

Swimming Carnival

The 2021 Nhill Lutheran Swimming Carnival was held this morning and we were blessed with a beautiful sunny morning. All students are to be congratulated for their efforts and enthusiasm. There were amazing displays of swimming and sportsmanship, and the cheering for fellow students is always a highlight of Nhill Lutheran events. In the end the winning house was Hindmarsh, followed by Lowan and Mallee. A big thank you to all helpers who made the swimming carnival run so smoothly: the staff of NLS, the parent helpers, the Nhill Pool helpers. It was wonderful to see so many family and friends present to watch and cheer the students.

Upcoming Dates



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



From the Principal

We have a rule at school to walk inside, part of our Safety Rule. We also have a Learning Rule where students are to demonstrate positive learning behaviours and respect the right of others to learn. Imagine my predicament yesterday when I reminded a Foundation student to walk in the corridor instead of running back to the classroom. "But it's learning time!" came the reply. How wonderful to see the enthusiasm for learning! (We still need to walk inside, though).

Looking ahead

Next Tuesday our students will participate in hockey clinics. Can all students please wear their sports uniform on Tuesday? We also look forward to a visiting performance on Thursday called Wadjiny.

Every blessing for your week.

Damon Prenzler

Eddie Matthew Alexander

A big congratulations to Mrs A on the safe arrival of Eddie Matthew Alexander. We wish them all the best as they enjoy this special time as a family. Think we can say Esther and Cooper are quite proud of their baby brother.



Birthdays

We wish the following student a very happy birthday:

Matilda Prenzler: Saturday 27th February



Welcome Hukam

On Thursday we welcomed a new student Hukam to our year 2 classroom. We gladly receive Hukam and his family to our school.

Eveline Iris Lynch

A big congratulations to Lawson who became a proud big brother to Eveline earlier this week. We wish Steph, Will and Lawson all the best.



Devotional Thought

And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased" (Mark 1:11).

[Read Mark 1:9-15](#)

Today, we hear from the Gospel of Mark, the gospel that doesn't include any stories of Jesus' background, family or birth – there are no shepherds, angels or wise men. Instead, we are taken straight to the announcement and confirmation of who Jesus really is. God himself says, 'You are my Son, the Beloved. With you, I am well pleased'. So, the very first thing that Mark does is to tell us exactly who Jesus is. For Mark, this is the starting point of the gospel, the very first thing that matters.

You know, one of the things that I love about this event out in the Jordan River is what God does not say. God doesn't say, 'I'm well pleased with Jesus because he has proved to me that he deserves it – he has quiet time with me each night, he always reads the Scriptures, and he really knows how to heal people'. No, nothing like that. As far as we know from all the gospels together, this is the start of Jesus' ministry – so far, he hasn't really done anything, and yet, he was called beloved – the one in whom the Father was well pleased.

And at your own baptism, you didn't have to do anything. In your baptism, God proclaimed that you are his beloved child, and claimed you and named you as God's own. God's love is his free gift to you – just like your baptism is his gift, too. Baptism is not a ritual that we give to God, but God's act on us.

As Mark recorded, Jesus' baptism was an event of cosmic proportions, one that prepared him for what came next, because immediately following his baptism, that same Spirit – the one who first looked like a peaceful dove – sent him out into the wilderness for 40 days. Perhaps you know something of the wilderness, of uncertainty, of fear. In the midst of the wilderness, what is it that we can hold onto? What is it that we know? We know who and whose we are – God's beloved children, with whom he is well pleased. Live in the love, light and promise of this good news!

Loving God, thank you for claiming us as your own through baptism. When we experience wilderness in our lives, remind us of our identity in you. Amen.

Worship News

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

Nhill: 11 am

Woorak: 9 am (AGM)

Jeparit: 9 am

Wednesday 3rd March Lenten Reflection:
Woorak 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.....

- ◆ Cooper and Abby Cramer and their family
- ◆ Harper Crouch and her family

Chapel

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



Chapel Offering

There was no chapel this morning due to the swimming carnival. So far this year, \$91.50 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

What does 1,000,000 look like?

The Year 5/6 students set out to answer this question. First the students were given one A4 page of 2mm squares and work out how many squares were on one page. Then they had to work out how many whole pages and part pages they needed to get 1 000 000 squares. Here is the result.



Student of the week

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

Foundation: Sienna

Year 1/2: Oakley

Year 3/4: Jackson

Year 5/6: Lanie

Jeffrey the Bear

Congratulations to Lanie for being the first recipient of Jeffrey the Bear. Lanie has the privilege for keeping Jeffrey for 2 weeks. At our next assembly another student has the opportunity to spend time with Jeffrey.

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.

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.

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 Communities 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 Carnival



INSIGHTS

Managing the mother load



“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, *“But you should’ve asked! I would have helped.”*

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There’s only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there’s no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week’s worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I’ve stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppanner, professor of sociology at Melbourne University says, “Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes.” Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it’s essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

parenting*ideas

Lower the bar

Many mothers confess that they constantly feel guilt. If they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change it's easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson's book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au

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.

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.

7th March Living with Confidence (Interview)

Finding our way in life can be a long journey, and who we are can take a battering. Peta, Christian life coach and speaker shares her passion for helping women build confidence and purpose.

14th March Finding Connection (Interview)

There are times when the pieces of our life don't seem to be fitting together as they should. Nancy explores how the stress of juggling being a wife, mother and police officer had her feeling disconnected and uncertain.



HOOKIN2 HOCKEY

Let your child learn the fun of
hockey through a program
coming to

LOCATION

NHILL & DISTRICT SPORTING CLUB

DATE & TIME

Starting Wednesday 3rd March for 6 weeks

3.45pm - 4.30pm

COST

\$41 with no pack.

\$89 with a pack.

All equipment will be provided on the day. You don't need to purchase the pack.

ENQUIRIES

Helen — 0419829272

hockey@nhillsportingclub.com.au

TO REGISTER

hookin2hockey.com.au

**NO PRIOR
HOCKEY
EXPERIENCE
NEEDED!**



**Parents are welcome to watch,
participate with their children
or drop off and collect.**