



TOGETHER WE GROW

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Term 3 Week 9 Issue 27 11th September 2020



Upcoming Dates

SEP	Fri 18th	Last day of Term 3
	Fri 18th	Virtual movie screening at 1 pm
OCT	Mon 5th	First day of Term 4 (remote learning)
	Mon 12th	Onsite learning (F-6)

Birthdays

We wish the following students a very Happy Birthday:

Helena Talor: Monday 14th September

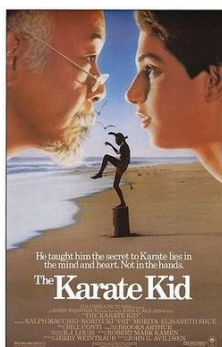
Maci Oliver: Thursday 17th September

Frazer Wheaton: Thursday 17th September



Virtual Movie Screening

You should expect to receive a package from the school over the next few days. It includes details of our optional Virtual Movie Screening, along with some snacks.



Did you know?

Did you know we offer the Stephanie Alexander program as a specialist subject at Nhill Lutheran School?

Students grow their own vegetables and herbs and use the produce in their cooking lessons.



Newsletter contributions

If you would like to send through a photo, a picture drawn by a student or sample of your child's learning completed during remote learning we may add it to a future newsletter. Feel free to send to admin@nls.vic.edu.au

From the Principal

Return to face to face learning

According to the recently released roadmap to reopening issued by the Victorian Government, regional schools will be returning to face to face learning on Monday October 12. This means that Week 1 of Term 4 commences on Monday October 5 and will be remote learning. Again I would like to thank students, families and staff for their flexibility and efforts during this period of remote learning.

"I pray that God, who gives you hope, will keep you happy full of peace as you believe in him." Romans 15:13

Uniform, Hats

With the weather getting warmer it means the transition period of winter to summer uniforms is now in place. When students return to onsite learning in Term 4 the summer uniform is to be worn. This includes hats which must be worn when outside.

Staff training – Wednesday

All classroom teachers and Integration Aides are participating in a staff training day next Wednesday, September 16. Mr Gary Jewson from LEVNT is leading a Connect 4 session with staff, which will see the completion of the Connect training staff have undertaken this year. Learning tasks for students will be distributed prior, but please note the staff will not be accessible during normal school hours. Students attending onsite learning will still be supervised as per normal.

Every blessing for your week,

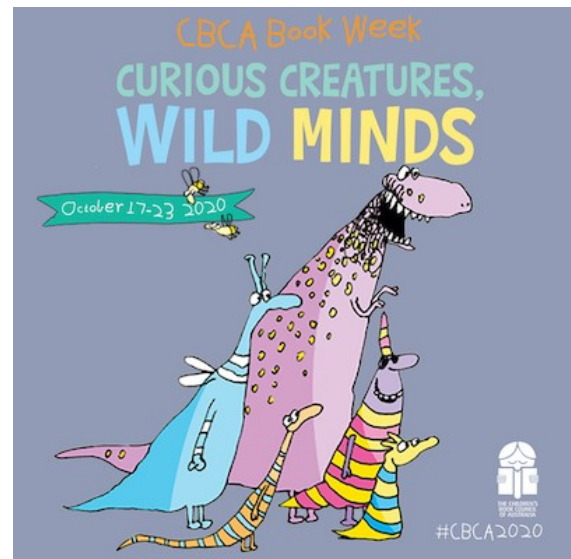
Damon Prenzler

Book Week

Each year, schools and public libraries across Australia spend a week celebrating books, and Australian authors and illustrators. Teachers and librarians conduct activities relating to a theme to highlight the importance of reading.

This year Book Week had to be postponed due to COVID 19 restrictions. However, we are hopeful that it will go ahead in week 3 of next term.

Students and parents should start planning Book Week costumes now, as it won't be long before our Book Week parade is upon us.



Interactive Walkthrough Story

Thank you to those who have participated in our Interactive Walkthrough Story, Rosie's Walk, and particularly to those who have submitted their completed colouring sheets. We have them displayed in the window at the front of the school.

It's not too late to take part.

Please remember to sanitise, wear a mask and keep socially distanced.

Devotional Thought

Forgive and forget? Forgive and forgive!

'If your brother or sister sins against you, rebuke them; and if they repent, forgive them' (Luke 17:4).

[Read Luke 17:1-4](#)

Rebuke, repent, forgive. Rebuke, repent, forgive. Rebuke, repent, forgive. Rebuke, repent, forgive. Rebuke, repent, forgive. Rebuke, repent, forgive.

