



## Upcoming Dates

JUN	Mon 22nd— Fri 26th	Staff PD week
JUL	Mon 13th	First day of Term 3
	Thurs 23rd	School photos

## Birthdays

We wish the following student a very Happy Birthday:

Savannah Hedt: Friday 26th June



## Thanks IGA



A huge thank you to our local Supa IGA store for their generous donation of \$500.

This will be used by our school to enhance the learning outcomes of our students.

School Captains, Giana and Deegan are pictured receiving the cheque from Steve, of the IGA.

## iPad chargers

There are a number of iPad chargers missing since the end of learning from home.

Could parents please check to make sure that they have been returned to school.

## 2021 Term dates

	Nhill Lutheran School	Vic Ed Dept
Term 1	28 Jan – 1 April Staff PD days Jan 21, 22, 25, 27.	28 Jan – 1 April
Term 2	19 April – 18 June Staff PD week June 21-25	19 April – 25 June
Term 3	12 July – 17 September	12 July – 17 September
Term 4	4 October – 10 December	4 October – 17 December

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## From the Principal

I would like to wish our entire school community a safe and enjoyable holiday period. For our students it may be a time to re-set, catch breath, and get ready to return to Term Three. I don't think anyone could have predicted we would spend the majority of this term learning from home, but students, staff and parents are to be commended on being adaptable and progressing the learning in the circumstances.

As part of our Chapel last week the phrase "every cloud has a silver lining" was used as an example of how, despite challenges (the cloud hiding the sun), there are often opportunities for growth and a time to be grateful (a silver lining of the cloud). We can be grateful to God for the good things that have happened and the good things we have.

### Semester One reports

Mid-year reports will be mailed out during the holidays and teachers are currently finalising them. The reports will take into account the circumstances of remote learning.

### PD Week

Next week the staff have a PD (Professional Development) week. This is a valuable time for staff to undertake further learning opportunities. The front office will be open on all days next week except for Friday when all staff are participating in a whole day online event.

### Looking ahead

Planning for future activities and events is a little tricky with various restrictions and regulations due to COVID-19. Next term we are hoping to have certain events such as Athletics Day, Father's Day footy and Concert, however we need to abide by whatever the current rulings are in relation to gatherings, hygiene, social distancing etc... The school will endeavour to keep you updated.

Thank you to parents and caregivers who have adapted to changes in recent weeks such as remaining in your vehicle at drop off and pick up times.

The first day of Term Three is Monday July 13 with classes starting at 9.00am, supervision is provided from 8.30am onwards.

Every blessing for your holidays.

Damon Prenzler

## Annual Report and Strategic Plan

The 2019 annual report for Nhill Lutheran School is now located on our website: [www.nhills.vic.edu.au](http://www.nhills.vic.edu.au). The 2020-2024 Strategic Plan for Nhill Lutheran School is also located on the school website.

## Bringing toys to school

Toys, sports equipment and other personal belongings brought to school for purposes other than supporting student learning are the responsibility of the student. The school is unable to take responsibility for any damages or loss incurred.

## 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.
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## Devotional Thought

### Share the load

'Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls' (Matthew 11:29).

### Read Matthew 11:25-30

At first glance, this verse from Jesus appears to be a direct invitation to join him in some form of menial labour. Surely, that's not an effective way to win followers. I'm almost certain that most social reformists wouldn't expect too many people to get on board if they went about saying, 'Here's my new way of doing things! Be prepared to be burdened!' It's easy for us to misunderstand by reading this verse from the lens of our own culture. But people in Jesus' time knew what he was talking about.

In those days, much of the farming fell upon the sturdy shoulders of the oxen. Oxen usually worked in teams; an older beast and the younger. The younger was yoked to the stronger animal to teach it the ropes. The older oxen bore the burden. The younger followed.

Jesus wants to share your load. He wants to take it on board. He wants to ease your burden, whatever it might be in the current climate. Nothing is too great. He can handle it.

After all, the same strong shoulders bore the weight of the cross. For you.

**Jesus, thank you that you are willing to take on my burdens. I'm ready to hand them over to you. 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.....

- ♦ Jackson and Maddison and their family
- ♦ Sean, Aaron and Nathan Pedie and their family

## Chapel

Face-to-face chapel has commenced. 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.



