



# TOGETHER WE GROW

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Term 3 Week 1 Issue 19 17th July 2020



## Upcoming Dates

JUL	Thurs 23rd	<b>School photos— postponed until Sep</b>
AUG	Fri 7th	Athletics Day

## Birthdays

We wish the following student a very Happy Birthday:

Saad Fawad: Thursday  
23rd July

happy  
birthday

## 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.

## Dim Sims

Steamed dim sims are now available on the lunch order menu for \$1 each.

## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly on 12th June:

Year F/1: Sophie M

Year 1/2: Sophie B

Year 3/4: Imogen

Year 5/6: Archie



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## From the Principal

It was wonderful to welcome back our students to face to face learning on Monday, and seeing their smiling faces was a delight. We are grateful that we can be learning on site, but also pray that students in locked down areas of Victoria can continue with their learning as best they can. With the recent COVID developments in our state it means that we are unable to 'open up' as quickly as we wished. So, for the time being, we must still follow the advice of authorities in regards to hygiene practices and social distancing, including people coming on to the school site. Thank you to parents and caregivers for adhering to our requests to remain in your vehicles, not attend gatherings at school, minimising visits in the school etc... Hopefully this will not be for too much longer. We will continue to follow the latest advice for schools provided by authorities.

### **Semester One reports**

Mid-year reports were mailed out during the holidays. If you wish to talk to your child's teacher about their report, by phone or a short face-to-face conversation, you are welcome to arrange a time by either contacting the teacher directly or via the front office.

### **PD Week**

Staff spent their PD week at the end of Term 2 upskilling and participating in professional development. During this week staff completed Connect 3, theological development and training for staff in Lutheran schools, and also participated in a whole day online learning workshop 'Developing Resilient Learners'.

### **Looking ahead**

As previously mentioned, planning for future activities and events is a little tricky with various restrictions and regulations due to COVID-19. Already this term our school photographs have been rescheduled to late in Term 3

owing to the photographer being based in SA. An in-school performance scheduled for later this term has also been cancelled due to cross-border travel restrictions.

On Friday August 7 we intend holding our annual Athletics Day, and we are currently looking at the format to ensure events can adhere to hygiene regulations. Students have been practicing most of the events during their PE lessons. Unfortunately spectators are unable to attend the sports day under the current directions of the Deputy Chief Health Officer (Communicable Disease) in the Stay Safe directions, in relation to restrictions on gatherings including spectators.

### **Student voice and the mini-farm**

In May a fox got into our chickens. Since then, during the period of remote learning, the mini-farm has been pretty bare. Late last term the Student Representative Council, assisted by Miss Shelton, set about creating a plan to re-start our mini-farm. The students have not only suggested animals to inhabit our farm, but have also created a care schedule outlining who will be looking after the animals and when. This has been a great example of student voice and of student ownership of a problem. We look forward to seeing their plan come to fruition and for our mini-farm to spring back to life! Meanwhile our Science Room remains home to Peter Rabbit, Peaches the bearded dragon, green tree frogs, numerous fish and the occasional bug or creature provided by students.

### **NBN**

The school is currently transitioning to NBN. There have been a few hiccups and delays in the process which has effected our internet and phone lines. Apologies if this has caused any inconvenience.

Every blessing for your week,

Damon Prenzler

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## Devotional Thought

### Rest, revive

'For the word of God is alive and active'  
(Hebrews 4:12).

### Read Hebrews 4:9-13

In Luther's Small Catechism, his explanation for the commandment about keeping the Sabbath day holy is as follows: 'We should fear and love God so that we do not despise preaching and his word, but hold it sacred and gladly hear and learn it'. This fits in well with what the writer to the Hebrews says in our reading today. As followers of Jesus, we get rest and refreshment from dwelling in the word of God – in reading and studying it and in hearing it preached.

In our modern world, we often see relaxation as getting away from work and our normal activities – and in doing that, we sometimes fall into the trap of getting away from church and from reading his word. When we go on holidays, we don't get away from eating, sleeping, breathing – nor should we put aside our Bibles. Rather here is an opportunity to hear more of God's word. For example, listen to recorded sermons and audiobooks that will help you dig better into the Scriptures, and why not listen to whole books of the Bible.

Restoration and revitalisation are available through God's word because it is alive and active. While it may cause some pain as it reveals the sin within each of us, we need this sword to do its surgery. As we allow the Holy Spirit to work in us through God's word, we will draw closer to God – and oh what joy it is to behold our Saviour!

***Merciful Father, grant me the courage to allow your Holy Spirit to work in me through your holy word. Help me to see the areas in my life that need work. Make me into the person that you know is best for me and your kingdom. In Jesus' precious name, 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.....

- ♦ Giana Pohlner and her family
- ♦ Nate and Matilda Prenzler 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.



## Premier's Reading Challenge

A reminder to all parents to ensure that each book is added to the online list and marked as finished when completed.

If you have misplaced the username and password, please contact the school.

Congratulations to the students who have already completed their reading.

Foundation: Esther

Year 1: Zara



## 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.

## Magic 100 Words

Congratulations to Zara and Vidhi for successfully completing their 100 magic words.



## Jackets

We are pleased to announce that we now have official school jackets for sale.

If anyone would like to purchase one while the weather is still cold, they are available for \$66.



## INSIGHTS

### Five forgotten skill sets that contribute to student success



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.



#### 1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

#### 2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.



### 3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.



### 4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

### 5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



#### 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 *Spooned 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.



## 2020 Winter Season Update

### Net Set Go 5-7 year olds

Commences on Wednesday 29<sup>th</sup> July at 3.45pm for 8 weeks.

Cost is \$68 which includes a NetSetGo shirt & pack.

Register through MyNetball Horsham City Netball Association or follow this link

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?type=6&id=89634&entityid=39483>

### Junior Winter Comp

Registrations for teams & individuals closes soon. Teams are open to both girls & boys. If you are looking to join a team, please contact Cathie Weidemann on 0411166914.

Divisions are 9 & under, 11 & under & 13 & under. The age cut off is based on calendar year.

Cost is \$100 for the season, which includes player VNA registration & insurance

Matches commence on Friday 24<sup>th</sup> July & end 18<sup>th</sup> September

## 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

**Uniting**



# 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