



TOGETHER WE GROW

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Term 3 Week 7 Issue 25 27th August 2021

School Concert News

Hello Families,

In Performing Arts this term, the students have been very excited to begin working on their performance – When I Grow Up. All the students in Grades 3-6 have been given a role and are busy practising their lines and learning their songs. Students in Foundation and 1/2 also have a very important role and will be on stage to dress up and sing songs throughout the performance. I am very proud of how everyone is committed to the job of learning their role and performing it enthusiastically.

We are slowly building up the costumes that will be used for the performance and putting everything together. The original plan had been to hold the concert at the Nhill Community Centre on the 16th September – however with the interruptions to our school program and the restrictions of Covid regulations, we will have to postpone the concert until Term 4. More time to practise!

I will communicate a proposed date with you later and we will look forward to celebrating the hard work that the students have all put in to create a magical performance!

Ms Marshman

Upcoming Dates



AUG	16—27th	Book Fair
	23—27th	Book Week
	24th	Book Week dress up day

POSTPONED

Book Fair



Due to the current lockdown, the Year 3—6 students have not had a chance to finalise their Book Fair purchases.

Scholastic has kindly agreed to let us keep the books here until lockdown ends, so that all students have an opportunity to buy.

Thanks, Scholastic.

From the Principal

Greetings to all members of our school community. I wish to thank all students, their families and staff for their efforts in keeping the learning going as best as possible. Our prayers are with all people who are being impacted by coronavirus.

I've had a few 'gratitude' moments lately and this week's chapel focused on gratitude, and having an "attitude of gratitude". At times like this it is easy to focus on the things we can't do, but God is good and providing things that we can be grateful for. During the week some students and I were closely examining the pine trees by the tennis courts and really taking a close look – at the pattern on pinecones of different sizes, the colours, and the mysterious "magic dust" that flew off the branches when the tree was touched. The amazement of the children was infectious and made me realise, in that moment, that often the simple pleasures are the things to be grateful for.

Postponements of School Events

The current lockdown has disrupted a number of our plans for events or special activities. Many events have been postponed and we hope to be able to run them later if possible:

Three Way Conversations: postponed to October 12-13,

Concert: postponed to Term 4, date to be confirmed,

Book Week Dress Up Day: will happen when students return to face to face learning,

Father's Day chapel: Each class will share a Father's Day theme chapel next Friday. Unfortunately, the Father's Day footy match can not happen – hopefully next year.

NAPLAN

Year 3 and 5 students will soon receive the results of their NAPLAN tests held earlier this

year. The tests cover skills in reading, writing, spelling, grammar and punctuation, and numeracy, and the results provide useful feedback about how a student performed in the test.

Kinder Information Session

Schools in Nhill are offering information sessions next week for Kinder families. Nhill Lutheran School is holding their session on Tuesday August 31 at 7.30pm via Zoom. Details to access the Zoom session are available from the school.

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).

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.

Devotional Thought

Like living stones

You also, like living stones, are being built into a spiritual house, to be a holy priesthood offering spiritual sacrifices, acceptable to God through Christ Jesus (1 Peter 2:4b).

[Read 1 Peter 2:4-10](#)

A striking feature of farming areas in the north of England is the network of dry-stone walls crisscrossing the landscape. These walls, some ages-old, have been built to last come wind or weather. Skilled craftsmen choose the stones and their place within the wall with ancient wisdom. Essential to the structure and set into the walls at intervals are the vital 'through stones' – large penetrating stones, which serve as linchpins, holding each stone secure in the wall's fabric.

Peter writes to believers experiencing the 'great persecution' (Acts 8:1). Their reliance on Christ has been threatened as they have fled into unfamiliar territory, losing the happy, supportive fellowship of their own congregations. 'You are like living stones', he writes. You are not scattered, lying loose across the field. Rather, you are purposefully taken up to be set wisely into the walls of a spiritual house of God. Keeping these 'stones' secure and rock-steady in the wall is the mighty 'through stone', Christ, the immovable Cornerstone. He is the precious Chosen One, who, through his Spirit, works to unify believers into walls of a house built to last. Here, all the stones together ring out their praise and offer their prayer in a united service of worship.

What an image of grace! Living stones in a wall of praise! Interconnected for mutual support and encouragement. It graces us to live for others, invites us to sing, 'Make us your building, sheltering others, walls made of living stone'*. The events of life may sometimes cause us to feel unsteady, perhaps isolated and scattered, far from our spiritual home. But here is the assurance that we are in the Builder's hands. No doubt or anxiety can separate us from his wisdom and love. The gift we receive daily as children of God's love, through Christ our Cornerstone, holds us steady and secure in the walls of God's house by the power and persistence of the Spirit who always builds to last.

Lord Jesus, our unfailing Cornerstone, hold us close to you and to one another as you build us into the walls of God's house. Open our hearts and lives to sing your praise together, resting in your wise and gracious hands when we meet the shocks and storms of life. Amen.