# Pyjama Day

Year 3/4



Year 1/2



Year 5/6

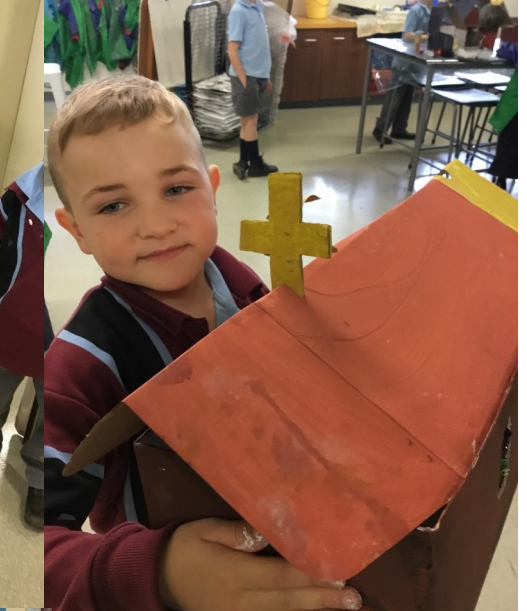


Foundation / Year 1





## Churches





## INSIGHTS

### What it means to be an emotionally intelligent parent



Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin's house meant no time to herself. And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn't help but give her some fatherly advice on Sunday night. "You've spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!"

A tantrum followed...from Elle.

Elle's mum took a different tack. She had a hunch that something was bothering her daughter. "You sound like something is bothering you big-time. What's up?"

"I've got to give a talk at school on Monday in front of the whole school and I haven't time to prepare. It'll be awful and everyone will laugh."

Her mum replied, "You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-wracking."

Elle dropped her shoulders, smiled and said, "You bet!" She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle's dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter's behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don't dismiss children's behaviour and allow kids to do as they please. There are times that we need to focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate. However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what's happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?



Emotionally intelligent parents have the following five attributes in common. They will usually:

## **1. Listen more and judge less**

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

Impact: Better, more open relationships.

## **2. Accept strong emotions**

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can't give voice to in a family, however there are behaviours that are not unacceptable.

Impact: A healthy expression of emotions.

## **3. Focus on the present**

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

Impact: Happier families and less stress felt at home.

## **4. Use rules rather than their moods to determine discipline**

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feel bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

Impact: More consistent parenting

## **5. Develop a language around feelings**

A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

Impact: Better relationships later in life at work and in their own families.

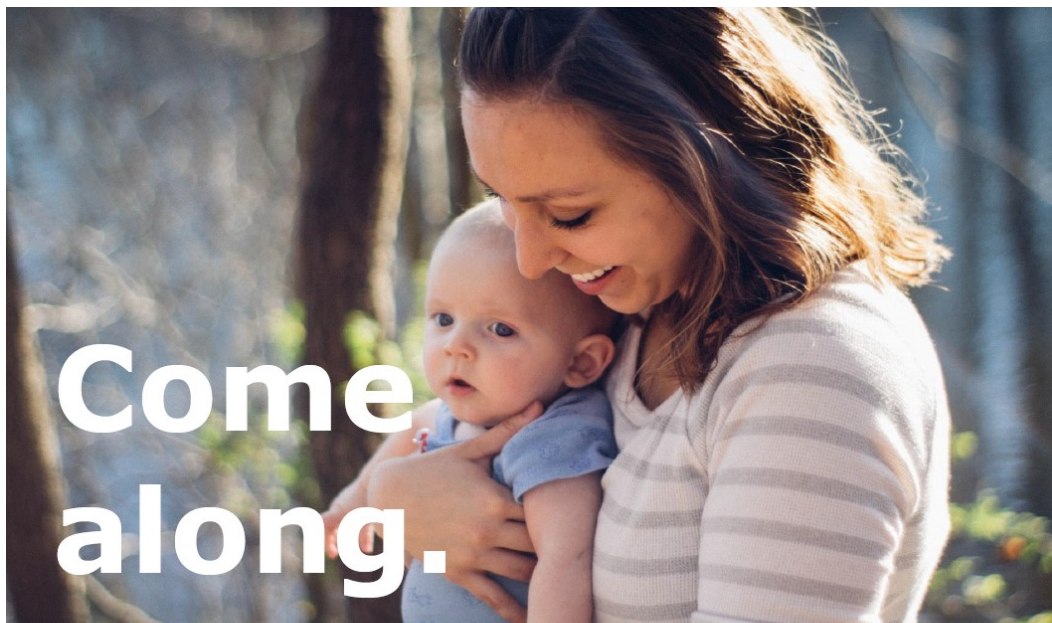


**Michael Grose**

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](http://parentingideas.com.au)



