



TOGETHER WE GROW

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Term 1

Week 3

Issue 3

18th February 2022



Upcoming Dates

FEB	Monday 21st	Swimming lessons continue
	Tuesday 22nd	Hockey Clinic
	Wednesday 23rd	No Foundation classes
	Friday 25th	Swimming Carnival

P & F

The P & F meeting has been postponed. It will now take place on Monday 28th February at 8 pm.

Zoom will be an option for those who can't attend in person.

POSTPONED

Swimming

Our daily swimming lessons have been going well. Lessons consist of safety near water, water awareness, freestyle, backstroke, breaststroke and free time in the water.

Thank you to our swimming instructors, Mrs Alexander and Mrs Mason, and also to all staff for ensuring a smooth flow of students back and forth to the pool.



From the Principal

Swimming

Our swimming program has been progressing well. Students are to be commended for their efforts, not just when at the pool, but also for when getting changed and walking to and from the pool. Instructors are already seeing impressive improvements in the students after swimming lessons thus far. A special thank you to Mrs Mason and Mrs Alexander for leading the swimming sessions with the students.

Lessons continue next week Monday to Thursday, with our Swimming Carnival on Friday. More information about the carnival will be sent to families next week. It will start at 9.30am and conclude around lunch. Students may return home after the carnival has finished. Spectators are allowed in the pool precinct as long as they are double vaccinated.

Student Leadership

Our 2022 school captains, Eden and Shilah, were presented with their leadership badges at our last assembly. Today the Student Representative Council received their badges. Each class has two representatives in the SRC which will be overseen by Mrs Mason this year. We look forward to seeing the great ideas from the SRC.

Congratulations to:

Foundation: Hunter and Zoe

Year 1/2: Esther and Abby

Year 3/4: Clayton and Oleara

Year 5/6: Toqa and Matilda

Welcome BBQ

It was wonderful to hold our Welcome BBQ last Friday and thank you to all who attended. The weather was kind to us and we didn't have a lock down starting at midnight (unlike last year). The Welcome BBQ is a great community event and a big thank you to the Parents and Friends, and their helpers, for

organising the BBQ.

Covid update

The Victorian Government has announced that QR check ins will cease from 6pm tonight. Visitors and volunteers to school must still be double vaccinated, and wear face masks when inside. The government has also mentioned an easing of density limits and we will see how this applies to schools.

Rapid Antigen Tests will continue to be supplied to the end of the term, and families will be informed when the next supply is available. The recommendation is for RATs to be done twice a week on school days.

Every blessing for your week.

Damon Prenzler

Bear

Last year Jeffrey Bear was awarded to students who were doing a good job of following the school rules of property, fair play, communication, safety and learning. Students could take Jeffrey home and care for him for a few weeks where, judging by the stories and the odd photo, he had many adventures. At the end of 2021, all students who had been awarded Jeffrey during the year had their name added to a bowl and then one was randomly selected, with Mia getting to keep Jeffrey. This year, an as-yet-unnamed bear looking remarkably similar to Jeffrey will again be awarded to students. Congratulations to Matilda P for being the first bear recipient for 2022.



STOP PRESS:

The bear has been named Bob!

Devotional Thought

Comfort his people

Comfort, comfort my people, says your God
(Isaiah 40:1).

Read Isaiah 40:1–5,11,12

The headline here is also the words of a very famous aria from Handel's *Messiah*. Glorious! As I first read this passage, I was immediately drawn to find the music to listen along to. I strongly encourage you to do the same, with your Bible open. Find an image in the Scripture to meditate on.

What struck me as I listened was the comforting nature of the strings and harpsichord supporting the soloist. The overall effect, I realised, was perfect: Handel has written a perfectly comforting aria to highlight this wonderful Scripture.

We open this passage with an instruction to comfort God's people. We find later in verse 11 a beautiful picture, pastoral in nature, of the Lord tending his flock like a shepherd, carrying the lambs in his arms close to his heart, gently leading those with young. Let's think more about this instruction to comfort God's people. Do we still have this gentle touch, or are we feeling worn and jaded? Do we have the patience and gentleness, fruits of the Spirit, in abundance to care for each other in the manner we see the Shepherd in verse 11 in our mind's eye?

