



TOGETHER WE GROW

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Term 1

Week 2

Issue 2

11th February 2022



Upcoming Dates

FEB	Friday 11th	Welcome BBQ—6.30 pm; meat supplied
	Monday 14th	Swimming lessons begin
	Wednesday 16th	No Foundation classes
	Tuesday 22nd	Hockey Clinic—note change of date
	Wednesday 23rd	No Foundation classes
	Friday 25th	Swimming Carnival

Farewell Miss Lindsay

Miss Lindsay commenced her parenting leave today and we wish her and Dale God's richest blessings for the exciting journey ahead. This morning we prayed for Miss Lindsay at chapel and she was blessed by Pastor Carl. We look forward to seeing Miss Lindsay for a special 'show and tell' in the not-too-distant future.



Foundation

Introducing the rest of our Foundation class.



From the Principal

Swimming

Our swimming program begins next Monday. Students will walk to the pool where our qualified instructors, Mrs Mason and Mrs Alexander, will lead sessions. Students will be getting changed at school and will then walk to and from the pool with their classroom teacher. We ask that students bring sandals/ thongs, bathers, a towel and a swim shirt. They may also wish to have goggles. Sunscreen will be supplied at school and students may wear their school hat when walking.

Welcome BBQ

The Welcome BBQ is being held this evening, from 6pm onwards. Thank you to the P&F for organising the BBQ. Families need to bring chairs and drinks, with meat, bread and ice cream being provided. The BBQ will be held on the back lawn area. Being an outside event masks are not compulsory but recommended if adequate physical distancing cannot 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 show evidence of being double vaccinated.

Health and Bounce Back

The last two years have presented numerous challenges to our students, not only for the disruptions to their academic learning, but also to social and emotional learning and development. Malcolm Elliot, president of the Australian Primary Principals Association, was quoted in The Guardian in December last year as saying many schools were noticing examples of students struggling with social and emotional behaviours as a result of lockdowns, remote learning and other pandemic related factors. The social nature of schooling enables key relational skills and attributes to develop, through learning behaviours such as turn taking, and playing fairly and inclusively.

During remote learning many of these growth opportunities for students to interact with their peers was removed, and the stop-start nature of flicking between remote learning and face to face learning led to students often having to re-learn and re-implement positive social behaviours. Knowing that this is an issue facing many of our students, we have made a decision to prioritise and intentionally implement programs that address social and emotional health. Each week, Mr Prenzler is teaching students the evidence based Bounce Back program and other programs, to help students in their social and emotional learning. Classroom teachers are leading Physical Education lessons with their own classes.

Covid update including RATs

Thank you to all families for your compliance with Covid safe rules. Each student will be provided with another box of rapid antigen tests to be used in weeks 3 and 4. These tests are 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.

Every blessing for your week.

Damon Prenzler



Devotional Thought

Face to face

When ... we were made orphans by being separated from you – in person, not in heart – we longed with great eagerness to see you face to face (1 Thessalonians 2:17).
Read 1 Thessalonians 2:13–20

During our COVID-influenced times, I've lost track of the number of people who told me that although they are very thankful for the technology we have, there simply is no substitute for being with those we love face to face. Many people have been unable to physically be with family and friends for extended periods and have realised they are missing something of immense significance in human life. I've also had interesting conversations with people about how different they've found face-to-face interaction with the wearing of masks and how much we rely on facial expressions in our communication and relationships.

In our verse today, the Apostle Paul writes to one of the early Christian communities he was instrumental in founding. He had been forced to be away from them, so he longed with great eagerness to see them face to face. It always amazes me how much warmth, love and affection comes through in the letters of the New Testament between the apostles and the early Christians. Sometimes Paul is thought of as somewhat hard, cold or overly intellectual, but surely, we could never hold on to this idea when we read these letters closely. There is a genuine network of love in the early church, which survived forced separations and prolonged absences and drove the early Christians to travel to each other and be together face to face.

I'm convinced this Christian impulse to be together face-to-face grows out of the incarnation – that is, God becoming a human being in Jesus Christ. God did not remain at a distance but has drawn near to us. Although God first spoke through the prophets and messengers, he has now finally spoken to us in his Son. The word became flesh. God has a face. As followers of Christ then, we do not live our Christian lives in isolation and only in a virtual world, but we gather together, face to face in the presence of God to receive his gracious service to us and encourage each other in the life of faith.

Heavenly Father, I thank you for the gift of Christian community and being with each other face to face. Help me never take this for granted, and increase my love for my brothers and sisters in Christ. In Jesus' name, Amen.

