



Upcoming Dates

FEB	Wednesday 9th	No Foundation classes
	Friday 11th	Welcome BBQ—6.30 pm; meat supplied
	Monday 14th	Swimming lessons begin
	Tuesday 15th	Hockey Clinic
	Wednesday 16th	No Foundation classes
	Wednesday 23rd	No Foundation classes
	Friday 25th	Swimming Carnival

Birthdays

We hope the following students had a great birthday over the school holidays:

Lawson Lynch: Wednesday 19th January

Madalyn Marra: Tuesday 25th January

Jessie Muller: Thursday 3rd February

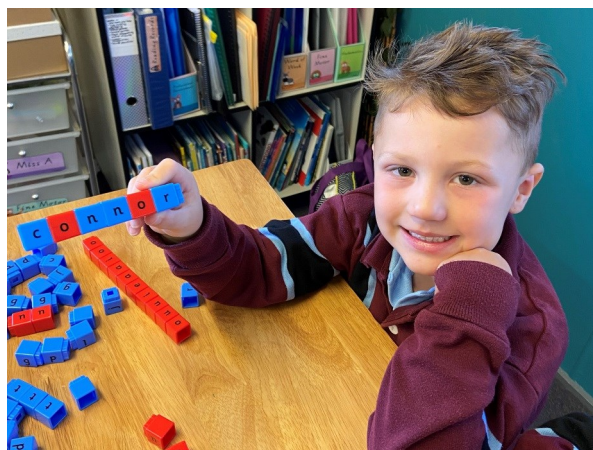
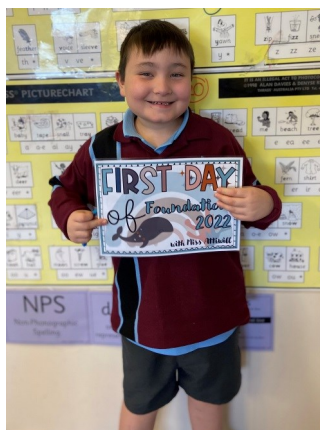
Also to Mrs Alexander: Monday 10th January

Mrs Koning: Monday 7th February

happy
birthday

Foundation

This week we welcomed our new Foundation class. Some of them are pictured below.



From the Principal

Welcome to 2022!

It has been wonderful seeing our students commence the new school year in such a positive fashion. Thank you to parents/ caregivers for helping get the children ready for a new school year. Thank you to the staff for their hard work over the holiday period to ensure things are ready to go for the year. I, and the staff, look forward to working with you this year.

We welcome our new Foundation students to the school, new students in other grades, and also to Mr Marcus Holt. Welcome back to Mrs Erin Alexander after her year of parenting leave.

Installation Service

Mr Marcus Holt and Mrs Jessica Mason were installed as teachers last Sunday at St Paul's Lutheran Church, Nhill. Staff and students were given a blessing as they commence the new school year at Nhill Lutheran School.

Newsletter and Facebook

The newsletter is distributed weekly and is also placed on our website. The newsletter contains much information about the life of the school including upcoming events. The school also has a Facebook page to keep you informed. Please refer to the calendar for upcoming activities and events.

Parent-teacher communication

We value the partnership that exists between parents and our school. Good communication benefits the care and education of your children. Teachers have sent home a letter to families in their class outlining the best ways to communicate. Generally an email, phone call or Seesaw message is best. The school also uses the Schoolstream app.

Bible Presentations

Students in Foundation and Year Three were presented with a Bible this morning at Chapel.

Mrs Jackie Rethus, on behalf of the Parents and Friends of NLS, presented Foundies with The Lion's First Bible, and Year Threes with an age appropriate International Children's Bible.

Units Of Inquiry

You may have noticed in correspondence from classroom teachers a reference to Units of Inquiry (UOI) which will be taught in each class this year. Units of Inquiry provide deep and purposeful learning experience that combine key learning areas of the curriculum. For example, students may complete a UOI which combines the curriculum areas of Science, Arts and English, or Technologies, History and Maths. In some areas of the learning program this means that several subjects combine to complement each other, and to provide engaging learning opportunities. Units of Inquiry allow students to develop the critical skills of inquiry methodology. Hopefully the students will have the opportunity to showcase their learning in Units of Inquiry, and other key learning areas, in celebrations of learning planned for later in the term.

Welcome BBQ

The Welcome BBQ is being held next Friday, February 11, from 6pm onwards. The Welcome BBQ is a lovely evening of community fellowship where we welcome new members of our school community and welcome back returning families. Thank you to the P&F for organising the BBQ. Families are asked to RSVP, if you haven't yet done so, stating how many people will be attending and any dietary requirements. The only items you need to bring are chairs and drinks, with meat, bread and ice cream being provided. The BBQ will be held on the back lawn area. As it is an outside event masks are not compulsory but recommended if adequate physical distancing can not occur. If entering the school building, then face masks must be worn. Adults must QR Code in as they enter (via the back gate near the bus car park), and be double vaccinated.

