

TOGETHER WE GROW

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Term 1 Week 2 Issue 2 5th February 2021



Upcoming Dates

FEB	Wednesday 10th	No Foundation classes
	Friday 12th	Welcome BBQ—6.30 pm; meat supplied
	Monday 15th	Swimming lessons begin
	Tuesday 16th	Hockey Clinic
	Wednesday 17th	No Foundation classes
	Wednesday 24th	No Foundation classes
	Friday 26th	Swimming Carnival
MAR	Wednesday 3rd	No Foundation classes
	Thursday 4th	Wadjiny performance

Birthdays

We wish the following students a very happy birthday:

Abdullah Ahmad: Friday 5th February

Samava Fawad: Thursday 11th February

Also to Mrs Koning: Sunday 7th February

happy birthday

Foundation

Some of our Foundation students enjoying their second week of school.



From the Principal

Learning

I used to work with a colleague who would often say, in reference to schools, "it's all about the learning." In fact, he would often overuse this phrase. But he had a point. Schools are learning communities. Nhill Lutheran School is a learning community. Our primary focus is student learning. Our mission statement sums it up: "Nhill Lutheran School provides a quality education in a caring Christian environment." We aim to provide best practice learning opportunities in a place where the love of Christ is known and shown.

The beginning of a new school year is an exciting time which brings new plans and focuses. The teachers have worked hard to plan engaging learning opportunities for the students in 2021. NLS continues to explore ways to improve how we educate our students to best equip them for now and into the future.

Last year showed that the ability to adapt quickly, think differently, problem solve, use technology purposefully, and more, all helped with learning in challenging times. We want our students to be equipped with essential skills that are needed - critical and creative thinkers, collaborators, clear communicators and possess digital competency.

Our classrooms have been established with the vision of catering for the many different learning styles that exist in 21st century classrooms. We have observed numerous benefits to students and their learning with our flexible learning spaces. A University of Salford study found that furniture and features in schools that were ergonomic and comfortable for students were significantly correlated with learning progress.

This year the staffing structure at NLS has changed to include the role of Curriculum Coordinator/Specialist Teacher, a role Miss Attiwill will perform. Our aim is to strengthen

the delivery of curriculum, and ensure evidence based programs are used to improve our student's learning progress. Part of Miss Attiwill's role will be to teach Technology (STEM).

Installation Service

Ms Greer Marshman, Miss Leah Noll and Miss Georgina Morrison were installed last Sunday at St Paul's Lutheran Church, Nhill. Other staff and students were also blessed by Pastor Carl.

Attendance at chapel and assemblies

Visitors may attend chapel and assemblies as long as we don't exceed our density quotient of 1 person per 2 metres squared. Visitors must sign in via the QR code or the sign in register, located at the front entrance, if on site for 15 minutes or more. The number of visitors allowed in chapels and assemblies will vary depending on the number of students and staff present, but will be around 25-30 permitted visitors. Please use Covid safe practices and do not attend if feeling unwell. Currently face masks must be worn when inside the school building.

Looking ahead

There is much to look forward to this term and hopefully we are able to carry through with our plans more than we could in 2020. Next week we have the opportunity to gather as a community for a Welcome BBQ and I look forward to seeing families there. Please RSVP to the front office so we have an idea of numbers for catering. Students commence their swimming lessons on Monday February 15 and our Swimming Carnival is Friday February 26. A hockey clinic is planned for week 4, and Shrove Tuesday and Ash Wednesday also occur in week 4. We have a visiting performance, Wadjiny, during week 6, Book Fair later in the term and more. A busy and exciting few weeks!

Every blessing for your week.

Damon Prenzler

Devotional Thought

It's upside down!

'Looking at his disciples, he said: "Blessed are you who are poor, for yours is the kingdom of God"' (Luke 6:20).
Read Luke 6:20-26

The Beatitudes give us a vision of an upside-down kingdom. It's the opposite of what the world thinks is right. Jesus explains to his disciples the qualities that make a happy life. There are four blessings on people with four attributes and four woes on people with the opposite characteristics.

So why is this the opposite of what we would think life should be? The world offers short term gratification but not the eternal joy and happiness that believing in Jesus offers. Jesus boldly says that those who want to follow the world's ways will not be ultimately happy.

