

## Welcome back

Today we welcomed back all students to face-to-face learning.



## Birthdays

We wish the following student a very happy belated birthday:

Eden Woodward: Tuesday  
8th June



## Upcoming Dates



JUN	4th	Face to face learning resumes
	18th	Last day of Term 2 for students
	22nd	Lightning Premiership— Nhill College Years 3-6 <b>(TO BE CONFIRMED)</b>

## Parents and Friends

Catch Up Coffee afternoon has been postponed.

New date yet to be decided.

## For Sale

We currently have a number of computers that we no longer require. They are HP Compaq 8200 Elites and are for sale for \$100 each.

If you are interested in purchasing one of the computers, please contact the front office.



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## From the Principal

A week ago we were about to commence a seven-day lockdown. Now, as I write, we are emerging from the lockdown with an easing of restrictions for regional Victoria. A lot has happened during the last week, and I sincerely thank students, staff and parents/caregivers for ensuring the learning was able to continue.

We are thrilled students have been able to return to onsite learning, however there are some restrictions we must follow, emailed to families yesterday. These centre around safe hygiene practices, density limits and visitors on site.

Since the commencement of Covid-19 new words have entered our vocabulary (eg – iso, rona), and other words have been used more regularly. One such word is 'pivot'. I am grateful that NLS has been able to 'pivot' at times of sudden change and remote learning, meaning we have been able to adapt quickly, make necessary changes and keep purposeful learning happening. This is very much a collaborative team effort between parents, students and staff and, again, I thank all involved.

There are some key ingredients that enable successful pivoting to occur. One is a growth mindset rather than a fixed mindset – to realise there are ways to overcome challenges, and even grow from them. At NLS we teach students about growth mindset as part of the social and emotional wellbeing program in the school. The Bounce Back program, supported by other curriculum initiatives, is designed to build resilience and the ability to bounce back from difficulties. Related to this is problem solving. If plan A doesn't work what's plan B? Plan C? Other essential skills such as adaptability, agility, digital competency and communication also enable people to 'pivot' successfully when change and challenge happens. Our contemporary learning spaces are designed to intentionally develop these skills.

The essential skills of adaptability, problem solving and digital competency, recognised as necessary attributes for students today and needed for the world of tomorrow, are promoted across our school to equip and prepare our students for now and into the future.

### **The Fruits of the Spirit**

Galatians 5 says the fruits of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Currently classes are leading chapels with a focus on these 'fruits'.

Every blessing for your week.

Damon Prenzler

## CSEF payments

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:

- \* swimming camps or trips
- \* swimming and school-organised sports programs
- \* outdoor education programs
- \* excursions and incursions.

Families holding a means-tested concession card or temporary foster parents are eligible to apply. \$125 per year is available for each primary aged students.

Please see Mrs Koning if you did not receive the payment last year and you believe that you are eligible. An application form will be provided to you.

Then bring the form and Centrelink card to Mrs Koning so that she can apply on your behalf.

Those families who received the payment last year do not need to reapply.

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## Devotional Thought

### Called by God

I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' Then said I, 'here am I, send me' (Isaiah 6:8).

Read Isaiah 6:1-8; Ezekiel 1:4-6,22-28

What amazing sights and sounds accompanied the call of God to the prophets of old. For Isaiah, it was seeing the Lord on his throne as well as the seraphim and the house filled with smoke. For Ezekiel, there was a windstorm, lightning, fire, angels and God on his throne. We can think of other amazing instances of God calling people like Moses and Samuel to do powerful and often dangerous work for him.

In the New Testament, Jesus called his disciples less dramatically, but the call of Saul to become Paul the Apostle to the Gentiles was just as dramatic as the prophets of old. All of these men suffered hardship, and some faced execution as they followed Jesus' command to preach, teach and baptise. Usually, we are not called to face dangers and hardships in our lives as God's children, although in some parts of the world, it is still dangerous to follow Christ.

God calls us in a much less dramatic fashion today, although still in a way with great power. It begins in baptism when he says to us, 'I have called you by name, you are mine' (Isaiah 43:1). His call to all his beloved children is to spread the word about his love and the salvation won for all by his son, Jesus. Peter sums it up well: 'You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who has called you out of darkness into his wonderful light' (1 Peter 2:9). The most powerful way we can do this in our workplaces, communities and families is to follow Jesus' command, 'Love one another as I have loved you' (John 15:12).

