



TOGETHER WE GROW

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Term 3 Week 2 Issue 21 23rd July 2021

Go Lucy!

Everyone at Nhill Lutheran School is pleased for past student, Lucy Stephan, who has qualified to compete in rowing at the Olympic Games in Tokyo.

Lucy was born in Nhill and attended Nhill Lutheran School during her early years.

She competed in the 2016 Olympic Games in Rio and earned gold at the 2019 World Championships.

We wish her all the best in Tokyo.

Olivia and Savior have created a poster to support Lucy's efforts.



Upcoming Dates



JUL	30th	POSTPONED: Hockey 7s—Year 5/6
AUG	5th	Athletic Sports Day
	6th	No longer a student-free day
	9-12th	Year 5/6 camp
	18-20th	Year 3/4 camp

P & F News

Thank you to those who attended the P&F meeting on Wednesday via Zoom.

It was a quick meeting; done in an hour. We discussed selling donuts at the upcoming Nhill Vintage Club Open Day on August 21st, and Nhill Aviation Heritage Club, Engineering Expo on September 18th, both of which we look forward to doing, provided COVID restrictions allow.

We thank those who have returned the event surveys and encourage everyone to return these to have a say in our future events. These will be discussed in more detail at our next meeting.

Our next meeting will be August 11th, at which time we can hopefully meet in person, but will still have Zoom as an option for anyone wanting to attend but can't physically attend. Please remember P&F meetings are open to all families at the school.

Jackie Rethus

P&F.

From the Principal

Greetings and I hope you are well. Thank you to all members of our school community for your efforts during the disruptions of the latest lockdown, and for helping the learning to continue during remote learning. At this stage remote learning will continue next Monday and Tuesday, and we wait to hear announcements about when on-site learning can recommence.

Hopefully all students have been able to participate in Zoom catch-ups with their classmates and teachers. Although not the same as being in the same room together, Zoom allows for a degree of social connection, something that is missed during remote learning.

Periods of lockdown and remote learning can impact wellbeing for our students, our families and staff. The Parenting Ideas article in this week's newsletter is called 'Riding the Covid Waves' and is worth a read. It's understandable to feel anxious or weary, and there may be some ideas in the article that help.

The following table is a lockdown mental health toolkit found on sanctus.io, and may also provide useful ideas:

DOPAMINE – the reward chemical Completing a task Doing self-care activities Eating food Celebrating little wins	OXYTOCIN – the love hormone Playing with a dog Listen to music Do something nice for someone Give a compliment
SEROTONIN – the mood stabiliser Meditating Running Sun exposure Walk in nature Swimming Cycling	ENDORPHIN – the pain killer Laughter exercise Watch a comedy Dark chocolate Exercising

We can also turn to Scripture to hear words of hope and encouragement. 1 Peter 5:7 says "cast all your anxiety on him because he cares for you."

I am grateful for our supportive and caring school community. Thank you to those who have 'checked in' with others. If you or your child is struggling, please reach out to your child's teacher or other staff member, friends, family or other support agencies.

Pastoral care and support can also be provided through Nhill Lutheran Parish. If you require pastoral care you may email Jennifer at nhillpar2@bigpond.com and she can put you in touch with a Pastoral Assistant or Elder. Additionally, David Keller (0429 912 107) and Wendy Sherwell (0407 566 261) are pastoral assistants who can provide support. Pastor Carl is currently on leave.

Student Free Day cancelled

The proposed Western Hub Lutheran Schools Conference has been cancelled, so Friday August 6 is no longer a student free day.

Every blessing for your week,

Damon Prenzler

Building Project Update

Building approval has been granted at a recent Hindmarsh Shire Council meeting for our proposed building project. This is good news, however the commencement of any building is subject to receiving sufficient funding. The completion of a masterplan for the purposes of applying for funding shows a vision for the future of the school, and how student learning will benefit from such a project. The School Board has sought, and is continuing to seek ways to source funding to enable the project to proceed. The masterplan is located on our website.

Devotional Thought

Great is his mercy!

When he saw the crowds, he had compassion on them (Matthew 9:36).

Read Matthew 9:27-38

Today we see our Lord Jesus showing mercy through the healing of the blind and restoring speech (and exorcising a demon) to the mute. We see that as he saw the crowds, the feeling he felt was compassion. Sadly, the Pharisees who were present were blinded by the threat to their power, and they used their speech to condemn Jesus – and we should also note their apparent lack of compassion.

