

TOGETHER WE GROW

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Term 1 Week 3 Issue 3 12th February 2021

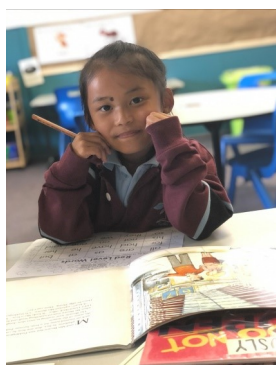


Upcoming Dates

FEB	Friday 12th	Welcome BBQ—6.30 pm; meat supplied
	Monday 15th	Swimming lessons begin (POSTPONED)
	Tuesday 16th	Hockey Clinic (CANCELLED)
	Wednesday 17th	No Foundation classes
	Thursday 18th	Swimming lessons begin
	Wednesday 24th	No Foundation classes
	Friday 26th	Swimming Carnival
MAR	Wednesday 3rd	No Foundation classes
	Thursday 4th	Wadjiny performance

Foundation

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



Students of the Week

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

Foundation: Betty

Year 1/2: Savannah

Year 3/4: Bethel

Year 5/6: Saad (absent)



From the Principal

Students are to be congratulated on how they have started the school year. It is great to see their efforts in their learning, their helpful nature, and their polite manners.

Covid Update

Today the Victorian Premier announced a five day Stage 4 lockdown period starting 11.59pm tonight. An email was sent to families earlier today.

Schools must follow the directions outlined in the DET School Operations Guide. This guide is regularly updated depending on what is happening in regards to Covid. Thankfully many of the restrictions that were in place last year have eased, but there are still many directives we must follow.

Currently all visitors to the school must wear a face mask if you are indoors. If you are exempt from wearing a mask please let the front office know when you arrive. Staff are not required to wear a mask when teaching or caring for students.

If you are on site for more than 15 minutes you must sign in either manually on the sign in register or on the QR code. These are located at the front entrance to the school.

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. 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, such as hand sanitising, and do not attend if feeling unwell.

Looking ahead

Swimming: **Please note swimming will commence on Thursday when schools hopefully re-open after the Stage 4 lockdown restrictions**

Next week students commence their swimming lessons at Nhill Pool. The sessions will run from 11am to 1pm daily and led by qualified instructors. Students will change into their swimming gear at school and then walk to the pool. Students are to bring sandals/thongs, bathers, towel and swim shirt. They may also like to wear goggles. Sunscreen will be supplied by the school, unless your child requires an alternative sunscreen.

Hockey clinic: Unfortunately cancelled due to Stage 4 lockdown restrictions, hopefully we can reschedule.

LEVNT visitors

Nhill Lutheran School receives considerable support from LEVNT (Lutheran Education Victoria, NSW, Tas). This week we were visited by Pastor David Spike, Learning Leader: Formation, and next week we welcome Shane Paterson, Director: Leadership and School Improvement. On Wednesday I was fortunate to gather with five Western Victoria Lutheran school Principals from Dimboola, Horsham, Tarrington, Hamilton and Portland.

Year 6 tops

This morning at chapel our Year 6 students were presented with their special Year 6 tops. This is a lovely practice that has been happening at Nhill Lutheran School for a number of years. Even the Year 6 teacher, Miss Morrison, wore her old Year 6 top from 2008!

Every blessing for your week. May I particularly encourage you as we enter into Stage 4 lockdown.

Damon Prenzler



Devotional Thought

Suffering is joy

'Do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you' (1 Peter 4:12).
Read 1 Peter 4:12-16

Peter's letter was written to poor, disenfranchised people to whom the gospel appealed. He exhorted them by saying, 'Don't be surprised at the troubles you are having'; don't think that this is a strange situation that you are suffering. Don't expect that doing good will give you an easy life of health and wealth. It may seem very strange to us that Peter is saying that they should be happy to be sharing in the suffering of Jesus. Doing God's will is no guarantee that you won't endure suffering. The Christians of Asia Minor were experiencing a test. Just as a fire purifies gold from contaminants, suffering strips away the externals. It reveals who we really are.

This passage from 1 Peter is not about 'Why do good people suffer?' It is a letter of encouragement, reassurance and hope for people suffering rejection because they follow Jesus.

Think of a time when you were really suffering. How did you respond? Did your prayer life improve? Did you come closer in your relationship with God? I know that this has been true for me.

If you are ridiculed for being a follower of Jesus, then do not be ashamed. It is not an insult, but a badge of honour. In today's reading, Peter alludes to Jesus' teachings in the Beatitudes discussed yesterday: 'Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man' (Luke 6:22). In the end, whose opinion will count?

Dear Heavenly Father, please help us not focus on what the world thinks but instead on your holy gospel, the good news of salvation. Amen.

