



Upcoming Dates

AUG	Mon 17th— Fri 4th Sep	SRC Father's Day stall Check out the stall when you come in to swap over library books & readers (between 9 am and 3.30 pm weekdays)
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Learning at home

The Foundation / Year 1 class constructed artwork inspired by El Anatsui.



From the Principal

Remote Learning

It's hard to believe we are nearly four weeks into round two of remote learning. It appears this will be the case until the end of the term, however we will inform families of any changes. I continue to be impressed by the efforts of students, staff and parents to keep the learning happening as best as possible. Thank you for all you are doing and may God continue to strengthen you.

"I can do everything with the help of Christ who gives me the strength I need" Philippians 4:13

Performing School

LEVNT has classified Nhill Lutheran School as a "Performing School". This is the top ranking achievable and indicates a well resourced and managed school. Many thanks to our Business Manager, Mr Garry Wallace, who helps our school with important financial matters.

Parenting Ideas – Webinars and eGuides

Our school has a Parenting Ideas membership which enables us to publish articles in our newsletter. I hope you find these articles useful and informative. In addition to the articles, Parenting Ideas also provides support for parents through webinars and eGuides. Parents of Nhill Lutheran School are able to access free webinars provided by Parenting Ideas (usually the cost is \$37). Some of the webinars have already occurred and have been recorded, others are planned for later this year. To gain free access to a webinar simply request a voucher from the school, which will have all the details you need to view the webinar. Upcoming webinars include:

- *Future-proofing your child* – valid to August 31
- *Understanding techno tantrums* – valid to September 17

- *Managing your child's anxiety* – valid to September 25
- *Teaching young people about healthy relationships* – September 9 at 8pm, valid to December 9
- *Parenting like a cat and dog* – November 11 at 8pm, valid to December 31

The eGuides are booklets that are also available free to parents. They cover the topics of *optimism, family meetings, friends, coping, understanding children's behaviour, and bring out your child's confidence*. Copies of the eGuides can be sent electronically by the school, just ask via admin@nls.vic.edu.au or phone the school.

Every blessing for your week,

Damon Prenzler

Father's Day Stall

The SRC has organised a Father's Day Stall here at school. Students are welcome to buy something from the stall when they drop in to change their library books and readers. The plan is to run the stall between 9 am and 3.30 pm on school days over the next three weeks, or until we run out of stock. Parents, please wear a mask and sign in at the front office.



Parent Code of Conduct and Grievance Policy

Parents are encouraged to view the Parent Code of Conduct and updated Grievance Policy on our website. These two documents were approved recently by the School Council and will become part of our enrolment procedures moving forward. There will be a process for acknowledging the new policies forwarded to the community soon.

Devotional Thought

A heart full of thanks

I will ... praise your name for your unfailing love and your faithfulness (Psalm 138:2a).

[Read Psalm 138](#)

It's quite easy to complain, isn't it?

Standing in the line at the supermarket, I happened to overhear two people having a real chinwag about all the things that were wrong in their lives. As we moved forward towards the checkout, I found myself pondering whether voicing their disappointment about life actually made them happier. Or did it, in fact, hinder them from experiencing joy?

In the psalm, David praises God's name for his unfailing love and faithfulness and God's reminder that God's promise is above everything else. Even though life did not always turn out as he wished, David gives thanks, sings praise and bows down to the Holy One who is faithful.

So what can we think about? Where do we find the thought pathways to a thankful heart?

The Apostle Paul gives us a way. 'Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Don't be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Finally ... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is lovely, whatever is admirable – anything is excellent or praiseworthy – think about such things.'

Neither David nor Paul are being naïve about the struggles that occur in life, but a thankful heart lifts us above to experience the joy of God's promise in Christ Jesus.

What things do you express to your friends in the shopping line?

Thank you, Son of God, for helping me to see the things of life that give me joy. For my family, friends, life and breath, thank 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.....

- ♦ Archie and Henry Zanker and their family
- ♦ The staff, students and volunteers at Maw Per Koh boarding house

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.

Maw Per Koh news

Recently we received correspondence from the people who run Maw Per Koh boarding house:

The students at the boarding house are from different villages in the jungle, rural area and they do not have schools in their villages. Their parents can't support them to go to the near villages or towns to study. So they find the place to come to this boarding house for their study. The Karen Women Organisation (KWO) provides them the accommodation, caring and food and they go to school. KWO has no regular income for this program to take care of these students. They all volunteers and try their best to take care of the students. They can provide them with some local support for basic food, rice and local seasonal vegetables. The support from the Nhill students is very helpful for these students for their daily nutritional food. They buy eggs, fish, and sometimes chicken for their nutritional food.

This Academic School Year the school started in July because of Covid 19, instead of usually the school starts in June. This year there are 35 students (8 boys and 27 girls) staying at this KWO, Maw Per Koh boarding house.