I hope you got tired of reading that. I sure got tired of typing it. You may say, 'Why didn't he just copy and paste?' Well, it's like this:

Forgiveness, human relationships, sin – while it is the same in some senses, in other ways, it is different. It is always difficult. It is always exhausting. And when a sin comes up again and again, it is worse again.

Yet the disposition of God toward each of us is one of ongoing forgiveness. He rebukes our sin, we repent, and he forgives.

It's like God knows that most of the time, change is not easy, simple, or straightforward, especially when it is habitual sin – and he chooses to love us anyway!

Of course, God does know this!

Do you know someone who commits the same sin, over and over again, and never seems to change? Of course!

Did you also know that there is someone, a friend, family member, loved one of yours, who thinks of you when asked that same question?

We all have things we are wrestling with, sins we can't seem to defeat, and issues we can't seem to resolve.

Praise God that he forgives us and we can go again with fresh mercy and grace! Praise God that we can do the same for others.

Lord Jesus, thank you for your continual forgiveness of us. Help us to live the same way for others. 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.....

- ♦ Mrs Koning and her family
- ♦ Miss Lindsay and her family

Chapel

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

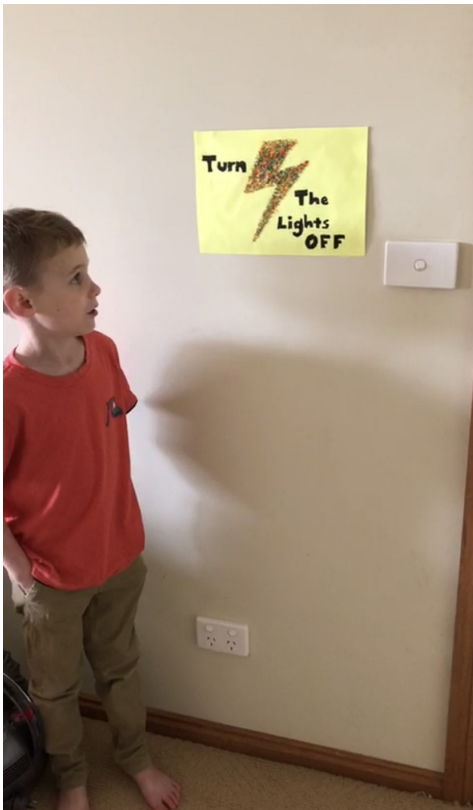


Chapel Offering

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.

Learning at home

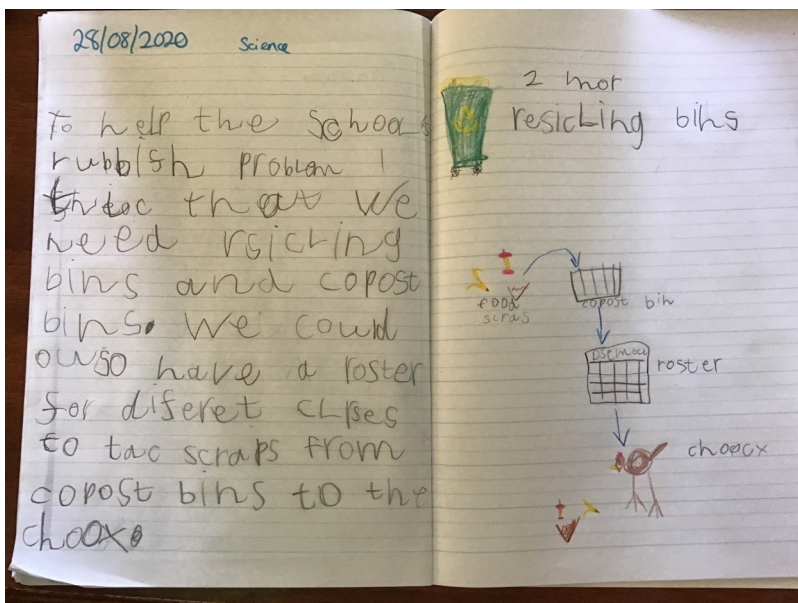
The Foundation / Year 1 class was asked to use their design from last science lesson to make a 3D model of their invention which would make the school more sustainable.



Oakley and his light switch poster.



Max's rain water tank model.



Sophie's design and explanation for recycling bins and compost bins.



Nelson and his model of a school with lots of windows to let natural light in, so we don't have to use lights.

Learning at School



Students attending school today were able to try out their soap carving skills. Matilda made a fish, Savior made a turtle and Chelsea also made a fish.



