

## Congratulations, Lowan!

Congratulations to the Lowan team on their narrow victory in the Athletic sports on Friday. See the next issue of the Newsletter for more photos.



Lanie and Oliver accept the shield on behalf of the Lowan team.

## 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](mailto:admin@nls.vic.edu.au)).

## Upcoming Dates



AUG	18-20th	Year 3/4/5/6 camp
	18th	Warracknabeal Athletics
	20th	Hockey 7s—Dimboola
	16—27th	Book Fair
	23—27th	Book Week
	24th	Book Week dress up day

## Birthdays

We wish the following students a very happy birthday:

Imogen Hedt: Wednesday 11th August

Oleara Cattanach: Wednesday 11th August

Savior Ner Moo: Sunday 15th August

Nelson Rohde: Thursday 19th August

And also to:

Ms Rutherford: Monday 16th August



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## From the Principal

Welcome to the latest, slightly delayed, edition of the newsletter. It's been an interesting time since our last newsletter with lockdown and remote learning being announced, coming out of lockdown sooner than expected, postponed Athletics Day, running a rescheduled Athletics Day, cancellation of 5/6 camp, re-organising camp for 3-6 students to Halls Gap, playgroup re-organisation and more. To say things are a tad disruptive is an understatement. Despite this I have to say I am amazed at the ability of our students to adapt and push on with their learning and other activities, and to try their best.

### Athletics Day

The last two occasions we intended to hold our Athletics Day a lockdown was announced, so I was a little concerned the same might happen last Friday. Thankfully, we were able to proceed and a great day of healthy competition was held. I hope the socially distanced spectators on the other side of the fence enjoyed viewing our students. Congratulations to Lowan house for winning, followed by Hindmarsh and Mallee. Eden and Oliver were awarded the Champion girl and boy trophies for scoring the most individual points. Well done.

### Hockey 7's and Warracknabeal Athletics

The sporting action doesn't stop with some of our students representing the school at Interschool Athletics held at Warracknabeal, and a Hockey 7's team playing at Dimboola this Friday. We are also excited that some students from St Peter's Lutheran Primary School at Dimboola will join us for hockey so a full squad can participate.

### Book Week

Next week is Book Week with a dress up and activity day being held on Tuesday. The theme for Book Week is Old Worlds, New Worlds, Other Worlds. On Tuesday students may dress in a way that represents this theme, or they may wish to dress as a favourite book character. Students may also wish to bring along the book their character is from.

### Information Session for Kinder families

Unfortunately, on site visits by kinder children and their families cannot take place at the moment due to Covid restrictions. Instead the Nhill schools will lead virtual information sessions for kinder families. Nhill Lutheran School will hold their Information Session on Wednesday September 1 at 7.30pm. A Zoom link will be provided prior to the session. Please encourage any kinder families you know to attend, so they can learn more about our school.

### Three Way Conversations

Three Way Conversations will take place on Tuesday September 7 and Wednesday September 8 as part of the school's assessment and reporting procedures. Three Way Conversations provide a time for teachers, parents and students to discuss learning progress and goals. It is empowering for the student to be present when their own learning is discussed. Information regarding booking a session will be distributed to families soon.

### Camp

The Year 3-6 students will be attending a 3 day/2 night camp at Tandara Camp, Halls Gap, this Wednesday to Friday. Camps are wonderful opportunities for students to experience time together in a different setting, to learn new things, and to be challenged in a healthy way. The 5/6 camp to Melbourne was unfortunately cancelled so we are grateful they can attend Halls Gap. I hope all students and staff have a great time.

### Playgroup

The Get 'Em Going Playgroup can again be held, starting Tuesday. With Covid restrictions numbers in a session is capped to ten, so two sessions are being run by Mrs Cattanach. If you, or someone you know, wish to attend playgroup, please contact the school ([admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au) or 53912144).

Every blessing for your week,

Damon Prenzler

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## Devotional Thought

### How much is enough?

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God (2

Corinthians 9:11).

Read 2 Corinthians 9:6–15

When it comes to giving, how do you go with that? Would you say you give from the leftover stuff you have, or would you say you give because you can?

If you won a substantial amount of money or inherited it, what would you do with it? Do you ever play that game thinking about how you would spend a large amount of money you received? New car? Pay off debts, mortgage, and school fees, buy new clothes, take holidays (in our more limited COVID travel context), or simply put it in the bank? But would you give some away?

What does God say about giving? Do you need to give a percentage? Or what you promise, no matter what? You see, it is not about the amount, nor is it up to you and me to judge what others should be giving either. Saint Paul reminds us today to give what we have decided to give, not reluctantly or under compulsion. This is about cheerful giving.

God wants us to give and to be generous but cheerful in the giving. If it is not money, give your time cheerfully. If it is a skill that someone else needs, share it with a cheerful heart. And if it is money, give what you decide cheerfully, not guilted into an amount by others.

God will enrich us day by day, especially by his word, so we can be generous with the gifts God gives us. Yes, I am talking about worldly things but also the gift of God's grace, mercy and love, which we can share generously with others around us.

Start with a generous heart in everything you do, and God who is faithful will give you all you need to do the work he sends you to do in Jesus' name.

***Gracious Father, you give us so much. Help us give generously in all things – our time, our talents, and our treasures, knowing that you have first given to us. Thank you that while we were still sinners, you generously gave us your only Son, Jesus, to suffer and die for our sins. Bless us in all we do. Amen.***

## Worship News

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

Sunday 22nd August

Nhill— 11 am

Woorak— 9 am

Jeparit— 9 am



Don't forget to register first via the Parish Office.

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.....

- ♦ Mrs Marshman and her family
- ♦ Mrs Mason 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.



## P & F News

On Wednesday night we had a very productive meeting via Zoom and it was great to have a new face join us.