***Thank you, Father, that you have called me to be your voice and hands to tell of your love and salvation and to show your love to all those around me. Amen.***

## Worship News

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

Sunday 6th June

Nhill— 9 am

Woorak— 11 am

Jeparit— 11 am



Online services can be viewed at:

<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg>

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.....

- ◆ Nelson Rohde and his family
- ◆ Helena Talor and her family

## Chapel

Chapel each week is held in the Multi Purpose Room on a Friday at 9am. Next week Chapel will be led by Foundation. Parents and friends are invited to join us and stay for morning tea and coffee, once restrictions have eased.



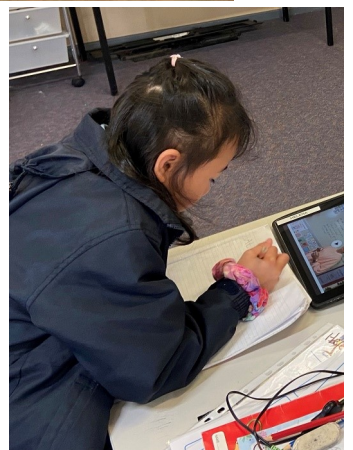
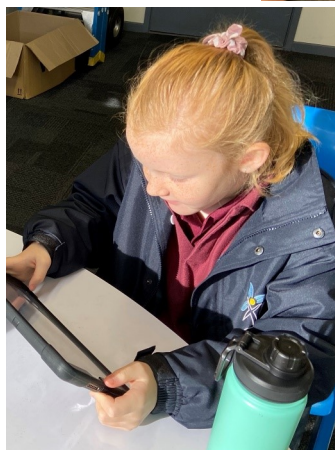
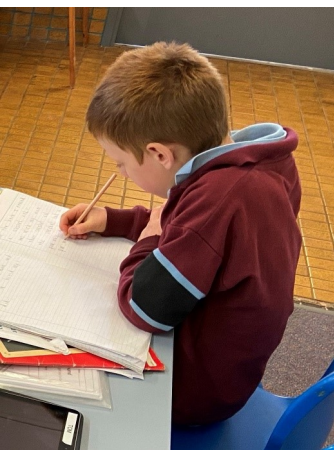
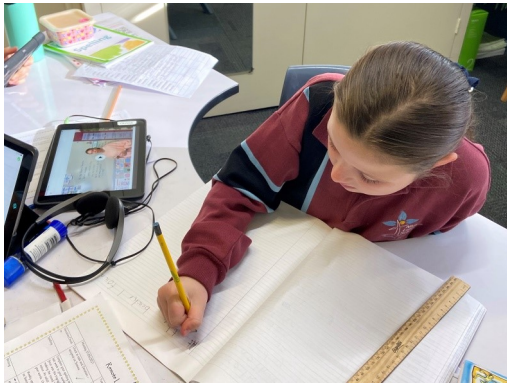
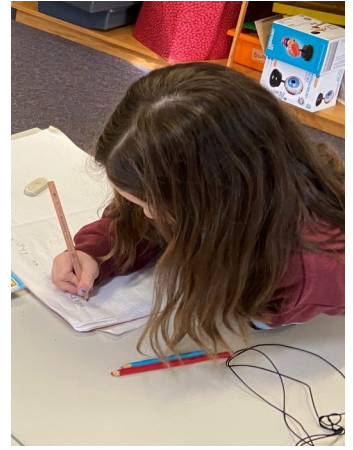
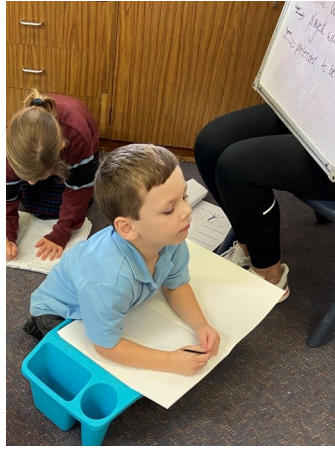
## Chapel Offering

So far this year, \$362.10 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



## Learning at school

The students attending school used their morning class time to complete the learning activities set by their teachers. After that, there was art, dancing, a scavenger hunt and also a chocolate cake to make and eat.





