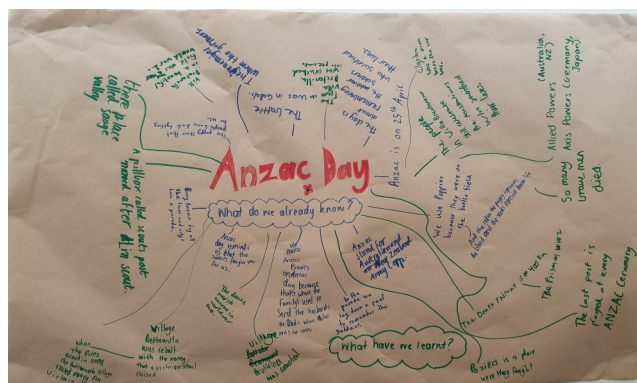


ANZAC Day

Students in all classes learnt more about ANZAC day this week. They also enjoyed making Anzac biscuits with Ms Marshman.



Upcoming Dates



APR	25th	ANZAC day
	28th	Hearing Assessments
	28th	Student Leadership Day—Year 5/6
MAY	7th	Mother's Day Chapel

Welcome Cattanach family



This week we welcomed Oleara and Sierra to the NLS family.

Today they were presented with Bibles at their first chapel.

Birthdays

We wish the following students a very happy birthday:

Mckenzie Jupp: Saturday 24th April

Eric Tu: Wednesday 28th April



From the Principal

"He is not here; he has risen!" Luke 24:6, words spoken by angels to the women who visited Jesus' tomb.

Welcome to Term 2, a term that is shaping to be a productive and exciting term filled with learning opportunities. I hope families were able to enjoy their holiday time. To think one year ago we were teaching and learning via remote learning, to be on site and operating as we are is a real blessing.

Easter and ANZAC Day

We are currently in the Church season of Easter, a time where the resurrection of Jesus is remembered and celebrated. This morning, at chapel, the students heard the story of Jesus appearing to two men walking to Emmaus, one of several stories about Jesus appearing after his resurrection.

This Sunday is ANZAC Day, a special day to honour those who have served, and continue to serve our country. For some this has meant the ultimate sacrifice. As a school, we are honoured to participate in the ANZAC Day march. Students are asked to meet at the Information Centre at 10am on Sunday, with the march starting at 10.15. Sports uniform is to be worn.

Volunteers

We appreciate the contribution of volunteers in our school and, with many COVID restrictions easing, we are able to welcome back volunteers. If you would like to volunteer in any capacity, please let your child's teacher or other staff member know. Volunteers must have a Working With Children check, and Lutheran schools require volunteers to complete a short Valuing Safe Communities online course. Details are included in this newsletter.

Learning support and staff news

This week Mrs Mason commenced her role as

1/2 teacher and Miss Attiwill her Curriculum Coordinator/Specialist Teacher role.

Mrs Mason was presented with a certificate at chapel for her successful accreditation for Lutheran education. All teachers in Lutheran schools are required to complete a Connect course which provides training in Lutheran theology.

Our school will receive further learning support through the Tutor Learning Initiative, where qualified teachers will provide additional assistance to students. This will run throughout Terms 2 and 3, with Mrs Lauren Salt and Ms Greer Marshman tutoring students who have been identified by their teachers. The TLI has been established to assist schools and students as a follow up from 2020 where students were impacted by the disruptions to learning.

Parents and Friends

The school is seeking expressions of interest from individuals who wish to contribute on P&F. The P&F are a supportive group who assist with fundraising and community building. If you are interested please email admin@nls.vic.edu.au by Friday May 7.

As the school is currently changing its governance structure, it has not been possible for the P&F to hold their AGM, so interim positions need to be filled until such time the AGM can be held. Thank you to outgoing Chair and Vice-Chair Alana and Bron for their P&F contribution over the last few years.

Looking ahead

The next few weeks are filled with various activities and events. Next week we have a Student Leadership Day for the 5/6 class, hearing assessments and our first assembly for the term.

Every blessing for your week.