Jesus emphasises the central ethic of his kingdom, love, and the importance of obedience to his teachings. These blessings are to encourage his followers in the face of mounting persecution. In short, this is a message on how we should live, including the need for repentance. Jesus is encouraging his disciples (us) that God will bless them when the world hates them. Live by Christian values and not the world's values.

We shouldn't be surprised by God's upside-down approach to the way he does things. A baby born to be Saviour of the world can't even get a decent, clean room for this momentous event? That's upside down. And they all lived happily ever after? Only in heaven for those who believe in Jesus as their Lord and Saviour.

Dear Father God, help us to always keep our focus on you and your kingdom and not the ways of the world. Amen.



Worship News

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

Nhill: 9 am

Woorak: 9 am

Jeparit: 11 am



Register (before Thurs 5pm) via the Parish Office: nhillpar2@bigpond.com or 5391 1223

NhillLutheranParishOnline.com

Prayer of the Week

Each week we pray for someone in our School Community. This week we pray for.....

- ◆ Sienna Alexander and her family
- ◆ Sophie Blackwood and her family

Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. It will be run by Mr Prenzler. Parents and friends are invited to join us and stay for morning tea and coffee.



Chapel Offering

At today's Chapel \$4.00 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$9.50 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



Lost Uniforms

Could all parents please check uniform items to ensure that your child has the correct one.

Please label all items of uniform so that they can be returned.

Bounce Back

During the days leading up to school commencing, staff completed Bounce Back training. Bounce Back is a positive education approach to wellbeing, resilience and social-emotional learning used at NLS. The Bounce Back acronym outlines key messages to develop good thinking habits (a simpler acronym is used for younger students):

Bad times don't last, things will always get better – stay optimistic

Other people can help, if you ask them

Unhelpful thinking makes you feel more upset – think again

Nobody's perfect, not you and not others

Concentrate on the positives in a bad situation no matter how small

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you

Blame fairly

Accept what you can't change

Catastrophizing exaggerates your worries

Keep things in perspective



Parenting ideas

Our school is a member of parenting ideas, a great resource for parents and families. Articles will regularly be published in our newsletter, and webinars are provided throughout the year. Because the school is a member, parents can access webinars at a reduced cost or for free. More detail is found in this newsletter about how to access webinars.

Thank you

Thank you to the people who looked after the animals during the holidays. Also to those who looked after the garden and helped with any maintenance.

Forms to be returned

The following forms have been sent home during the last week:

- ♦ Cyber safety agreement
- ♦ Medical information
- ♦ Image consent
- ♦ Welcome BBQ RSVP

Could these forms be returned as soon as possible please.

Second hand uniforms

There are a number of second hand school uniforms for sale. Please contact the front office if you are interested.

Newsletters

If you are happy to receive only a digital copy of the newsletter each week, please let Mrs Koning know. We would love to reduce our paper usage.

NLS volunteers

Reading Buddies Program

We are currently seeking some parent helpers to assist with our reading buddies program .

Reading buddies involves parent volunteers listening to students reading aloud. Volunteers must have a current Working With Children Check and complete the training that is explained below.

Volunteering at NLS

For all parents wishing to volunteer at school to help in the classroom, on camps or with other student activities this year, parents must bring the following to the front office: 1) a current Working with Children Check and; 2) a certificate of completion of one-hour Valuing Safe Community training session on-line within the past three years. As a school of the Lutheran Church of Australia (LCA), staff and volunteers are obliged to meet the requirements of the LCA Safe Place Policy. Valuing Safe Communities (VSC) is a program to comply with this expectation. This training is valid for three years.

VSC Online Training Instructions

Go to <http://ilearn.alc.edu.au/course/view.php?id=170>. Follow the instructions. Use the Enrolment Key: VSC3_Volunt33r to gain access to the training. On-line training takes about 30-40 minutes. Certificates of completion will be generated at the end of the session. If you need any assistance, or would like to use a school computer to complete the training, please see Mrs Koning at the front office.

Hats

Please remember that hats are compulsory for Term 1. No hat means no play. Please make sure that all hats are named and maintained in good condition.