## 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.

## Photo Competition

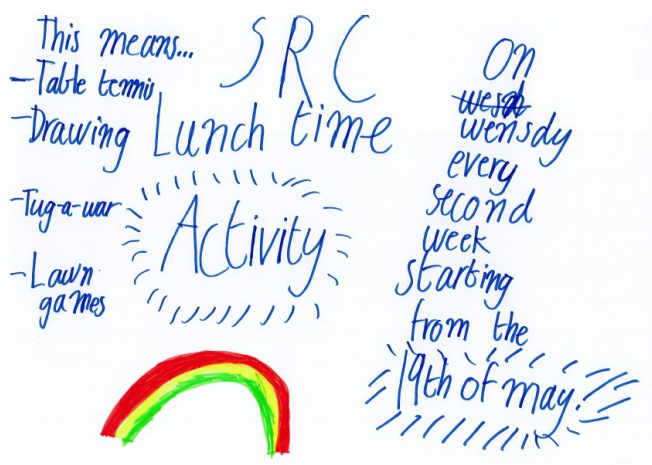
The Lutheran Media Calendar Image Competition is happening again this year. Send us your best original and inspiring nature or landscape photo. Go to [www.lutheranmedia.org.au/image](http://www.lutheranmedia.org.au/image) for more details.

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



## LLL interest

The lovely people at LLL are keen to update passbooks with the annual interest, which was added on 31st May. Could all LLL passbooks be delivered to the front office by Friday week so that we can send them to Adelaide in one package.



## 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).

### **6<sup>th</sup> June                      Unlocking Ability                      (Interview)**

Rachael was diagnosed at age 3 with Wolf Hirschhorn Syndrome, a rare genetic disorder. Chris shares her determination to give daughter Rachael purpose and support to discover and foster her abilities.

### **13<sup>th</sup> June                      Saying Goodbye                      (Pastor Richard Fox)**

Saying goodbye is one of the hardest things we may ever have to do, especially when it's to someone we love. Changes we're experiencing can also generate grief. Richard shares what has given him hope through this grief.

### **20<sup>th</sup> June                      The Little Things – Conflict in Relationships                      (Interview)**

Sometimes it's the little things that we do (or don't do) that can really have an impact on our relationships. Stella shares her personal experiences and insights from working as a counsellor with couples.

### **27<sup>th</sup> June                      We Could All Do With Some Therapy                      (Interview)**

We all have different styles of communicating. Sometimes this can cause misunderstanding and hurt, especially within couples. Stella, a counsellor, unpacks the differences and shares the benefits of therapy as a preventative rather than just a cure!

### **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

### Common sense strategies for raising girls



As a father of six girls I'm often asked for strategies for raising girls to be happy, responsible and strong. Here are my top five strategies that are relevant for parenting girls of any age.

#### Help her feel connected

When you connect with your daughter you help her to feel seen, heard and valued, which are vital psychological needs. You connect by helping her feel your delight when she walks into the room. You connect by stopping what you're doing and really listening when she speaks to you, and by ensuring she feels truly worthy and loved.

#### Help her feel she's enough

On Father's Day 2020, a 12-year-old girl completed a quiz about her dad, answering questions such as "What's your favourite thing to do with your dad?" "What's your favourite memory of your dad?" "What's your favourite song to sing with your dad?"

One question asked her to complete a sentence: "I know my dad loves me because..." His daughter wrote, "Because I'm me, and that's all he wants me to be." Help your daughter feel that she's enough because she is.

#### Help her navigate friendships with grace

Research highlights that girls have more friendship challenges and experience more relational issues than boys. Girls are more socially oriented. They fight more with words and emotions than boys who tend to fight with their bodies. Girls also ruminate more than boys. While fitting in is important for both genders, girls use social exclusion and relational aggression in unique ways that can really hurt.

If your daughter struggles with friendship issues there are no easy answers, however your attitude will make a huge difference. Gentle conversations that emphasise her value and worth, reinforcing your relationship are important when girls struggle. At some stage ask your daughter to reflect on these questions, "Do I like myself when I'm around those people?" and "Do I feel like I'm being true to who I am when I'm around these people?"

#### Help her love her body

Most girls want to feel beautiful. It's a parent's job to let them know they are – always. And that beauty comes from the inside. Never talk negatively about your daughter's body. Body shaming doesn't encourage healthier behaviour. It just makes girls want to disappear into the black hole of unworthiness. Remind her that it matters more what she can do with her body than how it looks.



## Remember to let go

A parent's job is to prepare them for life without them. You're playing the long game, so the quality of your relationship really matters. Raising them to let them go is hard. But that's just how it should be.

## Dr Justin Coulson presents a related webinar: Connecting with teenage daughters

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Connecting with teenage daughters' at no cost.

### About

In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

### When

23 June 2021 8:00pm AEST

### To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-connecting-with-teenage-daughters>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code DAUGHTERS and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 23 September 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



### Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au)