In these trying days, come back to this picture. Listen to this comforting music; lose yourself in this passage we are likely so familiar with that it can just become a memory verse we skip over as we read. Find a way to slow down – and take in the Lord's words to you – not least this instruction. 'Comfort my people.' Who can you encourage and comfort? As our society becomes so preoccupied with our own individual health and freedoms, who are we leaving behind? We might be surprised who needs our comfort. Comfort his people.

Lord, where we are too occupied with our own comfort to heed your words and comfort your people, please forgive us. May we remember you are the Good Shepherd who carries the lambs and gently leads those with young. May the fruit of

the Spirit grow and flourish in our lives so that we can bring your comfort to hurting people in a hurting world. In Jesus' name, Amen.

Worship News

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

Sunday 20th February

Nhill— 9 am (AGM)

Woorak— 9 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.....

- ◆ Chelsea Bone and her family
- ◆ Darcy and Connor Borgelt and their family

Chapel

There will be no chapel next week due to the Swimming Carnival. Chapel the following week will be on Ash Wednesday.



Chapel Offering

At today's Chapel \$0.00 was collected for the Maw Per Koh orphanage school in Myanmar. Please consider sending an offering each Friday morning as the children there rely on our help.

Welcome BBQ

What a glorious evening to celebrate our NLS community. Thanks to all who helped to make it a most enjoyable occasion.





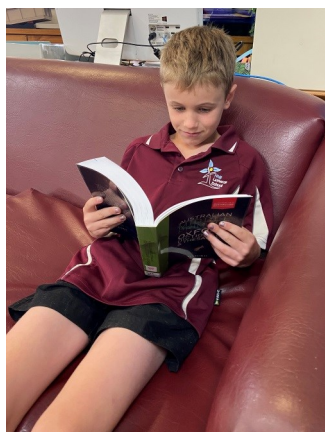
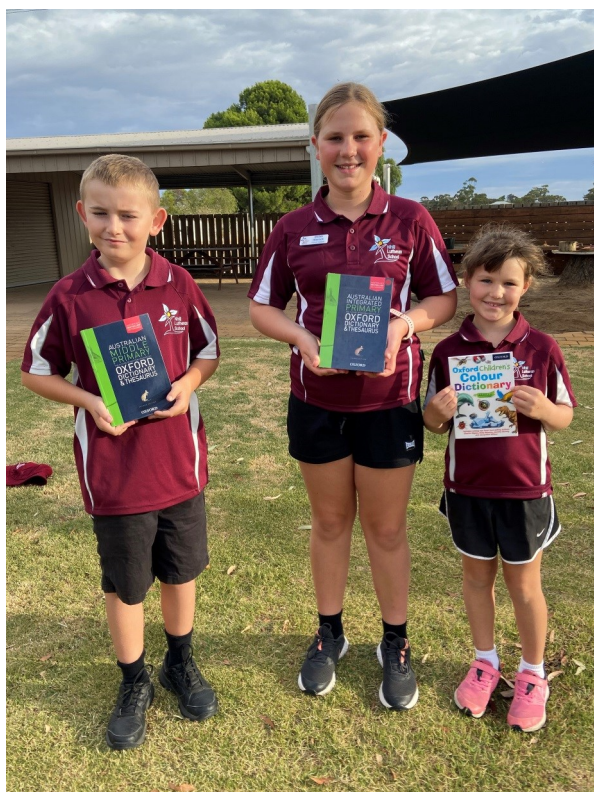
Foundation Swimming



New Dictionaries

Last week, the School was very excited to take delivery of some new dictionaries ordered last year. These will be kept in classrooms for students to access on a daily basis, to expand their word knowledge and vocabulary. We have three different types to address the needs of the different grade levels and learners throughout our school. A big thankyou to Debbie Kerber, our superstar volunteer who covered, labelled and catalogued each individual dictionary. We are very grateful and look forward to using these in our learning.

The 'old' dictionaries are still very useable and if families would like one, they are free to take from the front office.



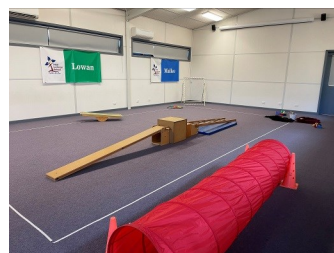
Rubber Boots

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.

Get 'em Going

We had another fun and exciting day this week at Get 'Em Going playgroup! Looking forward to another fun day Tuesday February 12nd 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 water craft activities.



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 continue swimming lessons, on Monday 21st 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.