Damon Prenzler

Devotional Thought

Chief of Sinners

Christ Jesus came into the world to save sinners – of whom I am the worst (1 Timothy 1:15b).

Read 1 Timothy 1:12–17

William McComb was a teacher, bookseller and writer who lived in Ireland in the 18th and 19th centuries. He wrote the hymn *Chief of Sinners*, based on this verse among others:

Chief of sinners though I be,
Jesus shed His blood for me.
Died that I might live on high,
Lived that I might never die.
As the branch is to the vine,
I am His and He is mine.

Paul knew that his history as a persecutor and killer of Christians made him the least likely candidate for Jesus' mercy. That is exactly why he was chosen to receive grace. Jesus' patience was thrown into greater focus by the sheer unworthiness of Paul to receive it. And Paul was humble enough to realise this.

I find this such a comfort, and yet we try to appear worthy of Jesus' mercy all too often. We try to be seen as 'good people' with our lives all together. We often want to be worthy in our own right, as if our church were a showcase for the brilliant and righteous, rather than a hospital for the spiritually sick.

But when Paul was struggling with a physical ailment and asked God to take it away, God responded, 'My grace is sufficient for you, for my power is made perfect in weakness' (2 Corinthians 12:9). If I am impressive in my own right, how can people recognise Jesus' grace in me?

What a joy and relief it is to say with Paul, 'Christ Jesus came into the world to save sinners – of whom I am the worst'. And to sing with William McComb, 'Chief of sinners though I be, Jesus shed His blood for me'.

**O my Saviour, help afford
By Your Spirit and Your Word!
When my wayward heart would stray,
Keep me in the narrow way;
Grace in time of need supply
While I live and when I die.**

Worship News

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

Sunday 25th April

Nhill—11 am

Woorak—11 am

Jeparit—9 am

Register for Sunday (before Thurs 5pm) via the Parish Office: nhillpar2@bigpond.com or 5391 122

NhillLutheranParishOnline.com

Prayer of the Week

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

- ♦ Harrison and McKenzie Jupp and their family
- ♦ James Lerhtoo and his family

Chapel

Chapel each week is held in the Multi Purpose Room on a Friday at 9am.

