



TOGETHER WE GROW

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Term 3 Week 4 Issue 22 7th August 2020



Upcoming Dates

AUG	Fri 7th	Athletics Day— CANCELLED
	Mon 24th	SRC Father's Day stall

Birthdays

We wish the following students a very Happy Birthday:

Imogen Hedt: Tuesday 11th August

Bethel Tu: Tuesday 11th August



Mini farm

"Duck!!!" yelled Mrs Woodward as she delivered the latest addition to our mini farm.



Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly last Friday:

Year F/1: Tom

Year 1/2: Kelsey

Year 3/4: Trinity

Year 5/6: Asher



From the Principal

Thank you

I wish to express my sincere thanks to students, families and staff for how we, as a community, have transitioned to remote learning.

Information regarding remote learning was provided to families earlier this week, and teachers are also communicating information regularly. If there is any further clarification or questions feel free to contact the relevant staff member at school.

"God is our refuge and strength, an ever-present help in trouble" (Psalm 46:1)

TGS – The Good Stuff

In our recent assemblies the students have shared 'the good stuff' (TGS). It's a time where we reflect on the previous week at school and share positive experiences. Answers provided by the children have included who they have played with, the food they have eaten, the exciting learning tasks they have done, when someone was kind, and so on. It may seem more difficult to experience 'the good stuff' at the moment while we are in Stage 3, but I encourage you to still look for it.

Every blessing for your week,

Damon Prenzler

Athletics Day

Unfortunately our Athletics Day has had to be cancelled due to the return to remote learning.

Facebook, Schoolstream and website

Nhill Lutheran School is now on Facebook. Simply search for and like Nhill Lutheran School to be updated on what's happening at the school.

The Schoolstream is now being used in place of Flexibuzz due to Flexibuzz discontinuing its service. Please read information in this newsletter about how to connect with Schoolstream.

Our website is currently being updated. You will notice some changes with further changes on the way.

<https://www.nhills.vic.edu.au/>



schoolstream



Devotional Thought

When things look bleak

Get up and eat, for the journey is too much for you (1 Kings 19:7). [Read 1 Kings 19:4-8](#)
Have you ever been in a place of mind where things look bleak? When you feel that you are spent? Where it is all too much?

In today's reading, we meet Elijah in a very dark moment in his life.

In the chapter before this, he had been involved in a dramatic and persuasive demonstration of God's power, as people were challenged to really think about God. He then signalled the end of a long drought and, surging with strength from God, outran the king's horses from Mt Carmel to Jezreel. Confident in God and his power, he would have been feeling pretty good, wouldn't you say?

A few short verses later, we find him afraid and on the run himself. Full of despair, he pours his heart out to God, telling him he has had enough!

God responds with compassion and care as he assigns an angel to feed Elijah. Nourished and strengthened, Elijah was sustained for a further 40 days and nights. The angel came to Elijah twice and encouraged him to eat and drink. This indicates that God was fully aware of Elijah's physical and mental state of being. He knew his frailty and limitations and made sure that Elijah received what was needed.

There are times when feelings get the better of us. Circumstances fluctuate. Even though we know in our head that God is fully capable of meeting our needs, we react faithlessly to what is happening. Our desire to be in control is challenged, but perhaps it is in these times the bigger picture comes into focus. God loves us and has a strong desire to live in constant relationship with us. Why not hand our emotions to the one who knows us most and loves us best, and rest in him? He can and will meet all our needs.

Dear Heavenly Father, you know us more completely than we know ourselves. Help us to remember this and rest in your arms of love. You are our faithful provider. In Jesus' name we pray. 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.....

- ♦ Helena Talor and her family
- ♦ Eric, Bethel and Justin Tu and their family

Chapel

Chapel is now delivered via SeeSaw. Please check your SeeSaw app on Friday mornings.



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?

At the end of lunch a song is played to let students know it's time to stop playing and line up ready for the afternoon session. Each week Mrs Koning chooses a theme for the songs to keep the students and staff guessing. Previous themes have included cars, sunshine, school and telephones. What will the next theme be?



Magic 100 Words

Congratulations to Maddi and Oakley for successfully completing their 100 magic words.



Mastering Reading

Congratulations to Giana, Frazer and Aaron on completing MultiLit. Well done!



