



TOGETHER WE GROW

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Term 2 Week 2 Issue 12 30th April 2021

Lest we forget

Thank you to the students and their families who took part in the ANZAC Day parade on Sunday. It was wonderful to see students representing our school, with School, Captain, Lanie also laying a wreath.



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.

Upcoming Dates



MAY	7th	Mother's Day Chapel
	19th	National Simultaneous Storytime
	26th	School photos

SRC Mother's Day Stall

Mums—skip this section of news; Dads, this is for you!

Our SRC are holding a Mother's Day stall at school next Wednesday 5th of May to Friday 7th of May. There will be gifts available to purchase between the cost of \$2.00 and \$10.00. Students will be able to purchase a gift during lunchtime. This will save you the hassle of shopping elsewhere. Gift wrapping will also be provided.



Birthdays

We wish the following students a very happy birthday:

Darcy Borgelt: Friday 30th April

Oliver Bone: Tuesday 4th May

Henry Zanker: Thursday 6th May



From the Principal

Anzac Day

Thank you to all students and families who attended the Anzac Day commemoration. The students were very respectful and represented the school well. Lanie laid a wreath on behalf of the school.

Student Leadership Day

A glorious setting and stunning autumn sunshine greeted over 60 students at Tandara Lutheran Camp, Halls Gap, on Wednesday April 28. Our 5/6 class joined students from Lutheran schools at Portland, Hamilton, Tarrington, Horsham and Dimboola for a day led by Emma Graetz from Australian Lutheran College. Students learnt about the 4 S's of leadership – spiritual, significant qualities, servant and support. It was wonderful to see the mingling and collaboration between the students and adults, and a huge thank you must be given to Emma Graetz for leading the day, and to Tandara for hosting. I think the ice cream at the end of the day was also much appreciated!

Uniform

Winter uniform is to be worn from next Monday onwards. Uniform items may be purchased from the school.

Mother's Day Chapel

A special Mother's Day Chapel will be held next Friday at 2.30pm and all mums are invited. With the school needing to abide by the density quotient of one person per two square metres we are unable to hold the chapel in our multipurpose room. Instead, we will be holding the chapel outside on the back lawn area. We hope to see our wonderful mums next Friday.

Today our chapel looked at the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23). The students heard that just as there are many different fruits but

they are good for us, these 'fruits' also are different but good for us to have in our lives. The Holy Spirit helps us to receive these gifts from God and to apply them in our words, thoughts and actions.

Every blessing for your week.

Damon Prenzler

Uniforms

From next week 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.

Girl's Winter Uniform:

- ◆ NLS pinafore
- ◆ NLS winter skirt
- ◆ NLS rugby jumper
- ◆ NLS polo (short sleeve or long sleeve)
- ◆ Navy tights
- ◆ Black Shoes



Boy's Winter Uniform:

- ◆ NLS rugby jumper
- ◆ NLS polo (short sleeve or long sleeve)
- ◆ Long grey trousers
- ◆ Grey socks
- ◆ Black Shoes / Black Boots



Devotional Thought

Recognising God's Voice

My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no-one will snatch them out of my hand (John 10:27,28).
Read John 10:22-30

A visitor to Israel, observing a shepherd leading a flock of sheep, once conducted an experiment. He put on the shepherd's cloak, took hold of the shepherd's crook and called the sheep to follow him. But the sheep just ignored him. Why? Because what they heard was a strange voice. Even though the man now looked somewhat like their shepherd, they recognised that he was a fake, an impostor. He was not to be trusted like their real shepherd – the one who knew them intimately, who cared for them daily and was prepared to sacrifice his life to keep them safe.

Sadly, there are pastors, teachers and leaders who masquerade as shepherds of God's flock but whose voices sound different to that of Jesus, the Good Shepherd. Rather than stressing what God has done for us through Jesus, they emphasise what you must do to win God's favour. Rather than giving glory to Jesus, they tend to seek glory for themselves. Rather than acting as humble servants, they act like proud bosses.

False shepherds can do great damage to God's flock. Beware of them. Become so familiar with the voice of Jesus that you can quickly detect the difference between those who are genuine shepherds and those who are not.

Dear God, we thank you for shepherds whose voices are in tune with the voice of Jesus, the Good Shepherd. Bless them. Help us to become so familiar with Jesus' voice that we can quickly recognise true shepherds from imposters. Amen.



Worship News

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

Sunday 2nd May

Nhill— 9 am

Woorak— 9 am

Jeparit— 11 am



Register using QR code on arrival.

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.....