Jesus' words to his disciples indicate that he wants them – and us – to share in the compassion he feels for the people. That he wants them – and us – to work with him to spread the good news of the kingdom. He also wants us to pray for more workers because God's harvest is bountiful!

As God has been (and is) merciful to us, how merciful are we with others? As Jesus was (and is) compassionate with us, how compassionate are we with others? It is good to hold up a mirror to ourselves and see how we measure up. I know I find myself wanting. I am then so thankful my Lord God is merciful and compassionate. He is patient with me, and he will help me be the worker he needs for his harvest.

Merciful Father, help me be merciful and compassionate to my family, to those with whom I work and to those whom I encounter each day. I want to be a good worker. Help me hear your Holy Spirit as he teaches me. Amen.

His mercies never cease.
They are new every morning;
great is your
Faithfulness
Lamentations 3:22-23

Worship News

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

Sunday 25th 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.....

- ♦ Miss Attiwill and her family
- ♦ Mrs Cattanach and her 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, once restrictions have eased.



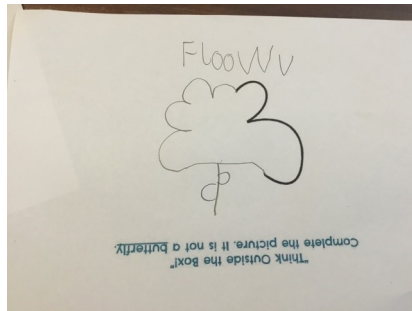
Chapel Offering

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.

Learning From Home

Year 1/2 students had to "Think outside the Box" for one of their activities.

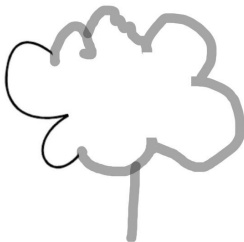
"Think Outside the Box!"
Complete the picture. It is not a butterfly.



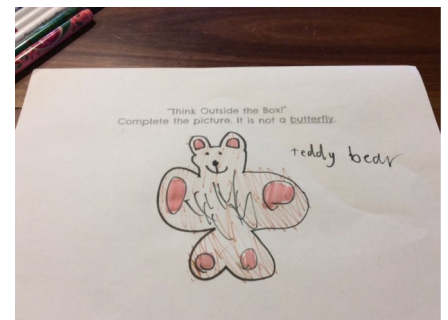
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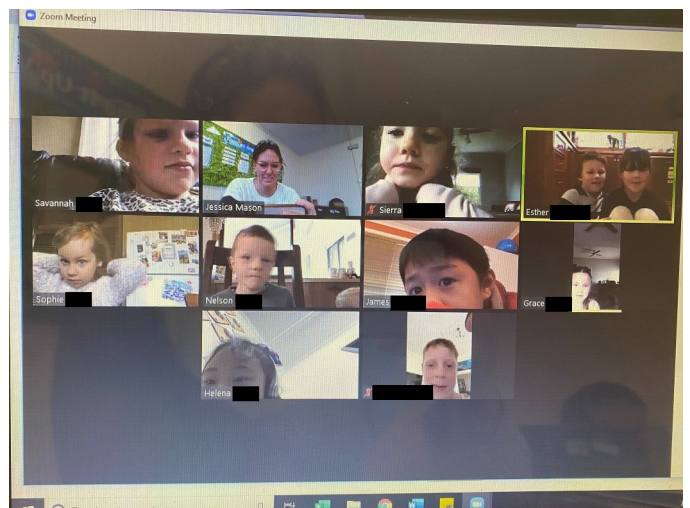


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Zoom Zoom

We are thankful for technology when it means we can still connect with our classmates and check on each other. The Year 1/2 students connected via Zoom today.



Parenting Ideas—Webinars and Guides

parenting*ideas

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.



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

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.

Happyland Stories videos are also available. They make great children's messages.

INSIGHTS

Riding the COVID waves



The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in three of the nation's states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

parenting*ideas

Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



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

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.

AFL WIMMERA MALLEE



GIRLS FOOTY FUN

HORSHAM CITY OVAL

GIRLS COME AND TRY DAY

Are you 8 - 14 years old?

Do you want to give girls football a try and learn
some new skills?

Come join us in a fun, encouraging environment

Register your interest now for this upcoming event

- Date to be set with the easing of covid restrictions -

SCAN THE QR CODE TO REGISTER

Further communication will be sent to
registered participants

For more information please contact:
Aslyn Witney
aslyn.witney@afl.com.au

