

Lambs

Welcome back to all students and families for Term 3, and welcome to our new mini farm additions, Jilly and Billy.



Upcoming Dates



JUL	21st	P & F meeting All welcome
	30th	Hockey 7s—Year 5/6
AUG	5th	Athletic Sports Day
	6th	Student-free day
	9-12th	Year 5/6 camp
	18-20th	Year 3/4 camp

P & F News

We will be having a P&F meeting on the 21st of July and all families are invited to attend.

This meeting will likely take place via zoom.

If you would like a copy of the agenda, please let myself or Maree Moll know and if you would like the zoom details please contact Mr Prenzler.

Enrolments for 2022

Nhill Lutheran School is accepting enrolments for 2022. If you have a child ready to start school next year, or know of families who are moving to the area, then enrolments may be lodged now. Enrolment forms are available from the front office (5391 2144 or admin@nls.vic.edu.au).

From the Principal

Welcome to Term 3 and I hope families were able to have an enjoyable break. We know that with the ever-changing Covid landscape situations can change quickly, and the announcement late yesterday of another lockdown sees us return to remote learning for a few days. I pray that all families will be strengthened and cope with the latest restrictions as best as possible. Hopefully, this term we can go ahead with our plans for learning, as well as events such as our Athletics Day, Camps for Years 3-6, and Concert.

The teachers have been very busy preparing exciting learning opportunities for the students. Already it has been a buzz of activity in the classrooms with classes brainstorming, building, problem solving, cooking, caring for animals, and more.

Staff PD Week

At the end of last term, the staff held their Professional Development Week, a valuable time to grow and be challenged, to learn and collaborate. The staff held four 'virtual tours' of Lutheran schools in South Australia (unfortunately we couldn't attend in person). A range of educational information was shared including inquiry learning, play, contemporary education, technology, wellbeing, Lutheran school history and more. Mrs Mason, Miss Attiwill and Miss Lindsay all participated in Equip training, a course for teachers of Christian Studies, and the staff ended the week with a spiritual retreat led by Pastor David Spike from LEVNT.

Assessment and Reporting

Mid-year reports were distributed at the end of Term 2. If parents wish to follow up with teachers feel free to arrange a time to catch up. As part of our reporting processes and engaging with parents, Three Way Conversations will happen in week 9. Three Way Conversations involve teachers, parents

and students discussing learning progress. The presence of the student at such times is very empowering as they have the opportunity to be involved in discussions about their academic journey, their effort and any goals.

Parents and Friends

The P&F make valuable contributions to the school through building community and fundraising. The planned P&F Cuppa afternoon unfortunately could not proceed due to the lockdown. I encourage you to consider ways in which you may help through the P&F. A survey seeking your ideas is being distributed to all families, and your feedback is most appreciated.

Playgroup

The Get 'Em Going playgroup is back on, but not yet. After one session last term we have had to endure a lockdown and restrictions, and we were looking forward to re-starting next Tuesday. All going well the playgroup will happen again soon on Tuesday starting at 9.30am – watch this space. All pre-school aged children are welcome to attend. The cost is a gold coin donation. Mrs Jade Cattnach is coordinating our playgroup.

Every blessing for your week,

Damon Prenzler

Farewell Hukam



We are sad that we have had to say goodbye to Hukam, as he has moved away from Nhill.

We wish him all the best in his new school.

Devotional Thought

Contentment as a gift from God

Ahab went home resentful and sullen because of what Naboth the Jezreelite had said to him ... He lay down on his bed, turned away his face, and would not eat (1 Kings 21:4).
Read 1 Kings 21:1-21

As a mother of young children, I am extremely familiar with the effect that not getting what you want can have on a person. Sometimes, I am called to remind my children about some of life's harsh realities. I find myself saying, 'Yes, I can see how much you want "X", but it is not yours to have'. Our children remind us of our own feelings of disappointment as we watch them wrestle with and express their dissatisfaction: whether it be by tantrum, tears, angry outbursts, sulking or even the cold shoulder. King Ahab here masters the art of sulking.