- ♦ Lawson Lynch and his family
- ♦ Madalyn Marra and her family

Chapel

Chapel each week is held in the Multi Purpose Room on a Friday at 9am, however next week will be a 2.30pm Mother's Day chapel. Parents and friends are invited to join us and stay for morning tea and coffee.



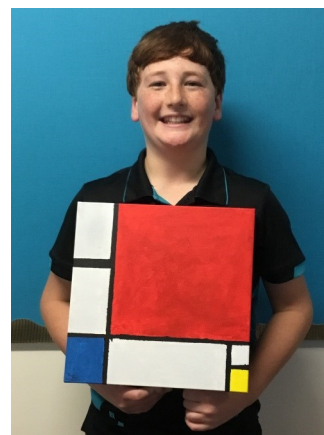
Chapel Offering

At today's Chapel \$10.70 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$329.10 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Paint the Masters

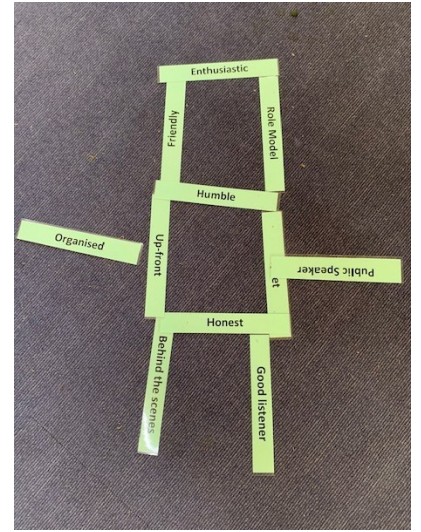
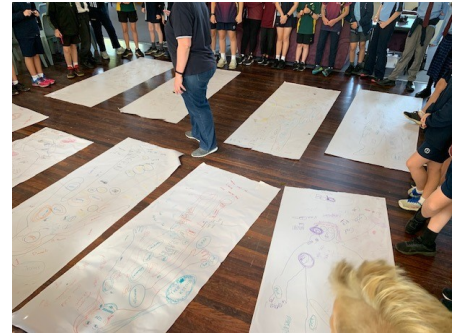
The Year 5/6 students have completed their paintings, which are now hanging in the 'Paint the Masters' exhibition at Gallery Central in Nhill. You may also see entries by a couple of staff members. The exhibition opens tonight at 6 pm with drinks and nibbles provided. After that, the exhibition will run until 28th May. Don't forget to vote in the People's Choice award. There is an award for seniors and one for juniors.

Congratulations to each of our students. We wish them all of the best for the exhibition.



Staff entries

Year 5/6 Leadership Day



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**



TTY
13 36 77



Interpreters
available
1314 50



NAPLAN

Students in Years 3 and 5 will be undertaking NAPLAN testing in weeks 4 and 5. Our students will be completing NAPLAN online. NAPLAN provides a snapshot of student capabilities in areas of literacy and numeracy.

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.

Hearing Assessments

This week all students had a hearing assessment conducted by Wimmera Hearing Society Inc trained staff.

Sue and Kelly conducted the tests. Sue commented on how well our students conducted themselves.

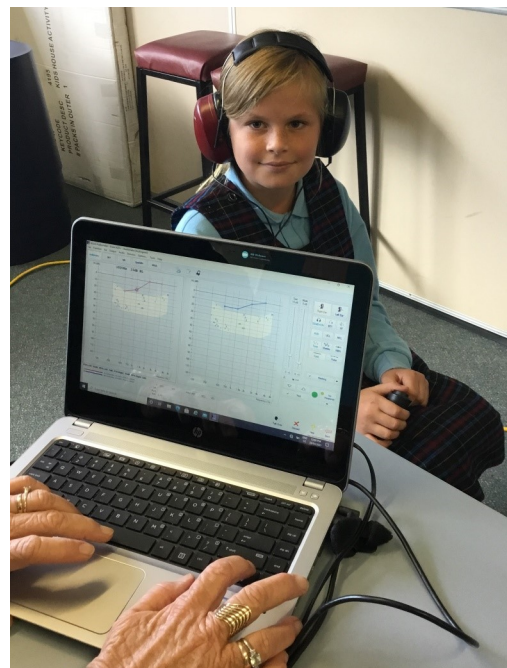
If you don't hear anything from us, it will mean that your child/ren's hearing is in the normal range.

If your child has a noisy hobby, please purchase some ear plugs or ear muffs to protect their hearing.