*Bernadette Farrell, 1993

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.....

- ♦ Mr Prenzler and his family
- ♦ Ms Rutherford 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.

Year 3-6 Camp

Last week the Year 3/4/5/6 students were pleased to finally attend their school camp at Tandara, Halls Gap. They spent two nights and three days completing adventurous activities. Students and staff enjoyed both the low and high ropes, with many conquering their fear of heights. Throughout camp many kilometres were covered walking and hiking. On Thursday the Year 3/4 students did the Delley's Bridge trail walk, followed by a splash in the Venus Baths. The year 5/6 students hiked to the Pinnacle.

What a blessing to be able to go on camp before the lockdown. The students and staff thoroughly enjoyed it. Thanks to Miss Lindsay and Miss Morrison for getting the camp organised and being part of the crew. Also to Mrs Woodward, Mr Prenzler and Miss Attiwill for attending.





The fireplace where Mrs Koning met Mr Koning almost 40 years ago.



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.

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.

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.

INSIGHTS

Building resilience during the COVID pandemic



The pandemic continues to bring worry and anxiety to children and young people. Resilience can help kids get through these difficult times, but it is not something they are born with. Resilience is built up over time as kids interact with the environment and each other. Emerging relatively unscathed from a setback or hardship can boost future resilience. On the other hand, if experiences are too overwhelming or stressful, kids can be traumatised, making it difficult to respond with future hardships with resilience.

The Harvard University Centre for the Developing Child depicts resilience as ‘a see-saw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. The point where the scale balances is called the “fulcrum,” and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive.’ Everyone’s fulcrum is in a different spot—which explains why hardships impact on people so differently.

Reduce the impact of COVID by reducing stress

During the pandemic there has been a constant build-up of stress and disappointment for many kids. Remote learning, postponement or cancellation of highly anticipated events such as graduations and formals, limited access to community activities and extra-curricular activities are just some of the negative outcomes that kids have experienced.

Most of these stressors are out of parents’ control however any efforts to lighten the load on kids and tip the balance to a more positive side will help build resilience. Reducing sources of stress on kids include:

- facilitating visits to recreation areas for play and contact with friends
- ensuring academic expectations are realistic and reflect the circumstances of each child
- back and forth parent-teacher communication responding to pandemic-induced problems
- alleviating unnecessary family conflict such as temporarily loosening digital limits

Build up positive outcomes through supportive relationships

The presence of healthy supportive adult relationships with children and teenagers is a recognised contributor to resilience. Harvard University state, “The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult. Adults need those supportive relationships, too!”

Parents can build more positive outcomes for kids by strengthening the connections they have with friends, family and members of the community. Relationship-building activities can include:

- increasing family connections through shared mealtimes and enjoyable family activities
- positive one-on-one activities between parents and kids
- encouraging regular digital or face-to-face connection with friends
- maintaining contact with extended family

parenting * ideas

Strengthening core skills and coping capacities

Children and adults need a set of core skills to manage their daily lives. These skills include planning, ability to focus, self-control, self-awareness and adaptability. When children and young people are under extreme stress it's difficult to apply these core skills so the ability to manage even simple tasks can be compromised.

Parents can strengthen these skills in children and young people by:

- building daily organisational skills at age-appropriate levels including the use of schedules, timetables and other visual organisers
- encouraging children to relax and enjoy regular downtime
- developing anxiety-management tools such as deep breathing and mindfulness
- embedding wellbeing strategies of relaxation, exercise and play into family life

Building resilience in children and young people during the current pandemic is a continuous task for families. Resilience is best promoted by relieving stressors on kids, ensuring they experience a variety of supporting relationships with adults and other children, and building core executive functioning skills so that they can successfully manage their daily lives during these times of change.



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

Wood turning.
Blacksmithing
Artworks

Historic engineering exhibits

Heritage plaques unveiled.
2pm

HISTORIC ENGINEERING EXPO

Celebrating Nhill's Unique Engineering Heritage

Opening of Aeradio building

18th SEPTEMBER
10am - 4pm @ Nhill aerodrome
Cost \$15 Chn/students free

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bookings
essential

Info : Rob 0428 911 387 Jenny 0417 014 278
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Register via the QR code or at [Supporting Children in Lockdown](#)

FREE WEBINAR SUPPORTING CHILDREN & FAMILIES DURING LOCKDOWN

Dr Billy Garvey, Paediatrician Royal Children's Hospital
Dr Tom Brunzell, Director of Education Berry Street and
Dr Claire Nogie lead a panel of professionals from ECEC, Education
and Psychology

7.00pm Thursday September 2nd 2021

Support & strategies for parents and kids during this
challenging time.

Dr Billy Garvey and Dr Brunzell will discuss the pressures &
challenges of lockdown on parents & kids, with a chance to
ask questions of a panel of education and health specialists.