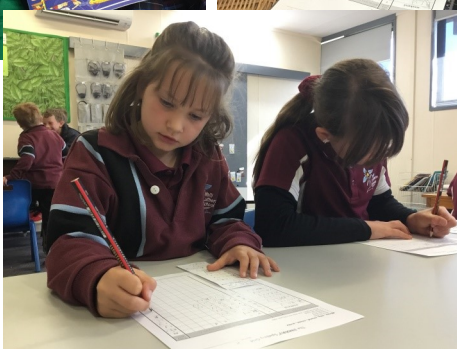
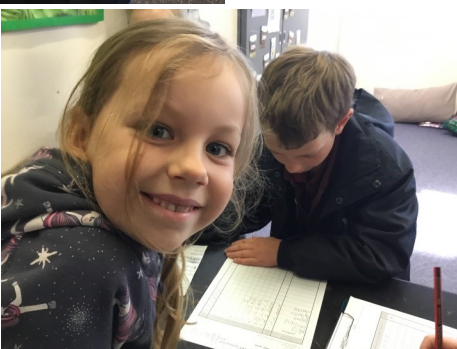
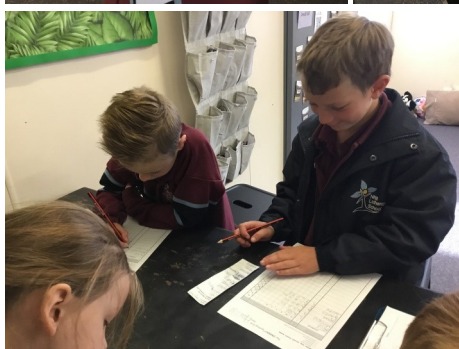
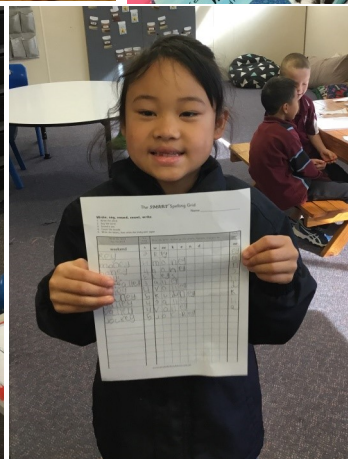
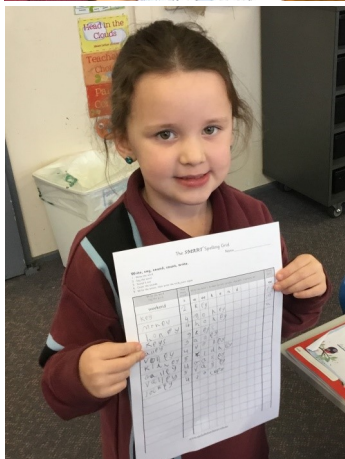
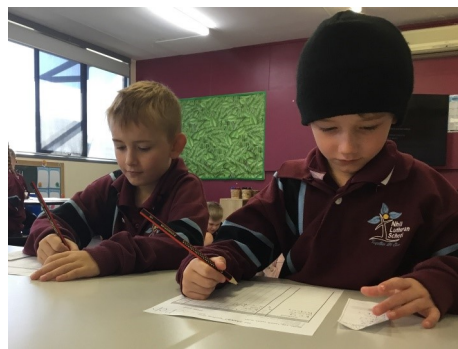
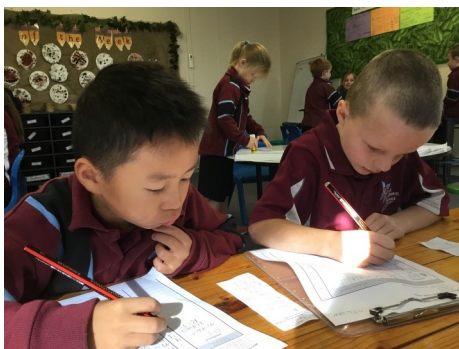
Parents and friends are invited to join us and stay for morning tea and coffee.