It is very important to protect our hearing, especially when younger. When you damage your hearing from noise exposure, it won't come back.

If you have any questions, please contact Sue on 0417 342 850.

Thank you to Kiata Wind Farm for providing the funding for this program.



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.

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.

23rd May Worrying About Money? (Richard, Celia and Anna)

Do you stress about your finances? Many people worry about money, especially the lack of it. Richard, Celia and Anna chat about how this affects us and what can help.

INSIGHTS

Teaching consent to children and teenagers



Following the March 4 Justice rallies families have been urged to talk to their children about consent. Many parents are unsure where to start and how to go about it. Here are some ideas to assist parents in this most important topic.

Start the consent ball rolling from an early age

Consent education begins with adults teaching and modelling respectful treatment related to children's development stages. Holding discussions about body boundaries, checking in with feelings, respecting the feelings and voices of others, and listening to children's concerns are the types of behaviours that will help you develop a culture of respect in your family.

Is your home a place where children can talk about any topic? Sexuality and relationship education are subjects that many parents place in the 'let's talk about this when you are older' basket.

Professor Kerry Robinson, who is in the School of Social Sciences and Psychology and the Sexualities and Genders Research Network at Western Sydney University advises parents to be factual when answering children's questions, emphasising the importance of staying informed about the subject kids are interested in.

In a recent article in The Guardian, she said "... have set it up early with your child that when they talk about certain things you give open, simple, honest answers, then you set a precedent that you can build on."

Professor Robinson also advises parents not to fob off children's questions: "Straight away you're setting a pattern of not answering and putting it off. Kids learn really quickly that this is a taboo subject. They will talk to their friends about it: they won't talk to their parents and other adults about it because it's taboo."

Teach no means no

Children learn about mutual consent through their play and sharing. A child who doesn't want to share their toys has a right to be left alone, rather than being scolded to change their mind. A parent who withdraws a privilege in response to a teenager's poor behaviour shouldn't be subjected to repeated attempts to negotiate a different outcome. Reinforce with children and young people that a no is not an invitation to ask again.

Emphasise choices

The biggest lesson to reinforce for children and young people is that they have a choice in how they behave, and how they react. The young person who blames alcohol for sexual assault has neglected the role that choice plays in their decisions. Blaming alcohol, the dress or the demeanour of another person are older versions of 'it's not my fault because he/she made me do it' that children so often use when asked to account for poor behaviour.

parenting*ideas

Framing behaviour as a choice is a central consent strategy for children or all ages. A young child who shares a toy with a friend can be told, “Good choice Harry. Now you can have fun together.” A primary school child who completes their homework assignment early can be reminded “Now you’ve got plenty of time to relax. Smart choice.” The teenager who quietly helps you prepare a meal can be told, “You could have done anything after school, but you chose to help me. I appreciate that.”

Teach kids to seek consent

While teaching kids the right to say no is a central consent message, children and young people should also develop the habit of seeking consent from others. “Ask your sister if it’s okay for you to play that game next to her.” “Ask grandma if she feels like a cuddle right now.” Permission-seeking is another piece in respectful relationships puzzle that you can reinforce with kids.

Model consent

The use of consensual language is a community concern. A grandparent may need to be respectfully reminded to ask young children if they’d like a kiss or hug. Similarly, a relative should abide by a young child’s wishes if they ask them to stop tickling or playing with them. A doctor should ask a child, “I’m going to take your temperature. Is that okay?” It’s up to adults to frame requests in ways that children feel safe and comfortable.

Fathers step up

Dads can’t leave consent and sexuality education to mothers, which still appears to be the case in many families. Fathers can help their daughters develop the confidence to say no by regular interactions with their daughters and encouraging them to be assertive. If they feel comfortable telling you to stop a game, they are more likely to feel comfortable saying no to other males in their lives later in life. Open the door to conversations about sexuality, relationships and consent with your teenage daughter, and she’ll know she has a willing ally in you.

Fathers can model respectful behaviours for their sons through their treatment of women at home, and in the community at large. Start the by calling out displays of derogatory behaviour towards women by men or young people. Reinforce in your sons that they the standard of behaviour they ignore is the standard of behaviour that they accept. There are many powerful lessons that boys can absorb from their fathers.

In closing

The best age to start teaching your children about consent is when they are young. The second-best age is whatever age they are right now. Consent education is too big an issue to ignore or leave to schools to manage. It’s something we all have to commit to if we want real change to occur.



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.

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](https://play.netball.com.au).
Find your nearest centre at play.netball.com.au



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



PIC-COLLAGE

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.

