



Upcoming Dates

MAR	Wednesday 9th	No Foundation classes
	Monday 14th	Labour Day public holiday
	Wednesday 16th	Foundation class attend school
	Wednesday 16th	School nurse visit
APR	Friday 8th	Last day of Term 1

Little Desert & Black Ranges Swimming

Well done to our swimmers who competed in Horsham today at the Little Desert & Black Ranges competition. Thank you to the parents who provided transport and supervision.

There will be a more detailed report next week.



Bob Bear

Congratulations to Zara who is our next recipient of Bob Bear. Zara has followed our school rules well, especially our Learning Rule where she persisted and problem solved a complex Science/Technology task.



Birthdays

We wish the following students a very happy birthday:

Charlotte Marra: Friday 4th of March

Lucy Moll: Friday 4th of March



From the Principal

Student Voice

Our Student Representative Council (SRC) met for the first time this week under the guidance of Mrs Mason, and already some of their ideas have been put into action. A rubbish bin has been placed in the playground, the budgies have been moved to our verandah area where they can talk more with the students, and the guinea pig enclosure has been cleaned ready for the return of our guinea pigs who have been holidaying with Ms Rutherford. Proceeds of Zooper Dooper sales also go towards SRC fundraising efforts. We are looking forward to seeing what else the SRC comes up with in 2022.

Little Desert and Black Ranges Swimming

Congratulations to the following students who are representing Nhill Lutheran School at the Little Desert and Black Ranges Swimming in Horsham today: Eden, Matilda, Annabella, Henry, Mia, Harper and Oleara.

Parent helpers

We value the contribution of volunteers and parent helpers, and have missed having helpers assisting our students over the last two years. With restrictions slowly easing, parent helpers can again assist students, albeit with COVIDsafe requirements. The latest DET Operations Guide states that volunteers (including parent helpers) that attend an education facility and work in close proximity to students or staff must have had their third vaccination dose by March 25 2022. Additionally, they are to adhere to the requirements of physical distancing, face masks, cough etiquette and good hand hygiene. Parent helpers are also required to have a current Working With Children Check and undertake Valuing Safe Communities training, the details of which are found later in the newsletter.

Chapels

Pastor Carl led an Ash Wednesday chapel this week and we now find ourselves in the church season of Lent, a time where Christians look ahead to Easter and the death and resurrection of Jesus. Over the next four weeks, each class will lead a chapel. The theme for our upcoming chapels is Old Testament Heroes, so we look forward to hearing some amazing stories led by our students.

Every blessing for your week.

Damon Prenzler

P & F Need You!!

There are still 3 extra member positions to be filled on the P&F executive. Are you able to fill these positions?

P&F is a great way to be involved in your child's school and educational journey. It is rewarding and a great way to meet new people.

General member is a great starting position as you just need to attend most meetings and give you options, from there you can be as involved as you choose. We only need half of the executive present at a meeting to form a quorum, so you wouldn't need to be present every month but we would encourage you to come as much as possible. We try and keep meetings short (1-1.5 hours) and when meeting in person, we hope to enjoy a coffee and cake/slice while at the meeting. We meet 2-3 times each term. If attending meetings in person is too difficult, zoom is always an option so you can still be involved.

If you are interested in a general member position, please contact one of the P&F executive to discuss further. Women and men are all welcome. We would love to have you!

Jackie Rethus

Devotional Thought

Great expectations?

I do believe; help me overcome my unbelief! (Mark 9:24)

Read Mark 9:14–29

During the 1970s and 80s, a popular publication for those in the industry was *In Search of Excellence* by Thomas J Peters and Robert H Waterman Jr. I always liked this title because it didn't demand that I actually attain excellence but continue to strive towards it. What a relief! Not only was I relieved of expecting excellence within myself, but I was relieved that others would not be expecting excellence from me. It is about the journey, the striving, the search.

There are many times in our lives that we have failed to meet the expectations of others. We are also at fault when we have expectations of others that they may not be able to meet. I recall on one occasion someone saying to me, 'I didn't fail you – I failed your expectations'. Was I wrong to place my expectations on another?

Our humanity and imperfections result in us regularly failing to meet the expectations of others and ourselves.

In our text today, Jesus sets out his expectations regarding our faith. He doesn't expect perfection in us. The text tells us that upon hearing the father's statement of faith (and doubt), Jesus immediately healed the boy. Jesus didn't rebuke the father for his doubt. Instead, he rebuked the demons in the boy so that they left him.

Faith grows in us as we live under that grace, be open to the Holy Spirit serving us through the word and sacraments, and demonstrate God's love for us through others. Faith is the gift of the Holy Spirit, and our trust is in his providing sufficient for our needs, not to meet our expectations.

We are made perfect in God's eyes only through Jesus' own life, death and resurrection. Through Jesus' perfection, we can be assured when he makes a promise, we can trust it and know such expectations will be met.