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

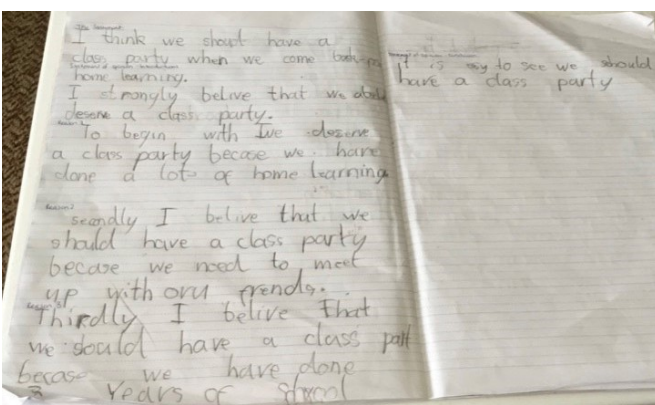
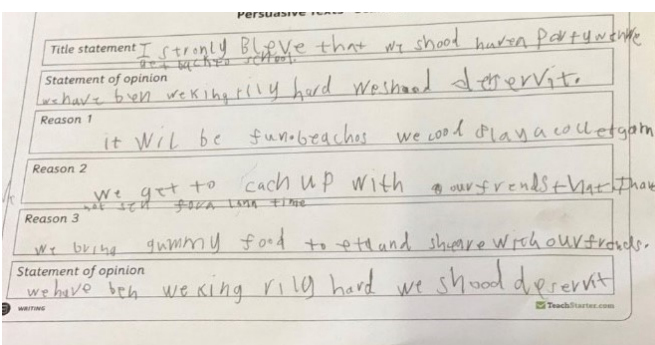
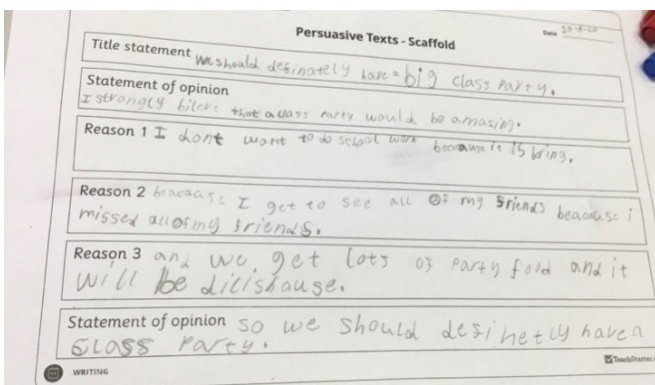
Did you know?

Nhill Lutheran School is one of fifteen Lutheran Schools in Victoria. We feel blessed to be part of this supportive community.



Persuasive Writing

The year 1/2 class have been investigating persuasive writing this term. Yesterday they were given the challenge to persuade Miss Shelton to throw them a class party on return to face to face learning. They did a wonderful job at using strong language and convincing arguments!



New students?

I wonder if anyone recognises these new students who were seen wandering around the school recently.



Playgroup

Unfortunately we are still unable to provide face-to-face playgroup activities here at school. However, we receive activities that can be done at home from Playgroup Victoria . We are able to forward these regular emails on to anyone who is interested.

If you would like to receive these emails, or if you know someone who would, please provide your email address to the front office.



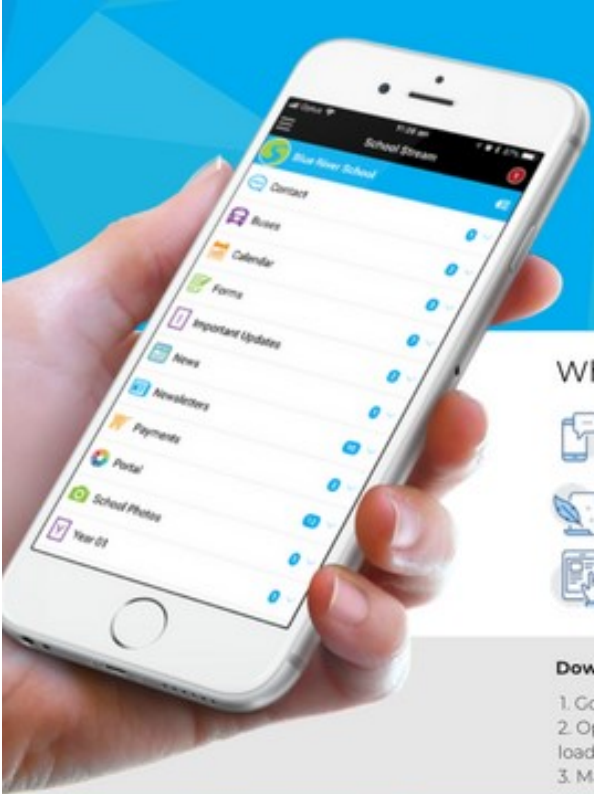
#boredombuster

Nhill Pharmacy has set a challenge.

They want to have their window full of beautifully coloured in pictures by R U OK? Day (September 10th).




There are pictures that can be downloaded from their FaceBook page, or drop into the store to collect one.

Once coloured in, feel free to drop it in or mail it to them to stick on their window!




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 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

Messages of hope

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

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.

6th September Fathers and Daughters (Interview)

How can dads find the balance between protecting their daughters and empowering them towards independence? And what can you do when you, inevitably, get it wrong? Celia talks with Matthew, father of 3 boys and 1 girl!

13th September Dementia – This is our story (Interview)

How would you feel when the person you have loved for over 50 years doesn't know who you are anymore? John shares his inspiring story of loyalty and love in the face of dementia.

20th September Surviving Lockdown (Interview)

As the restrictions and fallout from coronavirus continue to be felt across Australia and we are separated from family and loved ones, what are people really feeling and how are they coping? Where do you turn to find hope?

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

INSIGHTS

6 tips for parenting anxious kids



If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"
- "Ahhh, I know you're feeling really worried right now, it's not much fun feeling like that is it?"

Anxious kids need to know you understand what they're going through.

3. Show the amygdala they're safe

Once the amygdala senses danger, the cascade of events that follow can't be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they're safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child's mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the 'threat' to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what's happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it's mastered.

5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is paid to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They're thinking "I'm going to fail the test". The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: "I notice I'm having the thought that I'm going to fail the test." Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



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*.



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