We discussed the event surveys that were sent home a few weeks ago. Thanks to everyone who returned them. They have given us lots of ideas for fun events we can plan; however, we are holding off planning anything big until the COVID situation is a bit more stable.

The Staff have provided us with a wish list of resources they would like us to purchase and, thanks to the hard work of previous committees and volunteers, we were able to approve several purchases. We will share these with you once they arrive.

The P&F now have their own email address, [pandf.nls@gmail.com](mailto:pandf.nls@gmail.com). This will be used for most of our communication from now on, so please use this email address if you need to contact us.

We are looking forward to our upcoming donut fundraisers on August 21<sup>st</sup> and September 18<sup>th</sup>, and we thank all those who have volunteered their times for these events.

Thank you to everyone for your support of the P&F.

Our next meeting will be on September 8<sup>th</sup> at 8.00pm everyone is welcome to attend.

Jackie Rethus

NLS P&F

## Book Fair



Our Book Fair will be open during recess and lunch time for the next two weeks.

## Foundation Library

The Foundation students devoured their Cat In The Hat themed fruit skewers in their Library lesson last week!





## 100 Days of Prep

On Wednesday 4th August the Foundation students celebrated their 100th day of school. They enjoyed hot chocolate and treats, as well as dressing up.





## Potato Olympics

The 1 / 2's had fun competing in the Potato Olympics. Their potato athlete competed in many different events: weightlifting, table spinning gymnastics, hula hoop racing, longest ramp roll and shot put (many 'athletes' did not survive the shot put!). The students and teachers had a lot of fun.



## 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 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.

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

### **22<sup>nd</sup> August I want to be healed (Interview)**

Have you ever felt like life is ripping you off? That what you're suffering isn't fair? Stephen and Therese have faced those feelings for over a decade and can help answer these questions and where is God when you are suffering?

### **29<sup>th</sup> August Why not me? (Discussion)**

What questions do you ask when you see, or experience, suffering? Noel, Celia and Richard will share a conversation about where to find hope in times of suffering.

### **FAMILY FUN AT HAPPYLAND.COM.AU**

Enjoy the Happyland website game at [happyland.com.au](http://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

# The language of respectful relationships



“Sticks and stones may break my bones, but words will never hurt me.”

This reply to playground name-calling has been taught to children by generations of parents. While the sentiments are true, it demonstrates how destructive language can be when it's used to hurt or humiliate.

Name-calling dehumanises the child or young person on the receiving end, making it easier for a perpetrator to bully, put down or abuse. The language of bullying and sexual abuse is deliberately vague and generalised making it easier to hurl insults about gender or ethnicity. It's much harder to insult someone when real names are used as it becomes personal.

Bullying uses language that dehumanises. Respectful relationships has its own language, and it's through this language that respect is shown, and personal safety and integrity are assured.

Parents can help children and young people to develop the language of respectful relationships in the following ways:

### Use first or preferred names

The sound of a person's name respectfully spoken is music to the listener's ears. Teach kids to refer to other people by their first or preferred name. If a relative prefers to be called aunt or uncle rather than by their first name, then out of respect, encourage children and young people to adjust their language accordingly, even though you may not subscribe to such formalities. Politeness is respect in action.

### Differentiate between behaviour and the person

It's incorrect to define a child's character through their poor behaviour. A child who tells lies is frequently called a liar, someone who steals is often labelled a thief, or someone who inadvertently shares secrets is deemed untrustworthy. In sporting parlance, focusing on the behaviour rather than on the person teaches kids about to play the ball, not the person. It may sound like splitting hairs but the focus on character traits rather than on a person's behaviour is hurtful, often degrading, and leads to resentment rather than change.

### Call out disrespectful behaviour

The standard of behaviour you ignore is the standard of behaviour you accept. Disrespectful behaviour needs to be called out by adults so kids learn that bullying, racism and other forms of disrespectful language are not acceptable. When discussing the behaviour and character of friends, fictional characters in books and personalities on film differentiate between the behaviour and the person, calling out the use of negative labels when you hear them. It's easy to ignore disrespectful language when you hear it, but this one area where a consistent approach by adults is critical.



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## Frame behaviour as a choice

Framing behaviour as a choice is an essential respectful relationships strategy that needs to be reinforced for children and young people. "That's a smart/good/helpful choice!" is the type of response kids should repeatedly hear, reinforcing that their behaviour is a result of choice rather than driven by others, circumstances, or emotion. Personal choice negates the idea that somehow other people or circumstances determine behaviour, or become convenient scapegoats for all types of abuse and disrespectful behaviour. "She/he made me do it" just doesn't wash in a civilised society.

## Develop a wide vocabulary

Build a wide vocabulary of terms essential to respectful relationships. Terms such as safety, choice, respect, acceptance, tolerance, love, likeable and host of others should be familiar to kids as well as phrases that emphasise fair and respectful treatment of others in all types of environments.

## In closing

Respect is shown not only through the treatment of others but through the language kids use every day. By focusing on the language of respect you are laying the basis for kids to enjoy respectful relationships both now and in the future.



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

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[ill.org.au/survey](http://ill.org.au/survey)

# Upcoming Webinar for Parents

## Dr Kristy Goodwin presents: Taming digital distractions

Dr Kristy Goodwin is a digital wellbeing and peak-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 worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at \$39 per person**  
**No charge for our school community**



Watch an overview from Dr Kristy Goodwin



## About the webinar

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

The webinar will be held on 8 September 2021 at 8–9 PM AEST.

## Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

[www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions](http://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions)

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This offer is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

## Articles for parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as resilience, siblings, bullying, digital and social media, friendships, confidence, behaviour, anxiety, girls, boys, learning and education.

Subscribe today – it's free.



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