Dear Heavenly Father, I pray that you send your Holy Spirit to lead me closer to you and trust in your promise of salvation through your Son, Jesus Christ. Amen.

Worship News

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

Sunday 6th March

Nhill— 10 am

followed by Parish AGM



Wednesday 9th March—Lenten Reflection

Nhill—7.30 pm

Login via QR code

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.....

- ♦ Barrett Clark and his family
- ♦ Cooper and Abby Cramer and their family

Chapel

Chapel this week was held on Ash Wednesday. It was run by Pastor Carl.

Next week Chapel will be led by the Year 5/6 class.



Chapel Offering

Please consider sending an offering each Friday morning as the children there rely on our help.

Swimming

We had a very successful swimming carnival last Friday with all students giving their best to 'have a go'. It was wonderful to see so many family and friends cheering on the students. Thank you to the staff, parents and friends for helping the smooth sailing carnival. We couldn't have done it without your support. Congratulations to Hindmarsh for being the winning team, followed by Lowan and Mallee.



Stephanie Alexander– Shrove Tuesday and Ash Wednesday

This week in our Stephanie Alexander classes, students enjoyed cooking and eating pancakes for Shrove Tuesday. With some classes even participating in pancake races, where they had to dress up and run while flipping pancakes in a fry pan. Luckily we had extra pancakes for eating, as many of the racing ones ended up on the floor.

On Wednesday the Grade 3/4 and 5/6 classes talked about some of the traditions in Lent, including eating fish instead of red meat on Ash Wednesday and Good Friday. These classes worked together to make a yummy tuna pasta bake.



Foundation Word of the Week



This week, the Foundation class have been focusing on the word 'tap'. As part of their integrated learning, students went on a tap hunt around the school and counted all the taps, practising their counting and learning about tally marks as a mathematical tool. We located 26 taps! In Art, students learnt about collaging and overlapping paper to create different patterns and designs. Visitors are most welcome to come and see our wonderful display of water droplets flowing out of our tap in the classroom.



P & F News

On Monday night the P&F meet for the first time this year. Five people met in person at the school and 2 attended via zoom. We discussed events for the year and are hoping to have a family social event each term, including a movie night later in the year (along with donut fundraisers at different events throughout the year.)

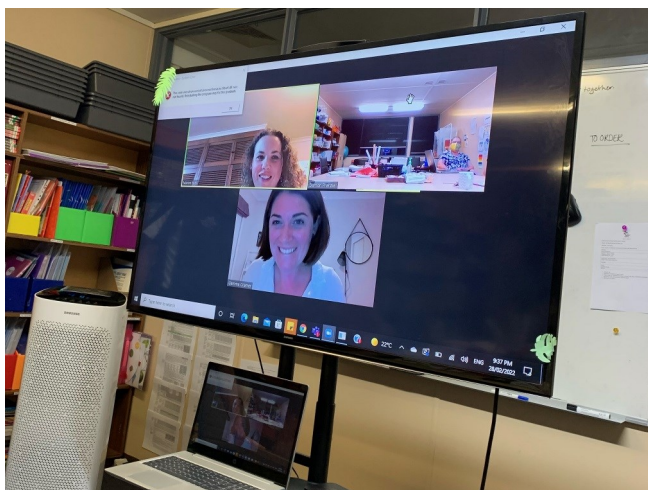
We held elections for the P&F executive positions and we thank all those who volunteered for these positions. The executive for 2022 are:

Chairperson - Jackie Rethus
Vice Chair - Jamie Lee Jupp
Secretary- Maree Moll
Treasurer - Alicia Alexander
Extra Members - Gemma Cramer, Janine Grover, Carol Case-Hassall

We have our first donut fundraiser on March 19th and rosters for this event will be out as soon as possible. If you are able to volunteer for this event and haven't returned a form, please let us know. We would love to have you.

Our next meeting will be March 28th at 8pm. All parents and carers are invited to attend meetings. You don't need to be an executive member to attend. And we would love you to come and contribute your thoughts.

Jackie Rethus



Get 'em Going

Get 'Em Going playgroup this week we made a sun craft and we were treated to freshly made pancakes for Shrove Tuesday. Looking forward to next Tuesday March 8th 9.30 - 11am, and continuing on following Tuesdays. All adults face masks 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.



Face Masks

A reminder to all families that reusable (fabric) face masks should be washed each day that they are used.



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 Communities 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.



Farm Safety at Nhill

A poster for Farm Safety Advisors. At the top left is a logo with a tractor and the text 'MAKING OUR FARMS SAFER'. At the top right is the 'Victorian Farmers Federation' logo. The main title is 'Farm Safety Advisors' in large bold letters, followed by 'Meet John Darcy & Richard Versteegen.' Below this, it says 'With over 65 years of combined OHS experience, we consider them to be industry experts.' and 'Here to provide free assistance to all Victorian farmers with implementing and managing safety on your farms.' There is a list of services: 'We can help if you, manage employees or contractors on your farm, want to remove or reduce risks in your farming workplace, want to learn more about how you can make your farm safer'. A circular photo shows two men, John Darcy and Richard Versteegen, wearing hats and smiling. A blue circle at the bottom right says 'See us at Nhill Farm Safety Briefing March 17'. At the bottom, it says 'Book an appointment at www.makingourfarmssafe.org.au'.

