

## Kaniva Cross Country

On Monday 10th May nine students from Nhill Lutheran School travelled to Kaniva for the Little Desert Division Cross Country. It was a cold day, but the rain cleared briefly while the students participated.

All students tried very hard and should be congratulated for representing their school. Thank you to the parents, including Mr Prenzler, who drove the students to Kaniva.



## Upcoming Dates



MAY	18th	NAPLAN—maths
	19th	National Simultaneous Storytime
	20th	Year 3/4 Excursion to Nhill Lutheran Church
	25th	Get 'Em Going playgroup recommences—9.30 am
	26th	School photos

## Hot Chocolate

Exciting things are happening at Nhill Lutheran School as the SRC have many initiatives such as:

- ♦ Hot chocolate with marshmallows every Wednesday—\$2
- ♦ Creating outdoor fun with the tug-a-war rope, lawn games, drawing club and table tennis on Wednesdays

## Birthdays

We wish the following student a very happy birthday:  
Moosa Ahmad: Tuesday 18th May



## From the Principal

### Mother's Day chapel

It was lovely to present our Mother's Day chapel last Friday and thank you to mums and other guests for attending. I hope all mums were treated nicely on Mother's Day, too.

### Ascension Day and Pentecost

Yesterday was Ascension Day in the Christian Church calendar, a day when we remember the story of Jesus ascending to heaven. Next week the church celebrates the festival of Pentecost where we hear the story of the disciples receiving the gift of the Holy Spirit. The 5/6 class will be leading chapel next week.

### Karen language

All classes at Nhill Lutheran School learn Karen language and culture, reflecting the community diversity that exists in Nhill. We are blessed to have Klu Say visit every Friday and spend time with each class, teaching students language and Karen culture, and meeting the Languages requirements of the Victorian Curriculum. Today at assembly, students were able to share what they had been learning in Karen lessons.

### Cross Country

Congratulations to the students from Years 3 to 6 who competed in the interschool cross country at Kaniva on Monday. Every runner tried hard and can be proud of their efforts. Nhill Lutheran finished a commendable fourth (out of eight schools) in the West Wimmera region.

Every blessing for your week.

Damon Prenzler

## NAPLAN

Students in Years 3 and 5 have completed NAPLAN tests for Writing, Reading and Conventions of Language. Their final NAPLAN test is Numeracy next Tuesday. The students are to be commended for how they have approached the tests.

## Playground fun



## Devotional Thought

### The world and all its troubles!

In this world, you will have trouble, but be brave! I have defeated the world (John 16:33b).

[Read John 16:25–33](#)

What does the world mean to you? Is it about a good job, successful relationships, moving ahead, a happy family? Perhaps you consider it but a short stay before eternity. Perhaps you hope for an easy life and no troubles. Yet, Jesus tells us plainly: in this world, you will have troubles!

So what does God think of this world? Quite a bit, it seems. God looked at everything he had made, and it was very good (Genesis 1:31). God loved the world enough to send the Son into it (John 1 and 3). Christ was involved in the creation of all things (Colossians 1), and this includes the world and all in it.

So why would Jesus say we will have troubles in this world? In this perfect, blessed and holy creation? Perhaps it's the 'we', or 'you', part of it. The human side of things. The desire to have more and get more, pushing aside others in our quest to do so (perhaps not literally, but still). The almost innate need to put me first, and in doing so, to hinder or hurt others. Our consumption habits show that here in Australia, we used up our share of the earth's resources for the year by 22 March. Mmm, the human side of things seems to equal troubles!

So what do we do? Wrong question! But also the right one! Under our own steam, we can't get rid of our troubles. Yet we can't just continue the way we are going and say God is in charge – no problems. Yes, God is in charge, and Jesus reassures us that he has defeated the world. But the craziness of God is that he chooses to work through us. That's why Christ lives in us. That's why the Holy Spirit empowers us – to trust in God but also live and act as his people, to whom the world is precious like it is to God.

Perhaps reflecting on the world as God's creation, as very good, as a gift, as 'all things made through Christ and for Christ' (Colossians 1:16) might encourage us to look at the world differently. Yes, there are troubles, and we will experience troubles, but we can recognise through God's grace that we are part of the problem and part of the solution. As Jesus has defeated the world, we live in and under his care.

***Defeater of the world, help us not to be overcome by the troubles we experience in this world. Rather, help us turn to you, be reformed and renewed as your people who live under your care. Amen.***

## Worship News

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

Sunday 16th May

Nhill— 9 am

Woorak— 9 am

Jeparit— 11 am



Register using QR code on arrival.