Worship News

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

Nhill: 11 am

Woorak: 9 am

Jeparit: 9 am

Ash Wednesday: Nhill at 7.30 pm

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.....

- ♦ Oliver and Chelsea Bone and their family
- ♦ Darcy Borgelt and his family

Chapel

Chapel was to be held in the Multi Purpose Room on **Wednesday** (Ash Wednesday). However, an **alternative** day will need to be arranged due to the lockdown.



Chapel Offering

At today's Chapel \$59.00 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$78.50 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.

Student Leadership

Congratulations to the following students who were informed today of student leadership roles. Badges will be presented at a future assembly.

SRC:

Foundation-Ayden Fritsch, Harper Hiscock,
Year 1/2- Tom Warner, Savannah Hedt,
Year 3/4- Bethel Tu, Harper Crouch,
Year 5/6-Shilah Hiscock, Samava Fawad,
Leaders-Saad Fawad, Abdullah Ahmad.

Sports Captains:

Eric Tu, Oliver Bone

Student Liaison Officers:

Eden Woodward, Sean Pedie

Our school captains, Lanie Clark and Frazer Wheaton, were announced late last year.

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.

Forms to be returned

The following forms have been sent home recently:

- ◆ Cyber safety agreement
- ◆ Medical information
- ◆ Image consent
- ◆ Swimming consent

Could these forms be returned as soon as possible please.

Year 1/2 THRASS

The year 1/2 class were really getting into the THRASS rap and grooving in their classroom.



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 Thursday 18th 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

Helping your child become the best student they can be



The new school year is full of excitement and possibility for students and parents. Regardless of how a child or young person has previously performed, this year offers a chance to set a new course.

While it's tempting as a parent to make the attainment of good academic results the main priority, this is a narrow view that may be incompatible with long-term success. It's wiser to broaden your view and focus on helping your child or young person become the best student they can be. Here's how.

Encourage learning

The rapidly changing world and workforce that your child will enter requires that they have a willingness to continually learn and adapt. The concept of a lifelong learner, previously lauded by educators with an eye to the future, has now become a reality. Learning and continual improvement should be embedded in each child's psyche so that school life is just a starting point to a lifetime of learning, growth and development. Help your child see themselves as successful learners who achieve results through hard work and application, and that nothing is beyond them if they apply themselves.

Promote leadership

Leadership is required in all walks of life including at school, at work, in families and in the wider community. Help your child see themselves as a leader by focusing on personal leadership capacities such as planning ahead, communicating clearly, being accountable for their behaviour, developing emotional awareness and fostering good relationships with siblings and peers. Personal leadership development provides a strong foundation for the development of leadership skills in more public forums in later life.

Applaud independence

The school years are critical for the development of independence, which can easily be closed down by the roadblocks of impatience, overindulgence, fear and lack of time. Alternatively, independence is promoted when we show patience, provide opportunity, display confidence and teach students how.

Embed wellbeing

If there is one difference that modern schooling is making to the next generation it's in the leadership they have shown in recent years to the maintenance of mental health and wellbeing practises. Parents can support their child's long term wellbeing by embedding wellbeing habits including healthy eating, exercise, sleep, relaxation techniques, regular time in nature, gratitude and mindfulness.

Teach socialisation

If you want your child to be liked by others, it's essential to spend time and effort developing the skills and attitudes needed to succeed. Develop in them an awareness of how their behaviour impacts on others, instil manners and community-mindedness and develop a broad range of friendship skills that will assist them to relate well to others.

Foster resilience

2020 showed us life is unpredictable, full of ups and downs, straight balls and curve balls. It's the unpredictability, the downs and the curve balls that develop kids' resilience. How parents and teachers react to the hardships, frustrations and difficulties kids face either hamper or foster resilience. Spoil, overprotect or pamper and growth opportunities are wasted. Support, encourage and teach kids to cope and you'll be helping them develop a real sense of psychological hardiness and resilience that's essential for long term happiness and success.

Make this year a memorable one by helping your child grow and develop into the best student they can be. Keep the focus broad and do all you can to ensure that your child sees themselves as a confident and continuous learner.



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.

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.

28th February Taking Care of Anger (Interview)

Do you ever feel like your emotions are in charge of you rather than the other way around? Stella shares her journey of understanding and dealing with anger.

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.

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

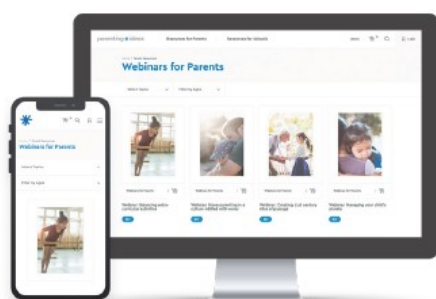


See the experts as they speak



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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



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.