students and staff it has fast-tracked our knowledge and capabilities in using technology. What an important skill now and into the future.

- *Communication* can happen in many ways, but face to face is often the best. However, when face to face is unable to happen, we can still find ways for communication to happen.
- *Problem solving* is a great disposition. If Plan A doesn't work then what is Plan B? Or C? Or . . .? Just observe when an app doesn't work or the internet is unreliable.
- *Resilience and grit* help to cope with challenging situations, to bounce back from adversity, and to persevere. Grit refers to the passion and perseverance to achieve long term or meaningful goals.
- *Having a growth mindset* (as opposed to a fixed mindset) allows for improvement and growth. Carol Dweck talks about the power of 'yet'. There's a significant difference between saying "I can't do this" and "I can't do this yet". People with a growth mindset look for ways to make the best out of situations.
- *Social capabilities are important for learners* – this has been difficult during remote learning. A wonderful component of life at school is the social development of our students and how they achieve things together, collaborate together, communicate together, problem solve together, play together, learn together, and more.

So despite the challenges presented by COVID-19 and remote learning, perhaps there will be some aspects that are positive and will remain. Perhaps your child is more self-aware of what makes them tick as a successful learner, and will carry those important dispositions and essential skills with them into their future learning.

Slippers and Rubber Boots

Students are permitted to wear rubber boots

outside, especially as parts of our school yard become a little sloshy during the winter months. This also prevents school shoes from becoming too dirty. Additionally, students are allowed to wear slippers inside to keep their feet warm and comfortable, as well as preventing the spread of dirt and mud in the school. Rubber boots are kept on racks located on the outside verandah, slippers are housed in the shelves near the toilets. You are welcome to provide boots and slippers for your child. Please ensure they are clearly named. If there are boots or slippers belonging to your child that are currently at school but your child has grown out of them, we ask that you collect them.

Every blessing for your week,

Damon Prenzler

Mastering Spelling



Congratulations to Frazer on achieving his yellow belt in spelling. Great effort, Frazer.

Mastering Reading



Congratulations to Chelsea on completing MultiLit. Well done, Chelsea.

Devotional Thought

'As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus' (Luke 23:26).
[Read Luke 23:23-27](#)

In the midst of this Coronavirus pandemic there are lots of stories of pain, sorrow and heartbreak. But in the midst of the stories of pain are great stories – stories of healing, hope, and love. Now that we are on the other side of Easter, we can look back and see some of the stories that we may have skipped over in the crucifixion of Jesus. And because he lives in us, his story becomes our story.

One of the most amazing stories I see in the crucifixion of Jesus is his receiving of human help on his way to the cross.

Simon of Cyrene is seized by the soldiers and helps Jesus carry his cross.

It reminds me: if Jesus is willing to accept and receive help from others – indeed, dare I say it, even needs help to get to where he needs to go – then I also need the help of others to get where I need to go. I can't make it on my own. I need the people God has placed around me, even perhaps people from the crowd, to help me.

May the stories we tell during and after this time include stories of people who helped us make it through to the other side.

Heavenly Father, please send people to help me. Please also send me to help others. Together, may we get where we need to go. Amen

Premier's Reading Challenge

Congratulations to Lawson and Sophie B for already completing the Premier's Reading Challenge!

There is still plenty of time of other students to complete the challenge also.

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

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.....

- ♦ Lawson Lynch and his family
- ♦ Ryan McCartney 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

Some of the student's at school have been spending their play times making forts. They have done a fabulous job.



We are looking forward to seeing the Year 2, 1 and Foundation students back at school next week.

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

The 1/2 students were continuing to look at Art from around the world this week, with Italy being the country of focus. They looked at an artist called Giuseppe Archimboldo who would paint imaginative portraits, often with fruit and vegetables and other foods! Students learning from home got to be creative with their lunch time snacks in creating their own portraits!



INSIGHTS

Spending time with kids: How much is enough?



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing
- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

parenting*ideas

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



Dr Jodi Richardson

Dr Jodi Richardson is a mental health and wellbeing educator and author. She has developed her expertise over two decades of professional work in teaching, wellbeing, clinical practice and elite sport, including working for Beyond Blue on the national schools-based initiative for the prevention of depression. Dr Jodi completed a PhD in Physiology, a Bachelor of Applied Science with Honours, and a Bachelor of Education. She is co-author of the highly acclaimed book *Anxious Kids*.

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

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.



\$25 offer extended!

Until 31 May 2020.

Children's Account

Learn, save, grow.





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.



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