INSIGHTS

Managing school stress during the pandemic



The pandemic continues to bring challenges to families in another year where learning may take place in person, online or somewhere in between. The Scouting motto “Be prepared” with the addition of “for anything” comes to mind as we approach another school year of uncertainty.

Here’s what you can do to take the stress out school this year.

If your child attends class in-person

Ask about their concerns

Avoid generalised assumptions about COVID. Your child may not be bothered by the virus, but they may be worried about wearing a mask to school or making friends if they’ve spent time in remote learning. Drill down to their specific worries about going to school and allay their fears by helping them come up with simple solutions to address their concerns.

Allay your own fears

It’s natural to be concerned about your child’s health so get the facts about social distancing, sanitising and other COVID-safe measures teachers are taking at school. Having accurate information will allay your own fears and minimise the chances of your child being unduly anxious about going to school.

Put your own germ-avoidance measures in place

Initiate habits to reduce the risk of your child bringing COVID home to your family. Changing out of clothes, showering as soon as they get home, washing hands regularly and social distancing from older relatives are the types of measures that help reduce the spread of coronavirus. Keep up to date with the latest health advice and involve everyone in creating a COVID-safe family plan.

If your child learns remotely

Create a personal learning space

Anchor your child’s learning to a familiar place at home. Your child may need a private space away from others for them to focus on specific tasks. If you don’t have a separate nook or cranny, consider hanging an old sheet from the ceiling or using a temporary divider to provide privacy. Be mindful that there will be times when your child or young person wants to work in the company of others so be prepared for them to set up a work station near in a public place.

Get them moving about

Kids are used to moving around during the school day so encourage them to spend learning time in different places. Perhaps they can spend some time in a bean bag reading a book, use an ironing board as a stand-up desk or prop up on their elbows in the hallway to complete a set task. Get them outdoors as well. Neuroscience informs us that outdoor activities supports kids' mental and physical health and promotes learning.

Allow screen time with friends

Social isolation is a recognised problem for both primary and secondary school students during remote learning so give your child ample time for digital catch ups with friends. Socialising may mean playing online games, using Snapchat and other age-appropriate social media platforms.

If your child does a hybrid model with some days in person and other days remote

Make it clear what's expected each day

Have two charts – one with the in-person schedule and one with the remote schedule, where your child can see it clearly. Each night go over the required schedule with them for the following day. Encourage older students to create two schedules in their personal calendars or timetables to help them stay on track.

Ensure remote learning days mirror in person days

Routines help kids feel safe and be ready for learning. On remote learning days your child should wake up at the same time as they do when they attend school, have breakfast and get dressed at the same time ready to settle into work.

Reassure your child that this arrangement is temporary

Kids don't always have the same perspective as adults and may think the current measures will always be this way. Reassure them that they will go back to school, see their friends and enjoy activities as they did before the pandemic.

Stay flexible

A hybrid learning model may not suit every child so be prepared to consult with your child's teachers if this system causes too much stress. It may be best if your child switches to a fully at-home learning model so work with teachers for a suitable solution.

For parents

Take a break yourself

Kids take their emotional cues from their parents so model self-care for your child. If you are a tightly wound ball yourself, they'll more likely become anxious and worried themselves. Regardless of the situation, take a break each day. Go for a walk, read a book, do something that helps you to unwind, or engage in activity that you enjoyed as a child.



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.



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.

Shilah's Fundraiser

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.

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.

6th March Overwhelmed (Discussion)

Life can be crazy and chaotic at the best of times, even more so when we're in a pandemic. Listen to Anna, Celia and Richard discuss how we can live each day when the future is so uncertain.

13th March Letting Go Of Tomorrow (Discussion)

With the pandemic continuing to cause disruption, how do we cope with the constant change in our lives. Richard, Celia and Jo chat about what we can do to balance the uncertainty of everyday with a sense of confidence for the future.

Piggery Lane Players

with permission from Lazy Bee Scripts

presents

All patrons need to provide
proof of double COVID
vaccination & mask
wearing rules apply or
provide medical exemption

The
Wizard
of
OZ

proudly sponsored
by
Klata Wind Farm

A Pantomime by
Adrian Barradell

Nhill Community Center



FRI March 25th - 7.30pm
SAT March 26th - 2pm Matinee
- 7.30pm Cabaret

Book Tickets via QR code

www.trybooking.com/BXCYJ or at the door
Adult \$12.50 Child/Student \$5 Concession \$10