Worship News

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

Sunday 13th February
Nhill— 11 am
Woorak— 9 am
Jeparit— 9 am (AGM)



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.....

- ♦ Toqa and Toleen Ali and their family
- ♦ Sophie Blackwood and her family

Chapel

Chapel is held in the Multi Purpose Room on Friday at 9am. Pastor Carl will lead chapel next week.



Chapel Offering

At today's Chapel \$4.00 was collected and will go to the Maw Per Koh orphanage school in Myanmar. Thank you for blessing our sister school in Myanmar.

School Captains

Presenting our School Captains for 2022:

Eden Woodward and Shilah Hiscock were presented with their School Captain badges at Assembly last week.



Bible Presentation



Our Foundation and Year 3 students were presented with Bibles at Chapel last Friday. Thank you to P&F for providing these for our students.

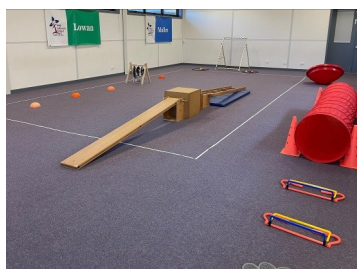
Thanks also to Jackie Rethus for presenting the Bibles on behalf of the P & F.



Get 'em Going

What a wonderful first week at Get 'Em Going playgroup! Looking forward to another fun day Tuesday February 15, 9.30 - 11am, and continuing on following Tuesdays.

All adults are to wear face masks, QR code check in, and be double vaccinated. To register interest please email or phone the school before Monday (admin@nls.vic.edu.au or 53912144). Looking forward to plenty of play, books and craft activities.



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.

Buddy Time

No matter what the activity, everybody loves Buddy Time.

Drama Club

We love it when students put creative and collaborative ideas into action. Thank you to our school captains, Shilah and Eden, for running a lunchtime drama club for students. We can't wait to see the final performance! What a great example of student voice!



Stephanie Alexander

This week in our Stephanie Alexander classes we made zucchini chips from home grown and freshly picked zucchinis. Students practiced their safe cutting skills to slice the zucchini's, before getting their hands dirty coating them in a crumb mixture. Whilst waiting for their chips to cook, some classes also used zucchini's cut into different shapes and sizes as paint stamps to create artworks.



Rubber Boots

Please check if your child has outgrown their rubber boots and may need a new pair, and take any pairs that are no longer required at school. Please name the boots.



From Mr Holt

Hello parents and families at NLS.

I just want to thank you for the way you have welcomed me so warmly into the school. The messages on seesaw and feedback has been really encouraging and makes me feel more confident and comfortable about my job. The vibe amongst the staff here is warm, friendly, supportive and fun and that makes such a difference, I look forward to coming to work each day. The kids have been great and have settled into routines well. They are attentive and responsive as well as a lot of fun and they are loving our class novel, Tom Sawyer. Be sure to ask them about our special guest Paul who we face-timed in Hawaii today. I hope to meet plenty of you at the BBQ this evening.

Mr Holt



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.

Visitors and volunteers performing work on school sites are required to have received three doses of a COVID-19 vaccine by 25 February 2022 if they became fully vaccinated on or before 25 October 2021. For those that became fully vaccinated after 25 October 2021, the deadline is 15 March 2022, or have a valid medical exception.

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.

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.



INSIGHTS

Helping kids settle back into school



The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers – for their top tips.

Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- preparing their uniform for each day
- packing their school bag
- helping organise their lunch
- ensuring they have the correct school resources for each day

Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

It may be beneficial to arrange a meeting between you, the previous teacher and the current teacher to enable a smooth transition, particularly if problems emerge. It's a team effort, so working together is key.

Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.



Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).



Starlight
Children's Foundation

Starlight helps kids of all ages regardless of disability, illness or injury to find their happiness! That's why they work with the health professionals to bring joy, fun and laughter that helps sick kids be kids!



STAR

Love
AT FIRST
Bite

I am going to decorate Marie biscuits to fundraise for the Starlight Foundation. Please pre-order on the form provided.

Decorated Marie
biscuits \$3



To be available at recess on
Monday 28th of Feb and the 14
of March

from
Shilah.

Star order form ★

Please return by 21/2/22

Biscuits Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Baking Powder, Salt, Starch (Wheat), Milk Solids, Emulsifier (Soy Lecithin), Natural Flavour, Antioxidant (E307b From Soy).

Ingredients Icing (icing sugar, water and food colour)

Name: _____

No of
biscuits : _____

Date(s)
for biscuits : 28/2/22 or 14/3/22

Money\$ _____

PIC•COLLAGE

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)