



TOGETHER WE GROW

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Term 2 Week 8 Issue 16 5th June 2020



Upcoming Dates

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
JUL	Mon 13th	First day of Term 3

Birthdays

We wish the following student a very Happy Birthday:

Kelsey Schnaars: Saturday 6th June

Eden Woodward: Monday 8th June

happy
birthday

Fun in the sand pit



Caleb and Jackson take advantage of the new shade sails during lunchtime.

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

From the Principal

Next week we welcome back to school Year 3-6 students, something we are very much looking forward to. Next Tuesday will mark the first day all students will be on site since March 23! In the time since we have all been on a journey few would have predicted at the beginning of the year. Despite the challenges students have been able to continue their learning, albeit in a different manner, thanks largely to the efforts of the teachers, parents and the students themselves.

A letter was emailed to families earlier this week with more specific detail relating to the return to face to face learning for Year 3-6 students.

Parenting Ideas

I hope you enjoy the Parenting Ideas articles included in the newsletter. This week the article is Going Beyond the Fishbowl and makes for interesting reading. Additionally, Parenting Ideas is offering a webinar for parents titled Understanding Techno Tantrums which may interest you. Details are provided for you in this newsletter.

Trinity Sunday

This Sunday in the Church calendar is known as Trinity Sunday, a day where Christians focus on God the Father (creator), God the Son (Saviour) and God the Holy Spirit (helper).

Every blessing for your week,

Damon Prenzler



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.

School Sport Victoria

School Sport Victoria has advised schools that any interschool sport cannot commence until DET lift the restrictions on excursions and students from different schools coming together. This is based on DHHS advice. Already a number of sport competitions have been cancelled, and others will not continue to a State Championship including Australian Rules and Hockey.



2019 Nhill Lutheran School hockey team

Devotional Thought

Time changes many things

'But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him' (Genesis 33:4).

[Read Genesis 33:1-11](#)

My sister, Danielle, is an emergency room nurse in Minneapolis, Minnesota. During the COVID-19 pandemic, Dani had to leave her three children with my parents to keep them safe during her long hours of taking care of sick patients in the ER. This separation was horrific for her, and the loneliness that assailed her was a heavy weight of darkness.

Six weeks into their necessary separation, my parents drove to meet Dani and decided to surprise her by bringing Dani's kids along. The excitement made the kids squirm in the back seat of the car. Unfortunately, my sister called and said that she'd be late – she had been struggling very badly.

Finally, when she arrived at the meeting place, she parked away from my parents' car, and as she approached, the kids' heads popped up from the back seat. Instantly, the ache of mother's love overtook Dani and she began to weep. To be separated from family is a very, very difficult thing.

If you were going to meet someone, who would you love to have pop up?

Would family, friends or neighbours with whom you'd disagreed come to mind?

In the text, Jacob never expected Esau to pop back up in his life. The way they had parted, Jacob deceiving Esau, taking both blessing and birthright, would have caused a rift between the brothers. Perhaps Jacob would have not wanted to see Esau.

But in the midst of reconnection, time had changed Esau for the better. Gone was the sibling rivalry and the need to impress parents (and even each other). What replaced it was a desperate desire to be reunited with his brother.

Maybe in this time of separation, isolation and loneliness, someone unexpected will pop back up into your life. Will time have changed them? You? Is this time a perfect one for reconciliation?

Heavenly Father, thank you for the opportunities you give to us to reconcile with our brothers and sisters. Help us to reconnect and find a common point again. 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.....

- ♦ Oakley Moylan and his family
- ♦ Robbie Muller and his family

Chapel

Students will recommence face-to-face chapels next week. Unfortunately, due to COVID-19, we are unable to welcome any guests to our chapels at this time.



Chapel Offering

Thank you to those people who have contributed towards our sister school. We are still a long way behind. If you would like to make a contribution, please contact Mrs Koning at the front office.

Outdoor fun

It's wonderful to see the cooperation between students in building their cubbies.



Buses

A couple of small reminders for students travelling on buses. Please let the school know if:

- Your child is being picked up and won't be on the bus.
- Your child will be travelling on a different bus.
- Your child is not normally a bus traveler, but will be travelling on the bus for a certain period.

Lunch Orders

Please note that lunch orders are available on Mondays and Fridays from now on.

The lunch order list is available on FlexiBuzz or contact Mrs Koning for a copy.

