



# TOGETHER WE GROW

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Term 1 Week 4 Issue 4 19th February 2021



## Upcoming Dates

FEB	Monday 22nd	Swimming classes begin
	Wednesday 24th	No Foundation classes
	Friday 26th	Swimming Carnival
MAR	Tuesday 2nd	Hockey clinics
	Wednesday 3rd	No Foundation classes
	Thursday 4th	Wadjiny performance
	Wednesday 10th	No Foundation classes
	Wednesday 17th	Last Wednesday of no Foundation classes

## Welcome BBQ

A huge thank you to all who helped with all aspects of the Welcome BBQ, which ended up being hours before the state lockdown. The food was delicious and families took the opportunity to gather together as a community. The weather was also kind to us.



## Birthdays

We wish the following student a very happy birthday:

Harshu Erupilli: Sunday 21st February

happy  
birthday

## From the Principal

I wish to thank our school community for adapting quickly to our lockdown period which saw us remotely learning for three days. It has been wonderful having students return to onsite learning and we hope this will remain. If you are yet to do so, please return all iPads, chargers and other items that were required during the three days of remote learning.

### Ash Wednesday and Lent

Earlier this week was Ash Wednesday, the start of the church season of Lent. Lent is a time of repentance and preparing for Easter where we remember the death and resurrection of Jesus. Pastor Carl led chapel this morning with an Ash Wednesday and Lent focus.

### COVID Update

The latest DET School Operations Guide was updated February 17. This guide is regularly updated depending on what is happening in regards to COVID.

All visitors to the school aged 12 and over must wear a face mask indoors (primary students aged 12 or over do not need to wear a mask while at school). 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. Face masks are not required outdoors.

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.

Our indoor density quotient is one person per 2 square metres.

### Parent-teacher communication and interviews

At NLS we value a close partnership between the school and home. Parents are welcome to contact their children's teacher at any time to discuss learning progress or other matters.

Teachers may also contact parents. Later this term, on March 30-31, we will be having parent-teacher interviews which will provide an opportunity for discussions to take place about learning progress and effort, learning goals, and more. Further information will be provided to you later this term.

### Looking ahead

Swimming: Swimming lessons will commence on Monday. Further information about our Swimming Carnival will be distributed next week.

Hockey clinic: Thankfully the hockey clinics which could not occur due to the lockdown have been rescheduled for Tuesday March 2.

*"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." Romans 8:39*

Every blessing for your week.

Damon Prenzler

## Welcome BBQ

More photos...



## Devotional Thought

### Complete Conversion

'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him' (Acts 10:34,35).

[Read Acts 10:34-43](#)

What would it take for you to completely, wholeheartedly stop barracking for your favourite sporting team? I mean 'complete conversion', dropping your team for the one that is your team's arch-nemesis? Imagine dropping support for Australia and barracking for the USA in Olympic swimming, swapping from Ford to Holden, or the Wallabies to the All Blacks.

I'm what's called an 'Apple fanboy'. I've used Apple computer technology for 30 years. I know I'm biased, but it would take a miracle for me to switch to another brand! It was the same for the early church. It took a miracle for Peter to switch from accepting 'Jews only' as Christians to 'Jews and Gentiles'. Simon Peter, a Jew from birth, had been taught his whole life that only the Jews had access to the one true God.

From Acts 10:9, Peter had a God-given vision, where God allowed the eating of unclean animals. And after he woke up, he had an encounter with an unclean enemy, a Roman officer (and you know how the Jews felt about their unclean national captors, Rome!).

Acts 10 is about two conversions: the Roman officer Cornelius' conversion to Christianity and Peter's (and the early church's) conversion to accepting non-Jews as followers of Christ.

The Greek word *katalambanomai* (Acts 10:34) normally translates as 'I understand', but it literally means 'I am gaining the understanding'.

It's a word of change, of 'the lights coming on' to a new way of thinking. I think this stands not only as a witness to this historical change of acceptance in the early church, but it highlights that God's community of faith is dynamic. It changes – even if those changes are challenging and confronting. You keep your theology intact, of course. But as the Lutheran Church of Australia and New Zealand, we have been led to make many changes, from presidents to bishops, from hymns only to hymns and songs, from communing at confirmation to a younger-aged first communion (and I could go on – answer the rest for yourself!).

It begs the question: where is God taking us next? Change can be confronting and painful. But there are times where God shatters our preconceived notions and opens his church up to new possibilities of growth, new ways of being a light to the world and a new acceptance of others.