Rubber Boots

At Nhill Lutheran School students are allowed to wear rubber boots when playing outside, especially if they play in our water feature, or if the ground is a bit sloshy after rain. Continuing students may have outgrown their rubber boots from last year, so if this is the case please collect them from the school and replace with a new named pair.

Covid update including RATs

Thank you to all families for your compliance with Covid safe rules. Each student will receive another box of rapid antigen tests to be used in weeks 3 and 4. These tests are voluntary but strongly recommended to be done twice a week on school days. In the event of a positive case amongst our students and staff, the families of the school will receive an email stating the affected groups/cohorts/classes, the dates of attendance, and any extracurricular activities that may also be affected.

I pray that 2022 will be a successful and blessed year for all of us.

"I pray that God, who gives you hope, will keep you happy and full of peace as you believe in him. May you overflow with hope through the power of the Holy Spirit." Romans 15:13

Every blessing for your week.

Damon Prenzler



P&F News

The next P&F meeting will be held on February 23rd at 8pm.

At this meeting the 2022 executive committee will be elected. Chair, Vice Chair, Secretary, Treasurer and up to 5 extra members. If you are interested in any of these positions please speak with Jackie Rethus 0491707699, email nls.pandf@gmail.com or contact Mr Prenzler.

Everyone is invited to attend the meeting and we would love to have you join us in 2022.

Australia Day



Imogen, Ruby, Savannah, Esther and Eden were happy to be able to help put on Australia Day, handing out Australian flags and tattoos to the people in the crowd.

Devotional Thought

God, our instinctive refuge

You have given the command to save me, for you are my rock and fortress (Psalm 71:3b).
Read Psalm 71:1–6

It was particularly miserable weather when I went to the Cliffs of Moher in Ireland with my family. The previous day in Galway had been perfect – t-shirts and blue sky. Not so the next. Horizontal rain and the full force of an Atlantic westerly gale smashing into the rock wall, buffeting the few brave (and stupid) tourists trying to see this famed piece of Irish coastline.

What we'll never forget is the puffin birds nestled safely into the nooks on the cliff face. How do they withstand the appalling conditions? Where is their sense of panic? In those rocks is their sure refuge. From their youth, they have experienced this. They know a new day will dawn. Their instincts tell them to stay where they are. They can wait out the storm.

Psalm 71 is the voice of an elderly person, possibly an older King David, in time of trial. They have reason to panic. 'Rescue me from the hand of the wicked, from the grasp of the unjust and cruel man' (verse 4). But they have a firm basis for confidence in their request: 'For you, O Lord, are my hope, my trust O Lord from my youth' (verse 5). As the storms of life threaten them, they take refuge (verse 1) in their 'rock and fortress' (verse 2), the one to which they have continually come throughout their life (verse 3).

There is considerable spiritual buttressing to be gained from reading and meditating on the whole of Psalm 71 today. Not just the first six verses. Older people can identify with spent strength and grey hair (verses 9 and 18), yet they have confidence for the future that comes with the witness and experience of God's mighty deeds (verses 16,17) of the past. They can share this testimony with the younger people in their life. If you are younger, you can benefit from the writer's wisdom in mapping out how knowing God from our youth leads to a calm place of refuge and solace in all life's future circumstances. And all ages can think of the most important rock on planet earth as the reason for our confidence: the open tomb of Mount Calvary's garden that always tells us our most serious enemies, sin, death and the devil, will never have the final say (see Luke 24:1–3,44–47, not least the proclamation of repentance and the forgiveness of sins).

Where does Psalm 71 remind you of Christ's refuge and help in the storms of your life?

Thank you, Holy Spirit, that you teach us that Christ is our rock and refuge, the one who inclines his ear to us and saves us. Keep us hearing his comforting and strengthening voice today. In his name. Amen.

Worship News

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

Sunday 6th February

Nhill— 9 am

Woorak— 11 am

Jeparit— 11 am



Masks and login via QR code mandatory

Online services can be viewed at:
<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg>

NhillLutheranParishOnline.com

Prayer of the Week

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

- ◆ Esther Alexander and her family
- ◆ Sienna Alexander and her family

Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am.



Chapel Offering

At today's Chapel \$7.65 was collected and will go to the Maw Per Koh orphanage school in Myanmar. Thank you for blessing our sister school in Myanmar.

Lunch Orders

The current Wimmera Bakery lunch order list is at the end of today's newsletter. Students can order these items in the morning and they will be delivered in time for lunch. Please send a list to school on an envelope or in a zip lock bag, along with the money for the items. Small amounts of change can be given and will be sent home the same day.

Zooper Doopers are also for sale at school for \$1. The sale of these raises funds for the SRC. They can be ordered in the morning using the same envelope/bag as any lunch orders.