## Young Mums Group

**The Young Mums Group is for mums under 25 to come together, make friendships, share experiences and learn new things together.**

**For mums aged under 25 years who:**

- Are pregnant or have a child aged 0-2 years
- Want to connect with other young mums
- Want to learn new skills
- Would like to build their confidence
- Want to learn more about supports and services in their community.

**Learn more**

The Young Mums Group is still meeting online during COVID-19 restrictions. To find out more details and how to get involved please call Tanya Henderson at Uniting Wimmera or speak to your maternal child health nurse.

**Get in touch**

Tanya Henderson  
Uniting Wimmera  
T 03 5362 4000





## Free online short course opportunity

# *The Gospel of Mark*

The Gospel of Mark has sometimes lived something like a 'stepsister' among its bigger, and perhaps better-known, counterparts in the New Testament. A close reading of this gospel, however, offers rich resources for reflecting on the person and work of Jesus Christ, and for the life of discipleship. Over three sessions, we will seek to appreciate this gospel, its distinctive picture of Jesus and its invitation to discipleship today, which can both challenge us and give us hope.

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

### *The Gospel of Mark*

3 consecutive Thursdays commencing 9 July  
1.30–2.30 pm CST (2–3 pm EST)

Led by New Testament senior lecturer Dr Stephen Hultgren, this series engages participants in the world of Mark. The three sessions are

- *Out of the shadows: appreciating the Gospel of Mark*
- *Who is Jesus? The beginning, the middle, and the end of Mark's story*
- *Taking up the cross: discipleship according to Mark*

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.

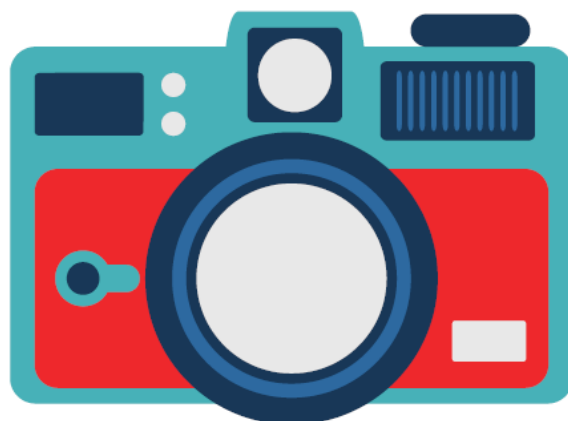


**Dr Stephen Hultgren**  
BA MDiv PhD

Stephen has lectured at ALC since 2012. Previously he taught New Testament at Duke University and Fordham University in the United States. From 2004 to 2007 he served as pastor at St. Thomas Lutheran Church in Nyack, New York. He has twice held Alexander von Humboldt Fellowships for advanced research, at the universities of Tübingen (2008) and Berlin (2012).

**To register or ask  
further questions  
email**

[enquiries@alc.edu.au](mailto:enquiries@alc.edu.au)



# JOIN OUR WWHS PHOTO COMPETITION



## CATEGORIES

I-SPY IN ISO  
BIRDS EYE VIEW  
ROSE TINTED GLASSES  
AS FAR AS THE EYE CAN SEE

All categories have two sections Open and under 12

## Prizes

Open Winners will receive their photo printed and framed proudly sponsored by Conserve Framing and Wimmera Design and Print  
Junior winners will receive their photo printed on canvas proudly sponsored by Horsham Colour

ENTRIES CLOSE MONDAY 29 JUNE 2020,  
\$5 DONATION PER PHOTO

ALL DONATIONS ARE 100% TAX DEDUCTIBLE  
100% OF DONATIONS GO TOWARDS THE IOL MASTER 700  
VISIT [WWW.WWHSDONATE.NET.AU](http://WWW.WWHSDONATE.NET.AU) TO ENTER

## RAISING FUNDS FOR WWHS EYE SURGERY





# 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.



# 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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Health and Human Services