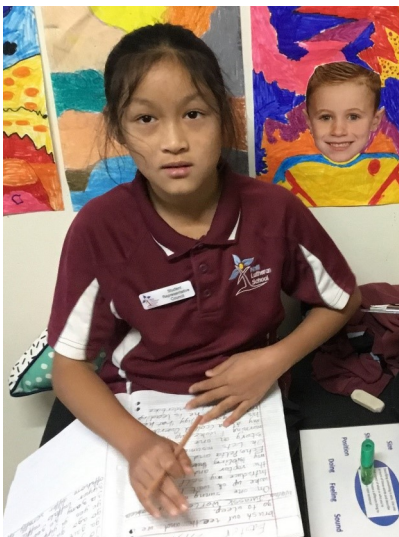
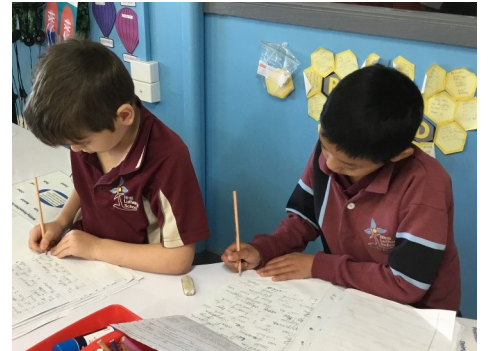
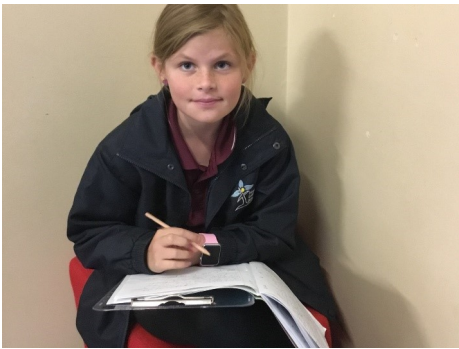
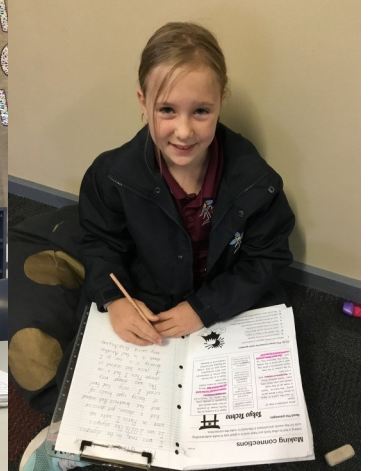
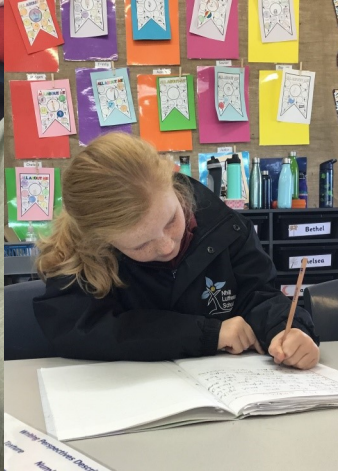
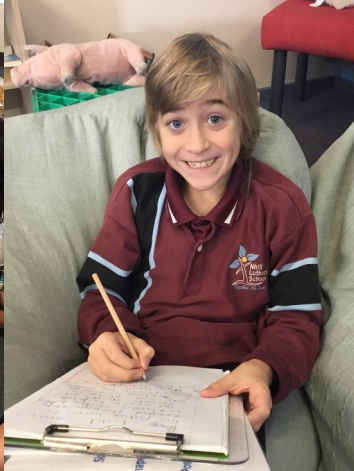
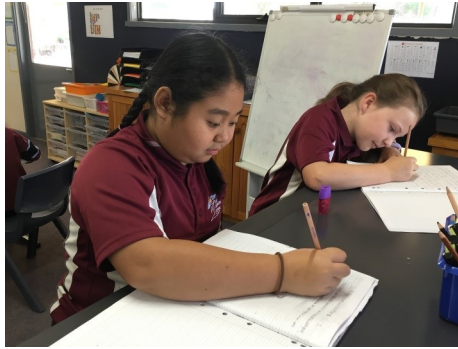
Chapel Offering

At today's Chapel \$23.70 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$318.40 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Around the classes



Around the classes



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.

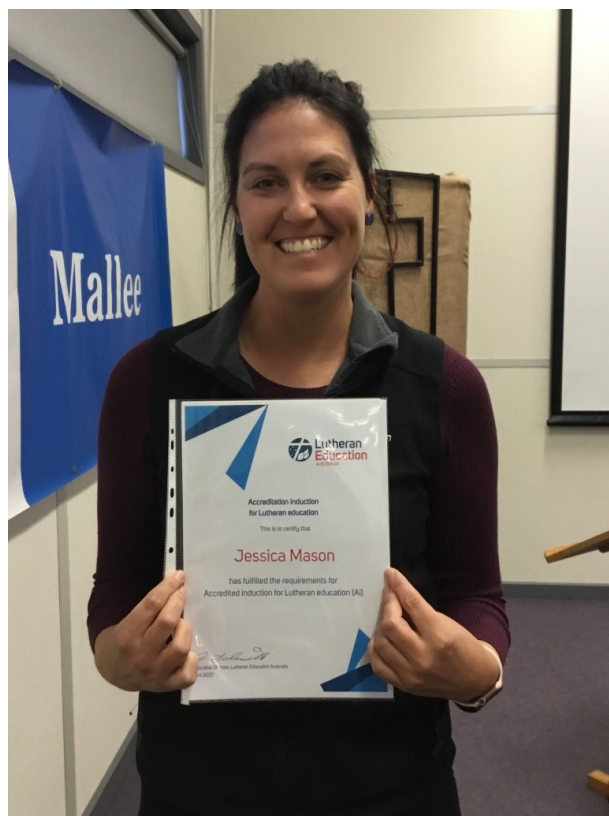
Nhill Tiger News

Under 12s Football Training
Thursdays from 4.30—5.30 pm.

