

A visit from Lucy

On Thursday the students in Foundation and Year 1/2 were very excited to receive a visit from Olympic gold medal winner, Lucy Stephan. The students were able to ask questions and feel the gold medal. Some even had the chance to wear it.

Lucy was interested to see how the school had changed since she attended. She hoped her visit might inspire a future Olympian.

We would like to sincerely thank Lucy for her visit.



Upcoming Dates



AUG	20th	Hockey 7s—Dimboola
	16—27th	Book Fair
	23—27th	Book Week
	24th	Book Week dress up day

POSTPONED



Birthdays

We wish the following staff member a very happy birthday:

Mrs Cattanach: Monday 23rd August

happy
birthday

From the Principal

The rollercoaster of start and stop lockdowns and remote learning continues. It's incredible to think we are in week 7 of term, and yet have only had one full week of face to face learning this term. I again commend and encourage members of our school community as we recommence another period of remote learning.

I am grateful that over the last week and a half we have been able to hold our Athletics Day, hold a camp for Year 3-6 students at Halls Gap, have students represent our school at interschool athletics and hockey, and have an Olympic gold medallist visit our school.

Three Way Conversations

Three Way Conversations are postponed to early Term 4, dates to be determined.

Playgroup

The Get 'Em Going Playgroup is postponed until further notice.

Every blessing for your week,

Damon 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).

Warracknabeal Aths

Congratulations to Abdullah, Oleara and Henry for representing Nhill Lutheran School at the West Wimmera Athletic Sports at Warracknabeal on Wednesday.

Abdullah gained a second place and two thirds in High Jump, Triple Jump and Discus respectively. Oleara won her High Jump event and placed third in the 100 m sprint. Henry won in Shot Put and Discus, as well as placing third in High Jump.

Well done, team!



Hockey 7s

A big thank you to Rachel Clark for coaching and Erin Alexander for umpiring the Hockey 7s at Dimboola on Friday. Thank you also to the St Peter's, Dimboola students who were part of the team and Mr Woodward for transporting the students from Halls Gap.



Devotional Thought

Jesus is present, no matter your situation

The Lord is close to the broken-hearted, and he saves those whose spirits have been crushed (Psalm 34:18).

Read Psalm 34:15–20

What beautiful words! I am fortunate that I have had a reasonably good life. While I have experienced disappointments, and things have not always gone the way I have planned, I don't think I can say I have been broken-hearted or my spirit has been crushed.

At the same time, when disappointments have occurred, and when I haven't been sure where the road is leading, the ever-present love and compassion of the Lord have been my rock and refuge! This presence has reassured and comforted me. This presence has been close and rescued (saved) me.

What about you? As you consider your life, has yours been reasonably good (however you interpret that!)? Or perhaps you have suffered more than most; you have been broken-hearted, rejected, at the end of your wits; or your spirit has been crushed. If that is the case, I hope these words in the psalm reassure you. The Lord is close to you; the Lord saves you!

These words of comfort are reflected in the life of Jesus. In the very fact that God became human and moved into the neighbourhood (John 1:14). Jesus comforted those in need. He healed those who could not find healing and welcomed those who society shunned. Jesus spoke a word of forgiveness, restoration and life to them each time.

Jesus lives the life of the broken-hearted. The Holy Spirit is with those who have been crushed. He tends their wounds, fans the weak flame and brings life to those who cannot see life ahead.

If you are broken-hearted and your spirit is crushed, turn to the one who comforts and reassures you. Know that the Lord is your rock and your refuge (Psalm 18:2).

Lord Jesus, thank you that you come alongside us and accept and understand our concerns, worries and despair. Restore us through your presence, grace and compassion. Amen.

Worship News

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

Sunday 29th August

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

Prayer of the Week

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

- ♦ Miss Morrison and her family
- ♦ Miss Noll 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

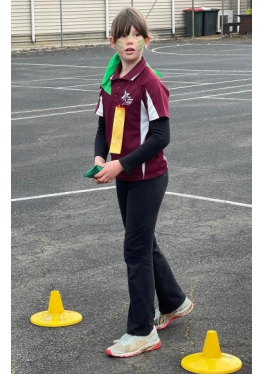
With no visitors onsite, we have had very little money received through the chapel offering for many weeks. Please consider donating. So far this year, \$489.20 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

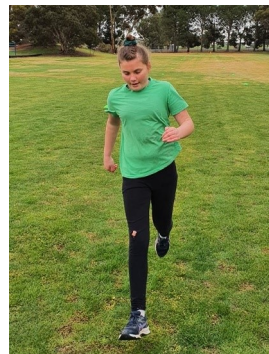
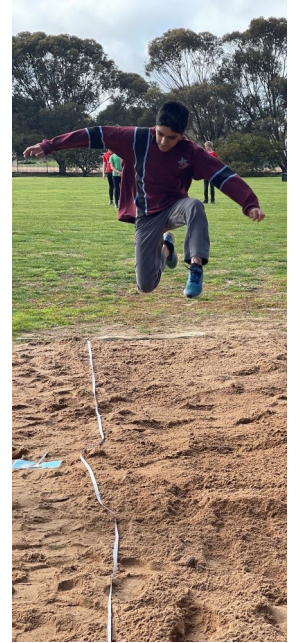
Athletics

Last Friday the students spent an enjoyable day outside in the sun, competing for their houses in the Athletic sports. Each age group took turns at the various stations until they had attempted every activity. It was great to see everybody participating and wonderful sportsmanship.

Congratulations to Lowan who won the day by a very narrow margin.

Congratulations also to the two champions for the day: Oliver and Eden.





 Well done!

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 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.

29th 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.

5th September Dads 101 (Interview)

For Father's Day, a group of dads share their joys, struggles and hopes as fathers. Being a dad isn't always easy but it's a whole lot better when we know we're not the only one. There is forgiveness and plenty of joy to be had.

12th September Blended families (Interview)

"When you join two families, you don't mean to be but you're actually really quite threatened about trying to maintain territory. We both had to give a lot more than 50 percent." How do you parent with different styles, and what does it take to make the relationships work?

19th September The day my mum disappeared (Interview)

"I remember just driving around the neighbourhood, relentlessly looking for mum. I was in tears. Where could she be?" Where do you find hope when illnesses like Dementia change the relationship you have with your parents?

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.

Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

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Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. “Go outside and play” is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids’ digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid’s poor mental health aren’t helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids’ social media and digital technology use.

Dr Kristy Goodwin presents a related webinar: Taming digital distractions

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar ‘Taming digital distractions’ at no cost.

About

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.

When

Wednesday 8 September 2021 at 8:00 PM AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the coupon code TAMING 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 8 December 2021. If you’re unable to make the broadcast time, just register anyway and you will get access to the recording.



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.