If students need their lunch reheated, can they please bring their food in a suitable container.

If there are any parents or friends who would be willing to pick up the lunches on a Monday, please contact Mrs Koning so a roster can be drawn up.



Year 1/2 Persistence

On Wednesday the Year 1/2s investigated what it means to have Persistence. Students narrowed this down to having a go and never giving up. Students used persistence as they walked as far as they could in the multi purpose room with a book on their heads. If the book fell off, they had to start again.

Persistence is a great quality to have and we will refer back to this lesson throughout the year.



NLS volunteers

Reading Buddies Program

We are currently seeking some parent helpers to assist with our reading buddies program.

Reading buddies involves parent volunteers listening to students reading aloud. Volunteers must have a current Working With Children Check and complete the training that is explained below.

Volunteering at NLS

For all parents wishing to volunteer at school to help in the classroom, on camps or with other student activities this year, parents must bring the following to the front office: 1) a current Working with Children Check and; 2) a certificate of completion of one-hour Valuing Safe Community training session on-line within the past three years. As a school of the Lutheran Church of Australia (LCA), staff and volunteers are obliged to meet the requirements of the LCA Safe Place Policy. Valuing Safe Communities (VSC) is a program to comply with this expectation. This training is valid for three years.

VSC Online Training Instructions

Go to <http://ilearn.alc.edu.au/course/view.php?id=170>. Follow the instructions. Use the Enrolment Key: VSC3_Volunt33r to gain access to the training. On-line training takes about 30-40 minutes. Certificates of completion will be generated at the end of the session. If you need any assistance, or would like to use a school computer to complete the training, please see Mrs Koning at the front office.

Hats

Please remember that hats are compulsory for Term 1. No hat means no play. Please make sure that all hats are named and maintained in good condition.

Hats are available for purchase at school.

Child Safety

Students across all year levels will be revising Cyber Safety and how to protect themselves online. Key messages that you can also reinforce at home include; Informing students that nothing ever disappears from cyberspace; online behaviour and comments become a digital imprint visible to potential friends, employers etc.

At Nhill Lutheran School, we strongly encourage parents to develop appropriate online boundaries for their children. If you would like more information and advice, please visit the government Cyber Safety website at www.cybersafetyhelp.gov.au.



Swimming News

Students will begin swimming lessons, starting on Monday 14th February, and will be run daily between 11am-1.30pm. Students

will get changed at school and then walk down to the swimming pool. Students are encouraged to bring sandals or other appropriate footwear to walk to the pool. Please make sure that all clothing is named.

The Swimming Carnival will be held on Friday 25th February and we are seeking a few volunteers to assist us on the day. If you are able to assist please contact Mrs Koning at the front office.

Please note, there will be no swimming on Friday 18th February.



Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

parenting*ideas

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.

Messages of hope

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

13th February Rhythms of a Relationship (Interview)

Spending so much extra time in close proximity to our families can be stressful and put a magnifying glass on our relationships. Rachel, a relationship counsellor from Lutheran Care, shares how we can understand and navigate through those tense times.

20th February Three Dollars in the Bank (Interview)

Many people are doing it tough financially in the current climate. Kerry shares her story of going from being married with a comfortable house and lifestyle to being a single mum with two young children and only 3 dollars in the bank.

27th February Worrying About Money? (Richard, Celia and Anna)

Do you stress about your finances? Many people worry about money, especially the lack of it. Richard, Celia and Anna chat about how this affects us and what can help.

WIMMERA BAKERY

SCHOOL LUNCH ORDER LIST – 2022

Orders available –Monday and Friday

Hot Food

Sausage Rolls \$3.20

Beef Pies \$4.50

Meat or Vegetable Pasties
\$4.50

Party Pie \$1.50

Pizza Bread \$3.50

Hawaiian
Supreme

Sandwiches

White, multigrain or
wholemeal bread

Meats: Ham or chicken (\$4.50)

Add any extras for 50c each:

- | | |
|---------------------------|-------------|
| * Lettuce | * Beetroot |
| * Tomato | * Pineapple |
| * Onion | * Egg |
| * Cucumber | * Carrot |
| * Cheddar or tasty cheese | |

Spreads: Vegemite, jam,
avocado, peanut butter,
mayonnaise, pickles,
cranberry sauce, tomato
relish, seeded mustard

Add an extra 50c for toasted.

**Add an extra 50c for a roll
instead of bread.**

Sweets

Hedgehog \$3.00

Apple slice \$3.00,

Vanilla slice \$3.50

Donuts

Jam donut \$2.50

Iced donut (pink or
chocolate) \$2.00,

Cinnamon donut \$2.00

Drinks

"Water Please" water bottle
\$3.20

Pump water (no flavour) \$3.50

Fruit Box 250mL \$2.50

(Orange, Tropical or Apple)

Flavoured Milk 250mL \$2.50

(Chocolate or Strawberry)