His wife Jezebel, out of a desire to please her husband, thought up a plan to get him exactly what he wanted. She carried out her plan that involved forgery, fabrication, false testimony and resulted in murder. After all, she only wanted Ahab to be happy. I don't doubt that in her mind, overcoming the obstacle of Naboth and his vineyard was an act of true love, albeit far from an honourable one.

In Christ, we are able to discover that God's plan for our life is good and unlike his plan for anyone else. Everything you have has been given to you out of God's abundant goodness and mercy. Your possessions, your family, your community, and even your faith in God is a gift. When we give thanks to God for his gifts, we are reminded about who he is, his goodness and his love for us. We are freed from looking over our shoulders at what other people have. Then we can find contentment in the circumstance that sets the stage of our own story.

Dear Heavenly Father, thank you for giving me faith in you through Christ that gives me eyes to see you and the gifts that come from you. Please help me to find peace and contentment in the gifts you have given me and the life you have called me to lead. Please hear my prayers when I struggle to sort out the desires of my heart. Help me to desire good things that are according to your will and flow out of your merciful goodness. In Jesus Christ, Amen.

Worship News

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

Sunday 18th July
No service due to COVID restrictions.

Online services can be viewed at:

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

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.....

- ♦ Henry and Matilda Zanker and their family
- ♦ All families and staff as they prepare for remote learning next week

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, once restrictions have eased.

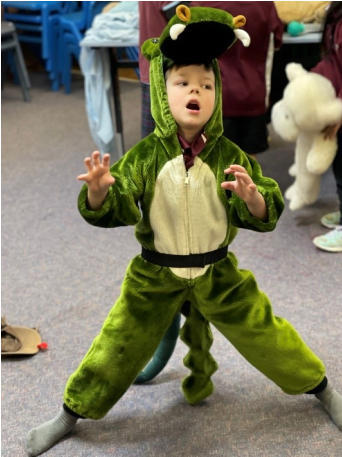


Chapel Offering

With no visitors onsite, we have had very little money received through the chapel offering for many weeks. Please consider donating. So far this year, \$483.20 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Foundation Integrated Learning

This week in Library with Miss Attiwill, the Foundation class learnt about What Pet Should I Get? Students loved having opportunities to dress up as animals, participate in imaginative play by taking their animals to the vet, and caring for Peter Rabbit.



Lock Down.... Again

Thank you to our families and staff for being so flexible and adaptable after the announcement of another lockdown in Victoria. While teachers were engaged in organising remote learning classes for next week, the students at school undertook various activities, including some baking with Miss Lindsay.



Year 1/2 NAIDOC week

This week the Year 1 and 2 students explored the importance of NAIDOC week. The students learnt that there are many different ways to celebrate our Indigenous and Torres Strait Islander culture and heritage. We looked at celebrations through food, dance and art works. The students used aboriginal symbols to tell a story and then painted it using traditional colours and dot painting.



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:

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

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Messages of hope 

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

18th July Single but not lonely (Interview)

Emma, almost 40, with no partner or children constantly faces questions like "why aren't you married" "you better hurry up if you want children", "are you on Tinder?" How do you navigate society's expectations as a single person, and thrive.

25th July Alone (Pastor James Winderlich)

Loneliness isn't a feeling restricted to people who are single. It can affect anyone. James Winderlich talks about how we can feel alone and unconnected, even when we're surrounded by people. But there is hope to feeling connected again.

1st August Why did I do it? (Interview)

We've all experienced times when one innocent thing led to another and all of a sudden we're caught out, embarrassed and wishing we could crawl under a rock somewhere. Jonathan Krause will share a humorous story answering the question, how would you cope if you got caught with your pants down?

8th August No shame (Discussion)

No-one is immune from shame. Celia, Anna and Richard discuss shame to help understand what shame really is and what we can do about it.

FAMILY FUN AT HAPPYLAND.COM.AU

Enjoy the Happyland website game at **happyland.com.au**. Set up your own character, change them, and take them on an adventure. Go on to the App store and download the Happyland App for iPhone and iPad.

INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

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Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lsac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lsac-asr-2018-chap4-sleep.pdf))



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

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

parentingideas.com.au

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.