Parish Office: [nhillpar2@bigpond.com](mailto:nhillpar2@bigpond.com) or 5391 122

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

## Prayer of the Week

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

- ♦ Oakley Moylan and his family
- ♦ Robbie Muller and his family

## Chapel

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

Next week Chapel will be led 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 \$18.00 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$347.10 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



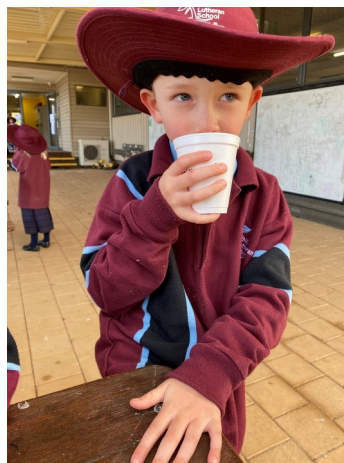
## Karen houses

The Year 3/4 and 5/6 classes have been creating and building Karen houses during their Karen classes.



## SRC Hot Chocolate

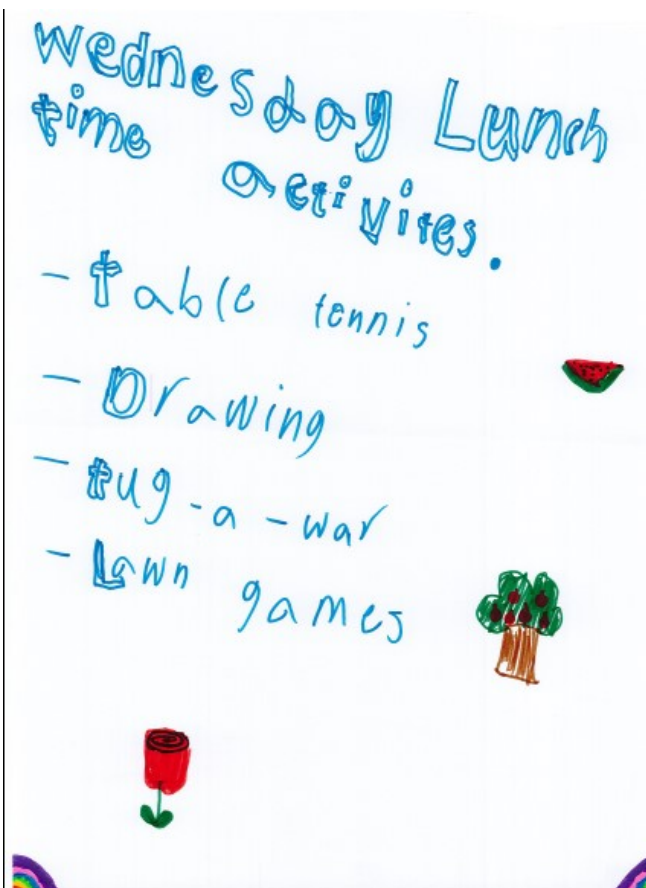
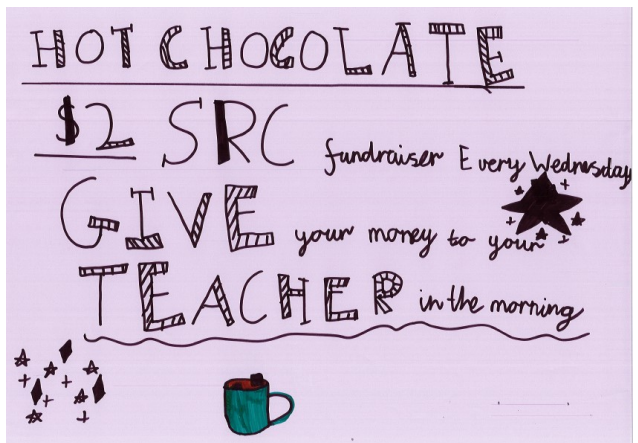
Today's weather was perfect for a nice hot chocolate. Thank you to the SRC and helpers.





## A purrrrrfect visit

This week Oakley brought in three baby kittens to meet his class. Mrs Koning couldn't help but visit too.



For information and appointments call  
**13 20 50**

BreastScreen Victoria

**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](https://breastscreen.org.au) or call 13 20 50

## 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.

## National Simultaneous Storytime

National Simultaneous Storytime (NSS) 2021, run by the Australian Library and Information Association (ALIA), is set to be the most exciting year yet. Along with Scholastic Australia, they have also partnered with the Australian Space Agency and the Office of the Chief Scientist to host National Simultaneous Storytime read from space.

The book, *Give me some space!* written and illustrated by Philip Bunting and published by Scholastic Australia, will be read by an astronaut from the International Space Station on Wednesday 19 May 2021 at 11:00am (AEST).