2021 Term dates

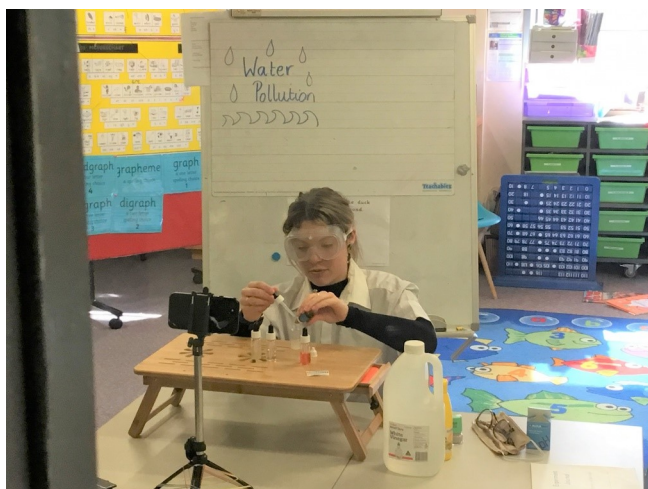
	Nhill Lutheran School	Vic Ed Dept
Term 1	28 Jan – 1 April Staff PD days Jan 21, 22, 25, 27.	28 Jan – 1 April
Term 2	19 April – 18 June Staff PD week June 21-25	19 April – 25 June
Term 3	12 July – 17 September	12 July – 17 September
Term 4	4 October – 10 December	4 October – 17 December

Learning at home

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



Zara, Trinity and Lexie are all concentrating on their learning.



Here's Dr Sealeystein creatively using digital technology for the delivery of a remote-learning Science lesson.

Interschool Sport

Resumption of any interschool sport is dependent on advice from the Department of Health and Human Services that it is considered safe to do so.

Currently, no interschool sport is permitted.

School Sport Victoria advises that no interschool sporting events and competitions will run in Term 3.

School Sport Victoria will provide further updates in relation to interschool sport in Term 4 as advice becomes available.

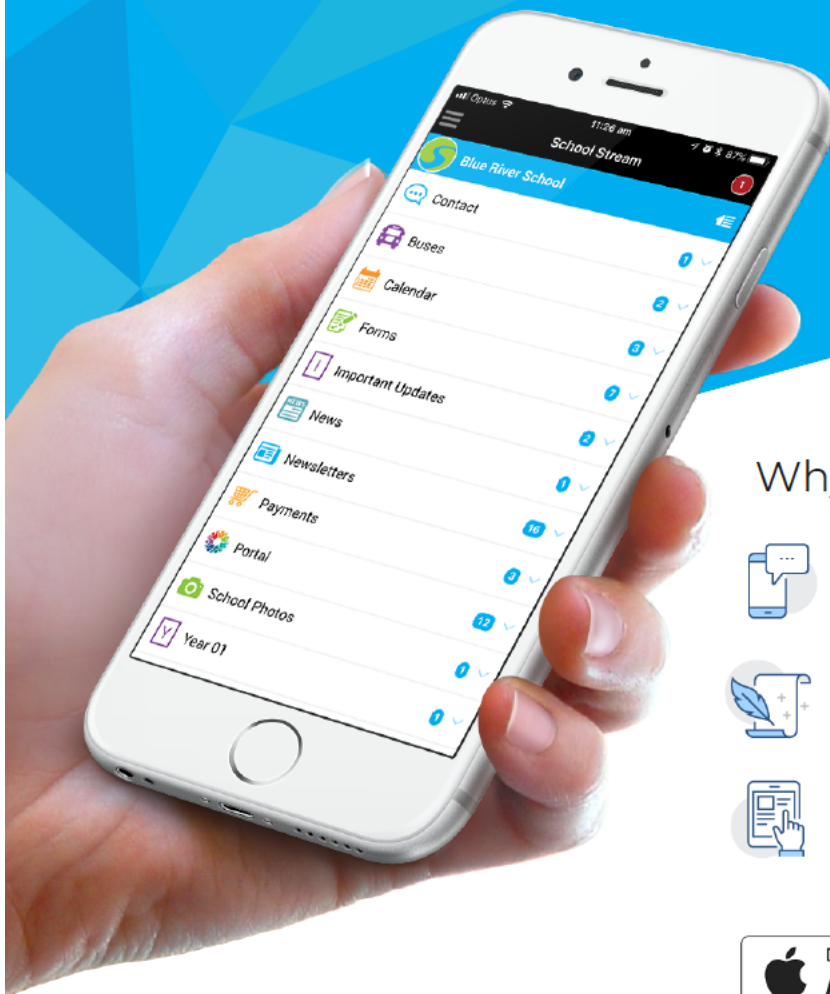
School Sport Victoria understands and respects that schools will make their own decisions regarding their participation in interschool sport, should it resume in Term 4.