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. **Applications close at the end of the term.**

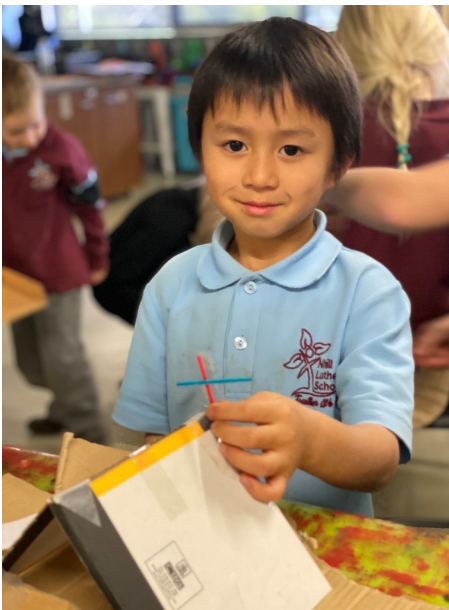
Hindmarsh Shire survey

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.



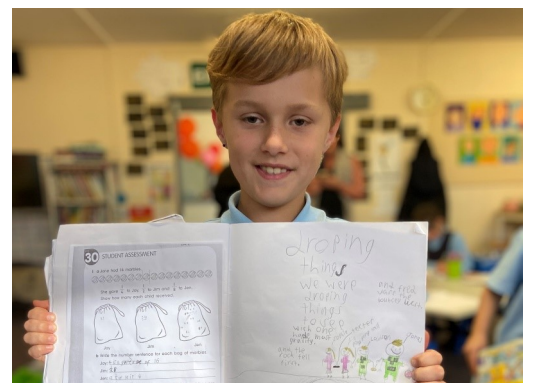
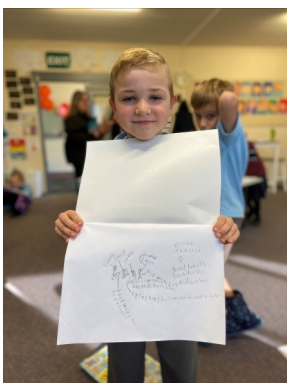
Foundation / Year 1

The students of Foundation / Year 1 class were busy on Thursday making their own churches.



Year 1/2

Year 1/2 students were investigating gravity in science. They did an experiment and then drew detailed diagrams of the experiment.



INSIGHTS

Going beyond the fishbowl



It's a quirk of nature that the extent of our growth is determined by our immediate environment. For instance, a fearsome shark will only grow five centimetres long if it spends all its life in a fish bowl. Put that shark in the sea and will grow to five metres or more. A shark's genes may provide the blueprint, but its growth will be restricted by the size of its immediate environment.

The same principle applies to children. Restrict them to a safe, insular environment and their capacity for reaching their full potential will be limited. Getting kids to go beyond the fishbowl and be part of the wider world is how we prepare them for the career-fluid future that awaits them.

Recently, I wrote a foreword for a soon to be released parenting book written by South African authors Nikki Bush and Graeme Codrington titled "*Future proof your child for the 2020s and beyond*". The authors described the future that our children are entering as full of exponential and disruptive change led by technology and shifting social mores. They reasoned that in the world of work and enterprise that awaits today's generation of children and young people, creativity, problem-solving, design, big picture thinking and risk-taking will be richly rewarded. According to Bush and Codrington, the future will belong to the kids who are going beyond the fishbowl, willing to expand their physical and mental horizons.

American parenting icon Lenore Skenazy, founder of the free-range parenting movement is a long-time advocate for parents giving kids the freedom they need to explore their neighbourhoods and take safe risks.

Dubbed "America's Worst Mom" for allowing her nine-year old son to ride the New York subway on his own in 2008, Skenazy has been an outspoken advocate for allowing kids more freedom and unsupervised time. She maintains that kids are "safer and smarter than our culture believes." Like Bush and Codrington, Skenazy encourages parents to allow kids to jump out the fishbowl of school, family and their immediate neighbourhood and encourage them to explore their capabilities in the wider world. She acknowledges that allowing kids the same type of freedoms that previous generations enjoyed takes significant parental courage.

If kids are to be truly resilient and make the most of the exciting but uncertain future that awaits them, it's more important than ever to loosen the reins so that both generations – children and parents- experience more freedom.