The school now has bucket hats for sale (\$18).

Child Safety

Students across all year levels will be revising Cyber Safety and how to protect themselves online. Key messages that you can also reinforce at home include; Informing students that nothing ever disappears from cyberspace; online behaviour and comments become a digital imprint visible to potential friends, employers etc.

At Nhill Lutheran School, we strongly encourage parents to develop appropriate online boundaries for their children. If you would like more information and advice, please visit the government Cyber Safety website at www.cybersafetyhelp.gov.au.



Swimming News

Students will begin swimming lessons, starting on Monday 15th February, and will be run daily between 11am-1.30pm. Students

will get changed at school and then walk down to the swimming pool. Students are encouraged to bring along sandals or other appropriate footwear to walk to the pool. Please make sure that all clothing is named.

The Swimming Carnival will be held on Friday 26th February and we are seeking a few volunteers to assist us on the day. If you are able to assist please contact Mrs Koning. at the front office.



INSIGHTS

Make the most of this school year



Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Parental withdrawal from children's education is a big problem these days as increasingly parents are worn out from working too hard or being involved in a variety of activities.

But the message for parents is clear – become involved in as many aspects as practical in your child's education.

Their chances of success are better when kids see school as an extension of home rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Make the most of the opportunities that schools offer to assist in the classroom including, hearing kids read, taking small groups in elective activities and assisting children when writing stories.

Parent participation is much broader than helping out in the classroom. Hearing young learners read, helping with homework and making sure kids go off to school happy, healthy and with plenty of sleep are important aids to learning.

Here are some more ideas to help you participate in your child's education in positive ways:

1. Make sure your kids start each day well. That means they should get a good night's sleep, have a healthy breakfast and arrive at school on time with all their learning requirements as well as a healthy lunch.

2. Attend school activities such as open days, concerts, parent evenings, sports events and celebrations. Read the school newsletter and other forms of communication so you can stay in the loop with what's happening at your child's school.

3. Consult with your child's teacher about homework expectations and practical ways that you can assist both at home and at school. Each teacher has his or her own expectations about how you can help so make sure you work within their guidelines.



Find out what your school is trying to achieve for your child and show your support for its aims. Support a broad, balanced curriculum that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R's. School discipline is always more effective when it's supported by parents so be supportive of the

4. Become an advocate for your child to take pride in their

Messages of hope

your wider community. Encourage

Positive parent participation in school and learning is a proven criterion for student success. One practical way to assist your child as a learner is to become actively involved in his or her school-life.



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.

7th February Love and Romance (Pastor Richard Fox and Celia Fielke)

Feeling loved is one of the best feelings in the world and can make you feel like you're walking on air. Richard and Celia discuss romance and love and how it changes when you have a long established relationship.

14th February 50 Years of Love (Interview)

Through the ups and downs of 50 years of marriage, Sue shares her secret to a long and fulfilling relationship.

21st February Adams Anger (Interview)

How would you feel if someone's negligence destroyed your quality of life? Hear Adam's story, and how letting go of anger changed his life.

Webinars for Parents in 2021

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in this school community can attend webinars at no cost. Hear from the experts from the comfort of your own home. Enjoy this exclusive benefit by redeeming online today.



Watch from any device, any location

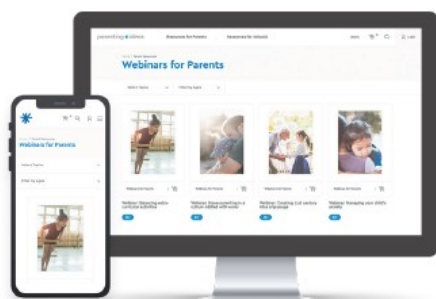


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\$39 per webinar**



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To redeem your webinar vouchers, visit

www.parentingideas.com.au/parent-resources/parent-webinars

Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$39 discount will then be applied. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. Webinars need to be redeemed individually before their expiry date, but you can register for as many as you like!

parenting*ideas

Hear from the experts from the comfort of home in 2021



Maggie Dent presents: Communicating with teenage boys

Adolescence has a way of transforming children's brains that can make communication challenging, especially with teenage boys who often start articulating in monosyllabic grunts. These brain changes also make them more sensitive, volatile and critical of themselves, making the tween/teen years a high-risk window. In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

