



TOGETHER WE GROW

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Term 3 Week 2 Issue 20 24th July 2020



Upcoming Dates

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

Birthdays

We wish the following students a very Happy Birthday:

Mia Grover: Thursday 30th July

Clayton Hiscock: Thursday 30th July



iPad chargers

There are a number of iPad chargers missing since the end of learning from home. **These will be labelled 'NLS'.**

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 Friday:

Year 1/2: Georgia

Year 3/4: The whole class

Year 5/6: Lanie



From the Principal

Last Tuesday the Foundation students celebrated their 100th day of school. Their teacher, 'Granny Sealey', arranged for the students, who were dressed as 100 year olds, to partake in a morning tea which included hot chocolate poured lovingly from a china teapot. In my time in education I have not experienced a first 100 days of a school year like this. The Foundation students (and other students and parents) have had a disrupted school year where considerable flexibility and agility in the learning has been needed. It is impressive to notice, however, how well the Foundation and other students have shown resilience in pushing on with their learning despite the numerous challenges we have all faced this year.

Our Core Values and Chapels

This term we are pleased to gather as a student body for Chapels, and we are also pleased to welcome back Pastor Carl who is attending and leading our worship times. This term the focus of our chapels are the Ten Lutheran Education Core Values. These values are common to all Australian Lutheran schools and we look forward to unpacking them in our chapels, exploring where these values are evident in the Bible, and where we can show those values in our lives. The ten values are love, justice, compassion, forgiveness, service, humility, courage, hope, quality and appreciation.

COVID update

We continue to monitor developments and follow advice from authorities. Thank you again to members of our school community for adhering to restrictions – staying in your car at pick up and drop off, and maintaining a 1.5 metre social distance. If your child is feeling unwell please do not send them to school. The school is not conducting wide-scale temperature checks of students, but is doing so if a student presents as unwell. This is in

accordance with the latest advice from the Department of Education.

Every blessing for your week,

Damon Prenzler

Mastering Reading

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



Watch this space

In coming weeks Nhill Lutheran School is introducing exciting new initiatives. Keep an eye out for our Nhill Lutheran School Facebook page and an updated website. Additionally, as Flexibuzz is discontinuing, we will be introducing the Schoolstream app for families. More information will be provided soon.



schoolstream



Devotional Thought

A new way of righting wrongs

'He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth' (Isaiah 53:7).
[Read Isaiah 53:6-10](#)

Do you know what it feels like to suffer unjustly, to bear pain for something outside of your control? Illness or death, oppression, abuse. The list is long. You have your own story about suffering and pain, much like everybody else.

Dutch woman Corrie ten Boom was put into a German concentration camp in the 1940s for hiding hundreds of Jews and saving them from certain doom. Amid unspeakable suffering, she remained gentle and prayed for her fellow inmates as well as for the sadistic guards. She took every opportunity to read Scripture to the women in her barracks and teach them what the word of God meant for their lives. She also never failed to see that she was just as much in need of God's forgiveness as those who oppressed her.

However deep the suffering you are going through, the arms of God reach deeper and surround you. He was wounded, oppressed, and afflicted. However dark the sin you have committed, the light of Jesus is so bright that it casts out even the greatest darkness. The iniquity of all of us was laid upon him. But instead of fighting back when he was deeply wronged, Jesus stood there silently and let it all happen. He asked Peter to put away his sword (John 18:11) and then allowed the crucifixion to go ahead.

How often do we long to get even with those who cause us to suffer? Instead of turning the other cheek, we want to defend ourselves. In the heat of the moment, we often forget a small detail – everyone is made in the image of God, even those who wrong us. Pray that the Lord will help you remember that every other human being is made in the image of God, just like you are, and that they are equally loved by him. See how God uses this outlook to change you.

Loving God, help me in my human imperfection and frailty to see others not with my own eyes but with your loving eyes as made in your image and equally loved by you. In Jesus' name, Amen.

Worship News

Please see below for this week's church service times;

Nhill: 11 am

Jeparit: 9 am



It is essential that you register your interest to attend worship each week via email or by phoning the parish office.

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.....

- ♦ Charli Rethus and her family
- ♦ Trinity and Zara Rethus 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.

Did you know?

Students take more risks when writing on a whiteboard surface. If an error occurs it is easy to erase it and try again. At Nhill Lutheran School we have whiteboard desks, individual student whiteboards, and small whiteboards attached on walls for students to record their thinking and problem solve.



Magic 100 Words

Last week we mentioned that Vidhi had successfully completed her 100 magic words. Here she is with her certificate.



Jackets

Students are grateful for their new school jackets this week while we have had some frosts in the mornings!

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



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

100 days

Anyone for a cup of tea? Miss Sealey's Foundation / Year 1 class found time to celebrate the Foundie's first 100 days of school.



Happy
100
Days!



Shopping during Maths

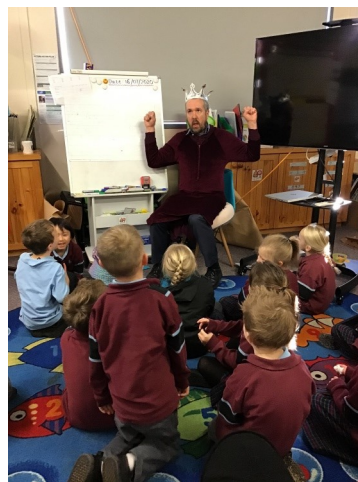
The Year 1/2 classroom was turned into a mini supermarket on Wednesday afternoon as the students have been investigating money this week in Maths. They had a great time gathering their shopping items and then working out the total cost of their items!



King of the castle

What are the chances of having a King in the school when that's the word of the week? Very good, apparently.

The students will be sure to remember their brush with royalty.



INSIGHTS

The power of gratitude for a happier life



More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.

Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

parenting*ideas

There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.



- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



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





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