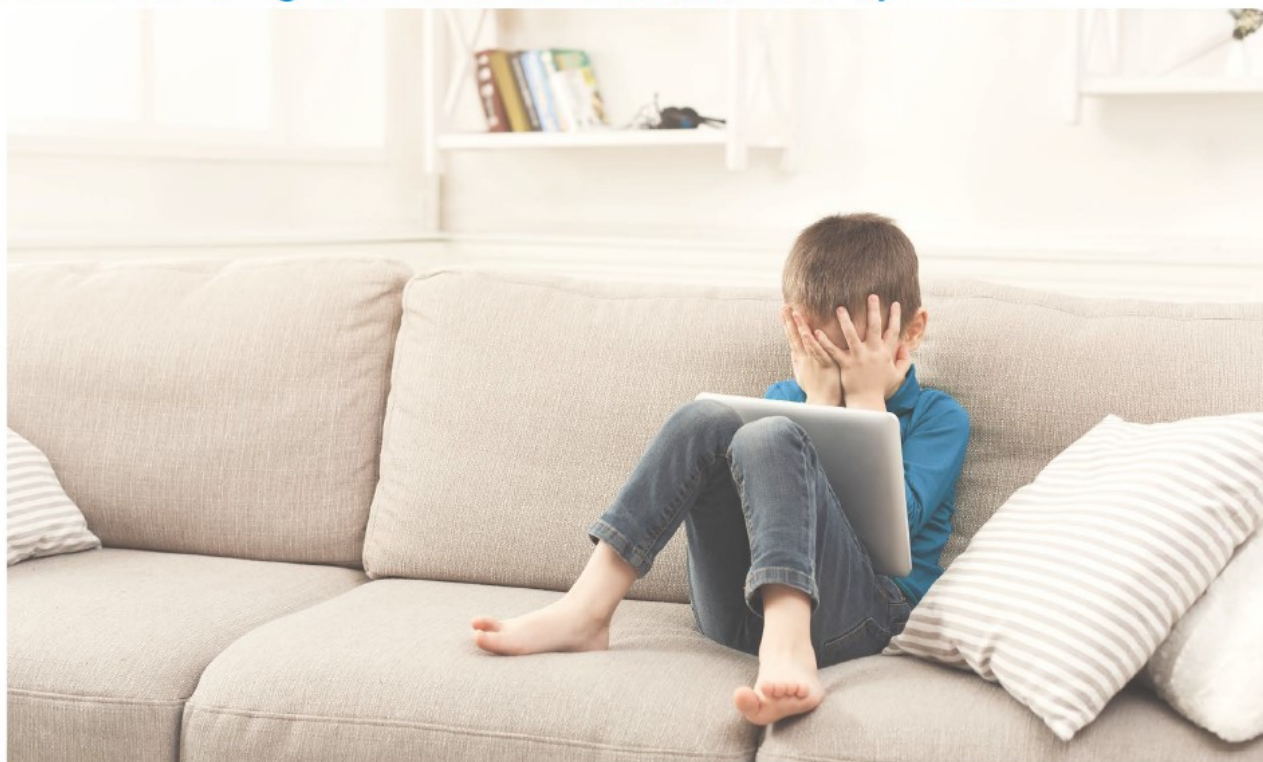
Michael Grose

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.

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Understanding techno tantrums: 17 June 8–9pm AEST



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't end in 'scream time'



[View video overview](#)

parenting*ideas

Presenter Overview

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher, and a mum who also deals with her kids' techno-tantrums! She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console – she believes digital abstinence isn't the solution.



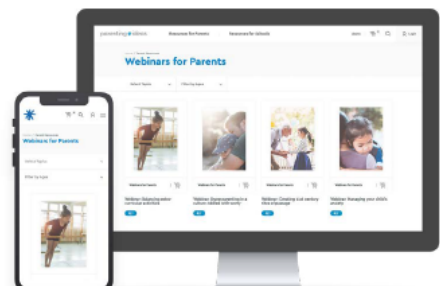
Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

Redeem your webinar – it's easy!

To redeem your webinar click this link:

www.parentingideas.com.au/parent-resources/parent-webinars/understanding-techno-tantrums

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code TECHNO and click 'Apply'
- Enter your school's name to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 17 September 2020.

If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit www.parentingideas.com.au/blog to access today.



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