## Short Movie Competition

The Lutheran Media Short Movie Competition has begun. Create an original and engaging movie under 4 minutes that tells an encouraging and inspiring story. Go to [www.lutheranmedia.org.au/competition](http://www.lutheranmedia.org.au/competition) for details.

**Entries close 3<sup>rd</sup> September 2021.**



## Photo Competition

The Lutheran Media Calendar Image Competition is happening again this year. Send us your best original and inspiring nature or landscape photo. Go to [www.lutheranmedia.org.au/image](http://www.lutheranmedia.org.au/image) for more details.

**Entries close 11<sup>th</sup> June 2021.**





## 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](mailto: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](http://messagesofhope.org.au).

**16<sup>th</sup> 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.

**23<sup>rd</sup> 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.

**30<sup>th</sup> May      Financial Stress      (Interview)**

Many people are facing financial anxiety at the moment and the uncertainty of knowing what the future looks like. Jan, a financial counsellor, shares her experiences in working with people to find hope and a way forwards.

### 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](http://www.messagesofhope.org.au/coronavirus).

## INSIGHTS

### Why family rituals really matter



Family rituals strengthen the sense of warm connectedness in families. This makes sense, given that the number one biological need for every human is the hunger to belong, and to be accepted, valued and loved.

The disruption of life in 2020 saw many families unable to go about their normal activities, and for many, family rituals reclaimed their valuable position. For some, it was simply going for walks together, riding bikes together, baking, or watching movies together complete with home-made popcorn.

So how can families create and maintain small rituals that make such a difference?

#### Turn routines into rituals

Bedtime routines that include such things as reading to your children, singing special bedtime songs or even just lying beside your child do far more than help them to fall asleep. When these routines are repeated, they create neural pathways which enhance loving connection. As a nanny to several precious little ones, I absolutely love being a part of their bedtime rituals.

#### Reign in the chaos

Family rituals bring a degree of predictability and certainty into our sometimes chaotic lives. They are important for teenagers as they provide a sense of control at a time of change and challenge. Families who are struggling with any uncertainty and stress should regularly connect with a much-loved board game or family movie and dive into it with enthusiasm. Leave work and worry behind and spend a couple of hours with those you love the most.

#### Create greeting rituals

Greeting and goodbye rituals within families are also important. How you welcome and reconnect to children after a day away shows them that you have missed them and still love them. With little ones, some parents leave a kiss on their child's palm. For others there are special handshakes. I can still remember my dad saying goodbye to us with the oldie but goodie "See you later alligator!" To which we naturally replied, "in a while, crocodile!" This is a ritual that happens now with my grandchildren.

As an authorised celebrant, I have conducted many funerals and one of the things that brings joy to broken hearts are the shared memories of family rituals. The repeated nature of ritual helps to anchor memories deeply in our minds. I remember a beautiful funeral for a man where everyone wore a beanie and a scarf, including his youngest grandchild. This simple act was a nod to the fact that whenever this grandfather watched football on TV, he always wore a beanie and a scarf and so did anyone else who was watching with him. A simple but powerful act.

Never underestimate the importance of family rituals in your home.