Savannah and Helena concentrating during lessons at school.



Olivia using her iPad to complete her learning tasks.



Parenting Ideas—Webinars and Guides

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:

parenting * ideas

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.

Thank you



At lunch time today Michelle Pipkorn and Casey Hiscock presented each staff member with a care package on behalf of the School Council, thanking them for their efforts throughout remote learning.

Thank you to the School Council for supporting our staff and for the valuable governance role they perform in serving our school.

INSIGHTS

Help kids tap into their inner resources



My first parenting mentor, Maurice Balson, author of *Becoming Better Parents* constantly reminded parents, “If you want your child to be resourceful you need to put them in positions to develop their resources.”

Balson’s resourcefulness message is just as apt today. Coping with change, dealing with small losses, handling rejection and overcoming disappointment are the types of experiences that build a child’s or young person’s inner resources.

Developing resourcefulness is the appropriate approach to take when considering the disruptive impact that coronavirus is having on kids’ lives. A child who is struggling to come to grips with the changes brought about by the pandemic initially needs an emphatic, supportive approach. They also need encouragement to tap into their inner resources to help them manage the hard times. The following strategies will help develop your child or young person’s inner resources.

Give them a chance to be resourceful

Harry, age 10, often leaves his lunch at home. His father, who works from home, won’t take forgotten items to school. Harry either misses lunch or persuades his friends to share their lunches with him. Either way, when Harry leaves his lunch at home he’s forced to rely on his emotional or physical resourcefulness to get by. And he does.

Catch them being resourceful

A child’s behaviours that gain a parent’s attention generally expand. Highlight a child’s good manners, acts of kindness or honesty and you’re more likely to get a repeat of those behaviours. Positive parental recognition is a high motivator for most kids. To encourage your child’s resourcefulness, focus your attention and positive comments on acts of resourcefulness and resilience they exhibit.

Encourage creativity

Sylvia, age 13 walked to school each day, saving her bus fare to spend on clothes that were out of reach of her parents’ budget. Sylvia found a way to overcome her money problem in her own way. Children and young people usually come up with very creative solutions when they’re allowed to own their problems.

Develop coping skills

Kids rely on their coping skills to help them manage their emotional states when life throws them curve balls. Build your child’s set of coping skills through direct teaching, modelling and discussion. Humour, distraction, relaxation, exercise, play and thought-distancing are some of the more common coping skills kids can use to help them tolerate their difficult feelings.

parenting*ideas

The resourcefulness a child develops when they experience adversity doesn't desert them when life returns to normal. It waits in the background, ready to be drawn upon again when hardships, frustrations and difficulties come their way.



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.

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)

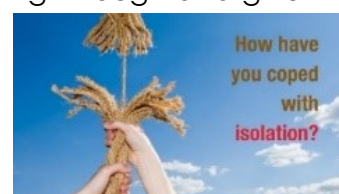
As the restrictions and fallout from coronavirus continue to be felt across Australia and we are separated from family and loved ones, what are people really feeling and how are they coping? Where do you turn to find hope?

27th September Surviving Homeschooling (Interview)

How do you take on the challenge of home-schooling kids, while still trying to keep up with all the other demands on your day to day life, without getting overwhelmed and feeling like a failure? Jo shares her experiences.

CORONAVIRUS RESOURCES

As coronavirus restrictions continue and some tighten further, there are challenges and changes to navigate. Life 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.





Gifts of
Grace

**Have
you heard?**

Goats make
great gifts,
no kidding!

NEW ALWS
Gifts of Grace
out NOW!

- **Play Pack (\$24)** for children in South Sudan
- **Piglet (\$60)** for family in Indonesia
- **Shoe Repair Kit (\$33)** to start small business in Nepal

Plus!

- 8 gifts under \$10
- every gift is **tax-deductible**
- first 500 orders receive beautiful **tea towel gift!**

Give practical action to people in need and share your values in your Christmas gifts to friends and family.
What more could you want?

alws.org.au/grace | 1300 763 407





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

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
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Health and Human Services



VIRTUAL MOVIE SCREENING

JOIN US IN WATCHING A MOVIE ... SNACKS PROVIDED

FRIDAY, 18
SEPTEMBER

IN THE COMFORT
OF YOUR OWN
HOME

1 : 00 IN THE
AFTERNOON

DON'T FORGET TO ENTER THE
COMPETITION: GUESS THE TEACHER'S
FAVOURITE CHILDHOOD MOVIE