***Almighty God, as a Gentile, I wouldn't be one of your people if you hadn't worked an amazing change in the early church. Open my mind to your possibilities in my life and in the life of your church. Lead the way, Lord Jesus. I am your servant. Amen.***

## Worship News

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

Nhill: 9 am

Woorak: 9 am

Jeparit: 11 am



Wednesday 24th Lenten Reflection:

Jeparit at 7.30 pm

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

[NhillLutheranParishOnline.com](http://NhillLutheranParishOnline.com)

## Prayer of the Week

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

- ♦ Vidhi Brahmabhatt and her family
- ♦ Lanie and Barrett Clark and their family

## Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. There will be no chapel on the 26th due to the Swimming Carnival.



## Chapel Offering

At today's Chapel \$13.00 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$91.50 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



## Shrove Tuesday

The students at school enjoyed making pancakes on Shrove Tuesday .... and eating them. Some of the students learning from home made pancakes as well.



## Cricket trials

School Sport Victoria (SSV) is inviting registrations for the Team Vic 12 & under Boys and Girls Cricket trials. Successful students would be required to pay for their own travel (including flights, accommodation and meals) and purchase their own uniform.

If your child is interested, please contact the school.



## 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.

## 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](http://www.cybersafetyhelp.gov.au).



## Swimming News

Students will begin swimming lessons, starting on Monday 22nd 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

## Seven ways to be a positive influence on children and young people



Parents and teachers influence children most during their first twelve years of life. We have less influence over teens as they become increasingly independent and look to their peers for guidance and approval.

The following strategies will help ensure that you have a positive influence on children at any age.

### 1. Be available

Nothing says “You matter” more than a busy parent giving a child undivided attention. Research has established that children whose parents are emotionally present for their kids have better social, academic, and wellbeing outcomes than those whose parents aren’t available.

### 2. Be warm

Sometimes we can forget that our children are people too – particularly when they’re irritable, tired and obnoxious. By responding to kids warmly (even when you don’t feel like it), you show that you value them as people. A gentle touch, a smile, or soft words bring warmth to a relationship, and increase the likelihood that you’ll be listened to and be a positive influence on their lives.

### 3. Listen, but don’t fix

Parents can fix sore knees, broken hearts, messy friendships, and even some difficult homework projects. But kids generally don’t need adults to fix them. They just want us to ‘get’ what they’re going through. When you see the world through their eyes, you are more understanding – and more likely to be listened to when they need us.

### 4. Set limits

Nothing says “I love you” more than a firm and clear “No!” from mum or dad.

“No, you can’t say that to your sister. How can you make things right?”

“No, it’s not ok for you to stay out until midnight. You’re 14.”

“No, I don’t feel right about you having your smartphone/tablet/laptop in your bedroom. Ever!”

Children and young people will often argue with you, but setting limits means that you are having a positive influence on your children. The trick is to not become too authoritarian or you’ll simply drive unwanted behaviour underground.

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## 5. Play

Playing games and laughing together binds us close to our kids. Through play you build a relationship of trust with that facilitates our ongoing positive influence.

## 6. Be grateful

Grateful people are happier, healthier, have better relationships, sleep better, have more income, are less materialistic, achieve better academic outcomes and are more energetic. By being grateful you'll be a positive influence in the lives of your children. Say thanks often – and mean it.

## 7. Love them and show it every day

We're always correcting our kids or telling them what to do. Pick this up, put that away, get off the computer, pack your bag, tidy up your room, and so on... and that's before 7.30 in the morning! Our ratio of negative to positive statements can often be the wrong way round. So find opportunities to tell your kids such things as:

- "You really make a positive difference around here."
- "I am amazed at the exceptional effort you make at..."
- "I love you – no matter what."

Your time with kids is short. By setting a positive example, you can be a positive and lasting influence in your children's lives.



### Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au)

Provided as a part of our school's Parenting Ideas membership

[parentingideas.com.au](http://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](http://messagesofhope.org.au).

### **21<sup>st</sup> 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.

### **28<sup>th</sup> 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.

# 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.



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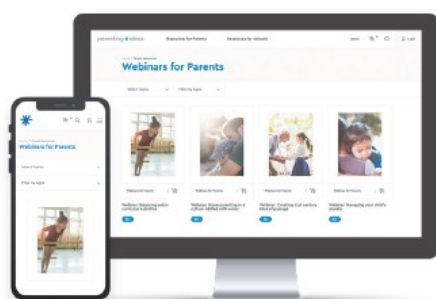


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Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$39 discount will then be applied. If you're unable to make the broadcast 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!

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# 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