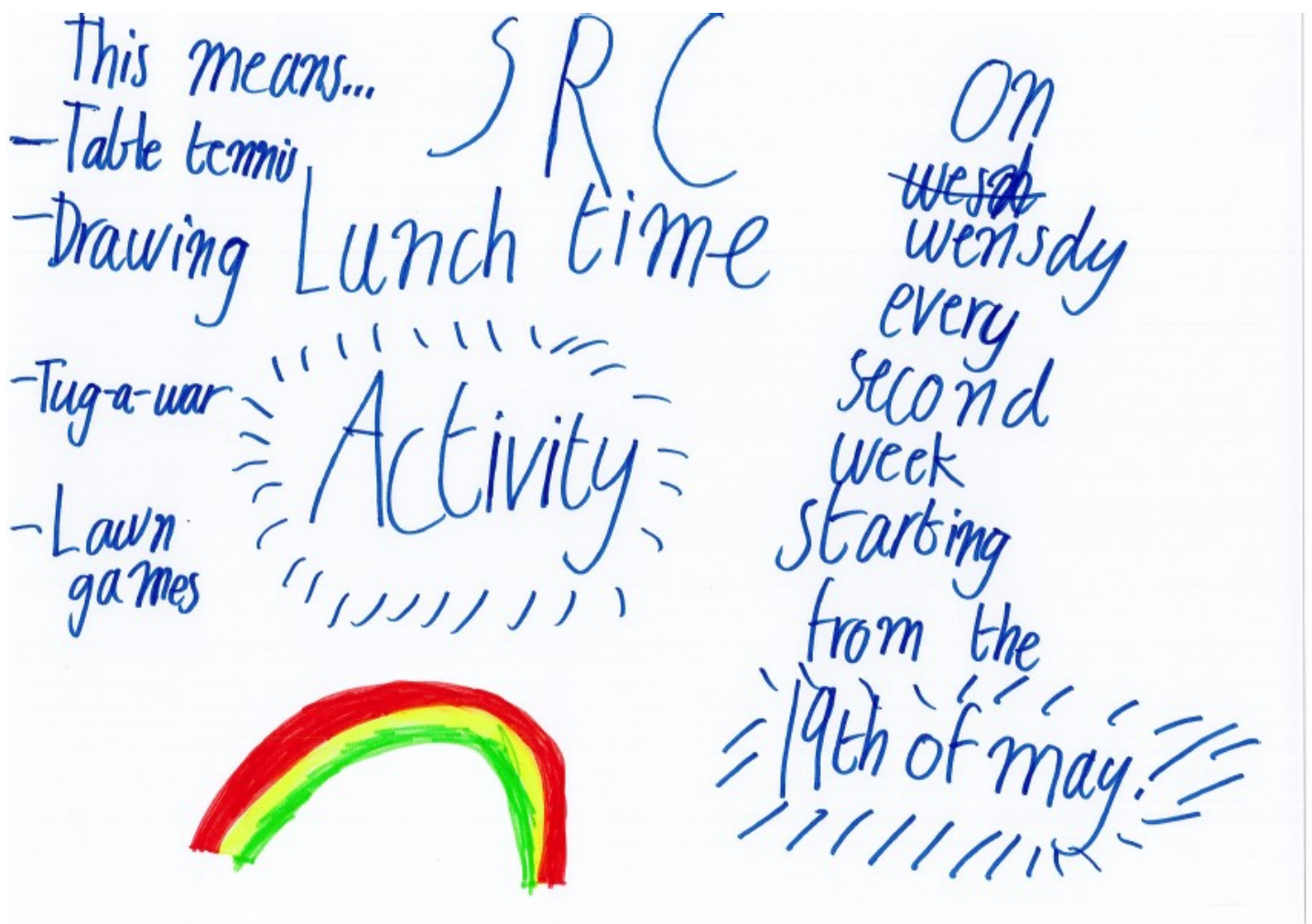


## Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit [maggiedent.com](http://maggiedent.com)

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

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



# Get 'Em Going

Get 'Em Going Playgroup is restarting at Nhill Lutheran School after pausing due to Covid. We are excited to again be offering playgroup starting Tuesday May 25, led by Mrs Jade Cattanach. Jade is a mum of two daughters, has been involved in numerous child-related activities and groups, and has recently started as playgroup coordinator and integration aide at NLS.

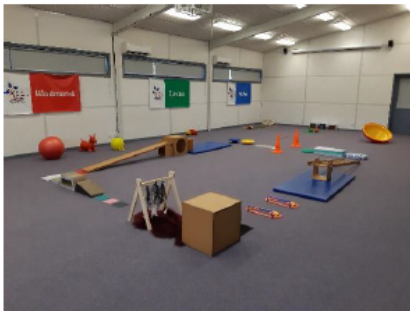
When?: Tuesday 9.30am – 11.30am (during school term time).

Where?: Nhill Lutheran School, 2 Mackay Street.

Who?: All pre-school aged children and their parents/caregivers.



Get 'em Going Playgroup is offered weekly during school term time, and is available to all pre-schoolers. The program is available to all families in the community and assists with the development of each individual child's mental, emotional, social, and fine and gross motor skills. The program offers the Perceptual Motor Program (PMP) and children also get to explore the Library, the Science Room, and the outdoor learning spaces, including the mini-farm.



Get 'em Going is a unique program that allows parents to understand how certain activities stimulate development and growth in their child. When participating in activities at Get 'em Going children are asked to do activities with different hands/feet, different patterns or ways which assists children to make a connection with both sides of the brain. Parents can then use these tools and incorporate it in every day play at home. The PMP program is therefore not only a

learning program for the children, but also gives parents the opportunity to utilise different resources and recognise how their child learns. Parents also become more engaged in their child's learning and notice changes on a weekly/daily basis.

Get 'Em Going also provides a wonderful opportunity for parents to meet and connect with other parents.

The cost of the playgroup is a gold coin donation. Proceeds contribute to the provision of resources for the running of the playgroup.

**Nhill Lutheran School, 2 Mackay Street, Nhill 3418**

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