Short Movie Competition

It's not too late to submit your entry for the **Lutheran Media Movie competition** closing on the 11th September 2020. There is prize money for the best 3 videos and a gift pack for each entry. Go to www.lutheranmedia.org.au/ **competition** for more information and entry details, or find the entry form in this newsletter.

Download our school app for free!



Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



Download on the
App Store



GET IT ON
Google Play

Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.



schoolstream



facebook.com/SchoolStream
twitter.com/SchoolStreamApp

INSIGHTS

Why validation is the best parenting skill of all



At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that."

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

parenting*ideas

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands 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 *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

Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at messagesofhope.org.au.

9th August It's Not Fair (Round the Table)

How do we react when we feel like things aren't fair? Where do we turn to vent the frustration and sense of injustice? Celia, Richard and Noel explore how we cope when things in our life seem unfair and what gives us perspective.

16th August Just As I Am (Pastor Mark Doecke)

What gives our lives value? Is it our jobs? Things we own? Or the relationships we nurture? Mark Doecke explores how we can feel valuable despite our situation and circumstances and what gives life true value.

23rd August Trust (Interview)

As we continue to live with coronavirus, there is still a lot of uncertainty. Will things ever go back to "normal?" Is God someone you can trust to get us through these uncertain times?

30th August Doing Things That Last (Pastor Mark Doecke)

What would you do differently if you had a chance to "re-do" things? Mark Doecke looks at some responses to this question and shares his perspective.

CORONAVIRUS RESOURCES

As coronavirus restrictions begin to ease for some of us and ramp up again for others, there are still challenges and changes to navigate. Life still looks a bit different and feels uncertain which can make us feel stressed or anxious.

For resources to help make sense of what you're going through and give you hope, go to www.messagesofhope.org.au/coronavirus



Short Movie Competition

Entry Form

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.

Best 3 short movies in the school student category and general category each receive the following prize money. Every valid entry receives a gift pack.

1st \$300, 2nd \$200, 3rd \$100

The best short movies will be shared on the internet, social media & to schools & congregations.

Entries close 11th September 2020.

For more information, go to www.lutheranmedia.org.au/competition, or Freecall 1800 353 350.

Enter online at www.lutheranmedia.org.au/competition

or submit this Entry Form with your short movie on USB or Data CD:

I submit an entry into the Lutheran Media Short Video Competition and agree with the competition rules.

Name: _____

Postal Address: _____ PC: _____

Email: _____ Phone: _____

Video Title and File Name: _____

Entry Category: ☐ School (produced by students) ☐ General (produced by anyone) (Default is General)

School Name: _____ Year level: _____

(Required video specifications are 1920 x 1080p as an .mp4 or .mov with a bit rate no less than 2500 but 10000 is preferred.)

I agree for Lutheran Media to use and share the video in whole or part for the purposes of all forms of media and/or broadcast, exhibition, distribution, publicity and promotion. I agree that all use as outlined above is without payment, including if the broadcast secures commercial release and that I disclaim any right, title or interest in the broadcast including all copyright to Lutheran media for these purposes. I acknowledge that the information above is true and that the film I have submitted is my own original production. I agree to the terms and conditions of entry to this competition. I have completed participant release forms and complied with copyright legislation.

If the entrant is under 18 years of age, I, (parent/guardian's name) _____, as parent or legal guardian of the above named individual, have read this release and give my approval of the terms.

Entrant's signature: _____

Parent/Guardian signature if entrant is under 18 years of age: _____

Lutheran Media, 197 Archer Street, North Adelaide SA 5006
luthmedia@lca.org.au Freecall 1800 353 350 www.lutheranmedia.org.au



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