

Swimming at Horsham

Congratulations to Imogen, Eden, Frazer, Henry, Lanie and Shilah for representing Nhill Lutheran School at the Little Desert – Black Ranges swimming at Horsham on Wednesday. Well done to Henry for finishing third overall in his breaststroke event, which sees him move to the next level of competition.



Upcoming Dates



MAR	Monday 8th	Labour Day holiday
	Wednesday 10th	No Foundation classes
	Wed 10th— Fri 19th	Book Fair
	Wednesday 17th	First Wednesday for Foundation students
	Tues 30th— Wed 31st	Parent-Teacher Interviews
APR	1st	Last day of Term 1

Birthdays

We wish the following students a very happy birthday:

Grace Jenz: Sunday 28th February

Abby Cramer: Wednesday 3rd March

Shilah Hiscock: Thursday 11th March

Sean Pedie: Thursday 11th March



From the Principal

After a week of swimming lessons preceded by a week which had three days of remote learning, it has been nice to return to a somewhat 'normal' timetable. This week we have been blessed to have visitors lead sessions with our students, hockey clinics on Tuesday and a visiting performer on Thursday. These experiences add value and variety to the learning program at our school.

Student voice

This week has seen a flurry of new 'clubs' commence. As in previous years, the students have come up with ideas for lunchtime activities which they organise and lead, providing the opportunity for students of all ages to participate. This week we have had a singing club, a ninja warrior club, a chalk drawing club and a 'draw an animal' club. This is a great example of students coming up with an idea to include others, and put the idea into action, which then benefits others.

At assembly students with leadership roles were presented with a badge:

Sport Captains: Oliver, Eric

Student Liaison Officers: Eden, Sean

SRC: Ayden, Harper, Savannah, Tom, Bethel, Harper, Shilah, Samava, Saad and Abdullah.

These students have the opportunity to lead, identify needs in the school, create ideas and solutions to problems, and put ideas into action. We wish them God's blessings in their roles.

COVID regulations

Face masks are no longer required when inside the school building, however are strongly recommended when physical distancing of 1.5 metres cannot be maintained.

Looking ahead

I hope you enjoy your long weekend. Next week we have book fair so that will be exciting for students to find great reading material.

Every blessing for your week.

Damon Prenzler

Jeffrey the Bear

Congratulations to Savannah for being awarded Jeffrey. Savannah has demonstrated responsibility in remembering and following our school rules.

Chapel

Thank you to the Year 3/4 class for leading Chapel this morning. Thank you also the visitors who joined us.



Devotional Thought

Don't Panic

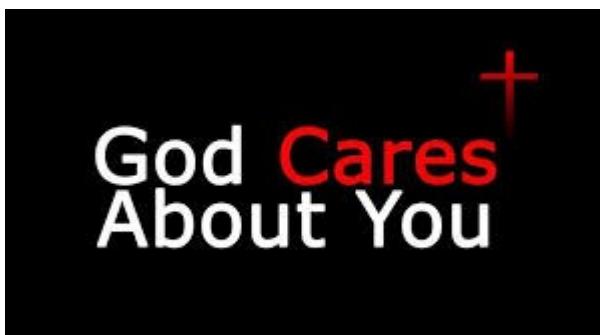
That's right. Because I, your God, have a firm grip on you and I'm not letting go. I'm telling you, 'Don't panic. I'm right here to help you' (Isaiah 41:13).
Read Isaiah 41:8-13

Any of you unfamiliar with the *Hitchhiker's Guide to the Galaxy* book series only need to know this instruction about hitchhiking through the galaxy: don't panic. Despite the outrageous situation that the characters get into, time and again, they escape calamity, including giant whales falling from the sky, the collision of supernova, food poisoning at the restaurant at the end of the universe, and even death. They were guided only by this statement: don't panic.

And that is the motto the Lord encourages his people to live by. Through the prophet Isaiah, God reminds his people he has chosen them and that he will look after them. And so our Father in Christ reminds us that we are in his care now. Despite what we may have done, our many failings and the insecurity that currently engulfs our world, our Father promises to be with us and bring us through all trials and tribulations – and not because we are worthy. Our faith in our Father does not even make it happen, but it is purely the desire of our Father to look after us.

If this Lenten journey is anything, may it be a reminder that our Father loves us despite our efforts to be lovable. And so: don't panic.

Heavenly Father, remind us again and again that you've got this. When our world turns upside down, remind us that you join us in being upside down. And that you can turn things around again. Amen.



Worship News

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

Nhill: 9 am

Woorak: 11 am

Jeparit: 11 am



Wednesday 10th March Lenten Reflection:
Nhill at 7.30 pm

Register for Sunday (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.....

- ♦ Will Decker and his family
- ♦ Mystery Paw Eh and her family

Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. Next Friday it will be run by Year 5/6. Parents and friends are invited to join us and stay for morning tea and coffee.



Chapel Offering

At today's Chapel \$66.50 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$158.00 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Wadjiny

The students enjoyed learning more about First Nations people through the Wadjiny performance. Thank you to Troy for an informative and entertaining presentation.



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.

Get Active Kids Voucher Program

For 2021, the Victorian Government has opened up a voucher program to assist junior players with the cost of memberships, registrations, uniform and equipment. This is called the Get Active Kids Voucher Program and it provides vouchers of up to \$200. Applications are only open from Monday, 1st of March (from 10am) until Sunday, 11th of April. To take advantage of this offer, children must be aged 4 to 18 and named on a valid Health Care Card or Pensioner Concession Card and Medicare card. Applications for the program and further details can be found here: <https://www.getactive.vic.gov.au/vouchers/>



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 in the sun. Please make sure that all hats are named and maintained in good condition.

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

Hockey Clinics

Hockey clinics were held on Tuesday. Thank you to Chris for leading these sessions. Thank you also to Carol Case-Hassall for helping out.



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 \$39). 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:

Communicating with teenage boys –
March 24 at 8pm, valid to June 24

Connecting with teenage daughters –
June 23 at 8pm, valid to September 23

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.

parenting * ideas

Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at messagesofhope.org.au.

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.

21st March Finding Hope in South Sudan (Interview)

At a time when our lives have never been so uncertain, Jonathan Krause from ALWS shares what we can learn from people who live with constant challenge and uncertainty.

28th March Living Water (Pastor Noel Due)

Are you thirsting for love? Forgiveness? Approval? Noel Due offers hope to quench those thirsts.

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.

INSIGHTS

Don't yell, move closer



As a busy parent it's easy to give your voice a work out when you don't get the cooperation you want from your children.

You know how it goes. You want your son or daughter to give you some help and they don't respond. Perhaps, you want a child to stop annoying their sibling. Or you simply want your kids to *quieten down*. When your request for cooperation is ignored, you do what over 90% of parents do. That is, you repeat yourself. Then if that's still ignored you raise the volume.

Usually yelling only succeeds in producing parent-deaf kids. If yelling, shouting or raising your voice is a habit you've developed to get cooperation then here's a great strategy to use instead. Next time your kids ignore a reasonable request move close to them and quietly repeat your request once. No aggression, just expectation. It may mean you need to stop what you are doing. So be it.

Proximity is a powerful influencer. Great teachers know this. That's why they move around in class so much – to teach and also to manage.

So save your voice for conversation, encouragement and affection. Use your body effectively to manage kids. The key, of course, is to do it. My challenge for you is to bite your tongue when you want to yell. Take a deep breath and move into your child's proximity. Don't stare them down. Just be close to them. Keep doing it and the cooperation levels you get from your kids will increase astronomically over time.

But you've got to do it. In future don't yell, move closer.



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.



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.**