Key learning and discussion points include:

- communicating effectively
- giving feedback
- avoiding arguments
- helping teenage boys to problem solve
- letting our sons know we really hear them, and that they matter

WEBINAR DATE 24 MAR 2021, 8-9 PM AEDT **VOUCHER CODE** COMMUNICATION **VOUCHER EXPIRES** 24 JUN 2021



Dr Justin Coulson presents: Connecting with teenage daughters

Trying to guide a teenage daughter through a complex adolescent world is... well, complicated. Alcohol and drugs, mental health concerns, body image issues, friendship issues, and premature and/or non-consensual intimacy are just the tip of the iceberg. In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

Key learning and discussion points include:

- dealing with eye rolls and bad attitude
- why your teenage daughter "hates" you, expects the world and needs to talk
- how we can stay connected to our teenage daughters and keep them motivated
- how to keep our teenage daughters safe and informed without pushing them away
- how to encourage teenage girls to develop strong, healthy relationships and resilience

WEBINAR DATE 23 JUN 2021, 8-9 PM AEST **VOUCHER CODE** DAUGHTERS **VOUCHER EXPIRES** 23 SEP 2021



Dr Kristy Goodwin presents: Taming digital distractions

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

WEBINAR DATE 8 SEP 2021, 8-9 PM AEST **VOUCHER CODE** TAMING **VOUCHER EXPIRES** 8 DEC 2021



Michael Grose presents: Using birth order knowledge for a parenting edge

Effective parents and carers are always looking for an edge to help them raise happy, confident, resilient kids. Many people do a brilliant job of learning on the run, but can miss a rich vein of knowledge that's right in front of them – a child's birth order position. In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

Key learning and discussion points include:

- how birth order works and why it sometimes doesn't make sense
- how birth order applies to both large and small families
- how to conduct a birth order audit for your family
- the impact that your own birth order has on your parenting
- essential parenting strategies for kids who don't quite fit the birth order mould

WEBINAR DATE 10 NOV 2021, 8-9 PM AEDT **VOUCHER CODE** ORDER **VOUCHER EXPIRES** 31 DEC 2021



A colorful poster for a 2021 P&F Welcome BBQ. At the top, a smiling sun wearing sunglasses is partially obscured by a large, light blue cloud. A small orange and black bee is flying from the cloud towards a red and orange barbecue grill on a tripod stand with a single wheel, located on a green grassy hill. The background is a gradient of light blue and yellow. The text is in various colors and fonts, including a large teal script for the title.

2021 P&F Welcome BBQ

Due to COVID this year will be a little different. We will be having a sausage sizzle. All we ask is that you BYO chair and drinks, we will supply meat, bread and ice cream. (no salad to reduce food handling)

RSVP is a must! Please RSVP by Monday 8th February by returning the below slip to the school.

This is an alcohol free event

Friday February 12th, arrival between 6.00–6.30pm, please use the back gate near the bus carpark.



A poster for a 'Join the Tigers!' event. It features a blue background with yellow and white tiger stripes. The text is in white and yellow. There are two tiger head icons flanking the 'COME & TRY' NIGHT text. The event details are listed in a clear, bold font.

JOIN THE TIGERS!

FOOTBALL AND NETBALL 'COME & TRY' NIGHT

WE'RE LOOKING FOR
YEAR 3 - YEAR 11 BOYS AND GIRLS TO JOIN OUR TEAMS

THURSDAY 4 FEBRUARY
5PM - 6PM
FOLLOWED BY A FREE BBQ TEA
DAVIS PARK, NHILL

PLAYERS NUMBERS ARE NEEDED IN ALL JUNIOR GRADES

**COME ALONG FOR A GREAT NIGHT OF
FAMILY-FRIENDLY FUN!**

IT IS IMPORTANT THAT IF YOU INTEND TO PLAY FOOTBALL OR NETBALL THIS SEASON, BUT CAN'T ATTEND THIS SESSION TO CONTACT GRAEME COLE 0427 899 228 OR REBECCA CLARK 0439 915 935