INSIGHTS

Helping kids build lasting happiness



When asked “what do you want most for your kids in life?” most parents answer “to be happy”. While much of what has influenced kids’ mental health and happiness in recent years is outside the realm of influence, their long-term happiness is something you can cultivate by implementing and teaching happiness habits and practices. Following is an important selection of these represented them by the acronym FLOURISH.

Flow

Flow is the experience where kids lose all sense of time. When in flow they’re beautifully engaged in their activity, an experience often described as being ‘in the zone’. If flow is to be experienced, children and young people need to have an appropriate level of skill to rise to the challenge at hand. When the balance is just right flow feels wonderfully satisfying and produces happiness.

Laughter and play

Laughter makes kids happier while at the same time helps them breathe more deeply, calming their nervous system and reducing stress. Research shows that the number of times kids laugh each day reduces as they get older. The same applies to play. You can change that by creating ample opportunities for both. Games like Pictionary and Pie Face tick both boxes!

Optimism

Optimistic thinking can be taught and has been shown to reduce the likelihood of depression. A great strategy to teach kids relates to 3 Ps- personal, pervasiveness and permanence. When things go wrong help your kids to understand that what happened is not personal, pervasive (a tendency to spread) or permanent.

Unite for family meals

This is a game changer! More family meals together equate to better grades, fewer depressive symptoms, less adolescent smoking and less drinking of alcohol among kids. Family meals also bring families closer, strengthening relationships which are at the heart of lifelong happiness.

Relationships

Having more friends and good relationships is a strong predictor of happiness in childhood and beyond. You can help boost your kids’ social networks by opening your home to their friends and encouraging your kids to spend time with friends from a variety of social circles. Connecting in-person and online helps bolster kids’ friendships.

Intensive exercise

Kids need at least an hour a day of exercise, preferably outside and including high intensity fun. Exercise promotes the production of 'feel-good' chemicals which boost happiness and helps reduce the stress response. Help your kids make connections between the activity they do and how good they feel during and afterwards to encourage exercise for life.

Self-regulation

Kids' ability to self-regulate is an important piece of the happiness puzzle. Their ability to delay gratification predicts their ability to cope better with frustration and stress. Help your kids build self-regulation skills in a variety of life domains including eating and drinking, sleep, play, screen-time, homework and catching up with friends.

Helping others

Being kind makes kids happy and you can nurture kindness in your kids through what you do. Genuine compliments, handwritten notes of thanks, saying good morning to a stranger or even picking up litter are all acts of kindness you can role model. Kids are said to close their ears to advice but open their eyes to example.

It's comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

Dr Jodi Richardson presents: Building lasting happiness in children

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Building lasting happiness in children' at no cost.

About: In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

When: Wednesday 23 March 2022 8:00pm AEDT

To redeem 1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code HAPPY 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 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au



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 21 of March

from
Shilah.

Shilah's Fundraiser

Star order form ★

Please return by 21/2/22

Name: _____

No of
biscuits : _____

Date(s)
for biscuits : 28/2/22 or 21/3/22

Money\$ _____

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)

DISC-CLAGE

Messages of hope

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

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.

20th March Losing Mike But Keeping Hope (Interview)

What do you do when your rock, your protector is diagnosed with a brain tumour? How do you cope with the changes in their personality, your relationship and in all the things you used to do together? Jen and Allie share their story.

27th March Saying Goodbye (Richard Fox)

Saying goodbye to someone we love is heart breaking and can cause deep grief. But grief can also occur from other types of goodbyes. Have you ever moved house, changed jobs, or moved away from close family and friends? Richard, Celia and Anna share their insights on hope in grief.



heritage plaques
unveiled @ 2pm

scrap metal
artwork
display

wood
turning
&
blacksmithing

historic
engineering
exhibits

HISTORIC ENGINEERING EXPO

CELEBRATING NHILL'S UNIQUE
ENGINEERING HERITAGE

sky diving
bookings essential

food available
all day

SAT 19th MARCH
10am - 4pm

@ Nhill Aerodrome

Entry \$15
chn/students free

FOR MORE INFO CONTACT JENNY CREEK- 0417014278

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<http://www.saskydiving.com.au/book-online/skydive-nhill/>

or follow SA Skydiving on facebook

In conjunction with the Nhill Aviation Heritage Centre at the

Historic Engineering Expo . Sat March 19th

Nhill Aerodrome

More information : Jenny 0417 014 278 / lcreek6@bigpond.com



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