All past and new players welcome.

Coach: Rob Bell 0407 522 264

Congratulations Mrs Mason



Congratulations to Mrs Mason who received a Certificate of Accreditation from Lutheran Education Australia.

Uniform

We are in a transition time of the year where students change from summer to winter uniform as temperatures can be quite variable at this time of year. Students may wear either summer or winter uniform until the third week of Term 2, at which time all students will be required to wear winter uniform. Please ensure all uniform items are clearly named.

Last year jackets and beanies were introduced as uniform items and many children appreciated these during the colder months. Uniform items are available at the front office.

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:

parenting*ideas

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.

Master the Masters

The Year 5/6 students are currently working on their entries to the Master the Masters exhibition. We can't wait to see the final results.



Breast screening—finding cancer early could save your life

Over 50? Visit BreastScreen Victoria's Mobile Screening Service:



Free



Takes 10 minutes



No need for
doctor's referral



With a female
radiographer



Available near you
throughout Victoria

17 - 28 May 2021
21 VICTORIA STREET
NHILL (NEW LOCATION)

Book at breastscreen.org.au or call 13 20 50



BreastScreen Victoria
Screening and support
for women aged 50 and over



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BreastScreen
Victoria

INSIGHTS

Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



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.

25th April Coping with Change (Richard and Celia)

Change can be difficult to cope with, especially when its unexpected. How do you come to terms with things you can't change? Richard and Celia talk about what can give us confidence and hope whatever changes the future may bring.

2nd May Parenting – Coping with Unexpected Challenges (Interview)

How do you cope with unexpected challenges? What if you knew they would be lifelong? Katrina faced her biggest fear at the birth of her second child. She shares her story and discovery through facing those challenges.

9th May Foster Parenting (Interview)

There are approximately 40,000 children in Australia needing care. 40% of these are in foster care. Ann shares her unique struggles and joys as a foster parent.

16th May Three Dollars in the Bank (Interview)

Many people are doing it tough financially in the current climate. Kerry shares her story of going from being married with a comfortable house and lifestyle to being a single mum with two young children and only 3 dollars in the bank.

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.

LET'S DO THIS

LEARN THE NETBALL BASICS, GET OUTSIDE AND MAKE
SOME FRIENDS.
PLAY SUNCORP NETSETGO
AT YOUR LOCAL CENTRE.



VENUE

NHILL & DISTRICT SPORTING CLUB, Davis Avenue, Nhill

SESSION DAYS & TIMES

THURSDAYS 4PM

START DATE

THURSDAY 22ND APRIL, 2021

CONTACT

Casey Hiscock - 0427 227 382.

COST: \$68 incl. pack + club m'ship

Registrations are OPEN, visit PLAY.NETBALL.COM.AU.

Find your nearest centre at play.netball.com.au



Nhill junior basketball teams for Horsham tournament

We're looking for junior basketballers who would like to compete in a Mini-Tournament on Sunday 2 May 2021.

Under 12 Boys & Girls (Born 2010–2011)

Under 14 Boys & Girls (Born 2008 – 2009)

Register your interest by SMS to
Kat Colbert 0409 527 041
by Friday 23 April.



**Attention: For any Year 7s &
above: inc parents/adults
Badminton is Back!!**

Nhill Badminton Association Inc invites you to our:

Free Come N Try Nights

Thursdays 7.30pm — 22 April & 29 April

Registration forms due by 29 April

Competition starts Thursday 6 May

Club racquets available. Held at Lowan Sports Centre.

Registration forms available at Come N Try Nights.

More info available there or by contacting

Tricia Alexander 5392 3215 or Carolyn Blackwood 0418 307 844

It's Back!



STARTING SUNDAY 25TH APRIL

2.00 - 3.00pm

@ Davis Park

BOYS AND GIRLS 5-10YRS WELCOME

Register Now @ <https://play.afl/>

CONTACT - TRACEY BELL 0418607321

