



## Upcoming Dates

MAR	Monday 14th	Labour Day public holiday
	Wednesday 16th	Foundation class attend school
	Wednesday 16th	School nurse visit— POSTPONED
	Sunday 27th	Final service at Woorak Lutheran Church
APR	Friday 8th	Last day of Term 1

## Book Fair– Dive into Reading

Our annual Scholastic Book Fair has started and will conclude next Friday, 18th. All students will have time with their teachers to complete a wish list. Books may be purchased at school or online (see the flyer sent home). Our school earns points for each sale. Thank you for your support.



## Student of the week

Congratulations to the following students who were presented with Student of the Week awards at assembly last Friday:

Foundation: Jessie

Year 1/2: Ruby & Nelson

Year 3/4: Michael



## Birthdays

We wish the following students a very happy birthday:

Shilah Hiscock: Friday 11th of March

Sienna Alexander: Monday 14th of March

Ruby Woodward: Monday 14th of March



## From the Principal

It's been pleasing over the past few weeks to experience a sense of flow in the teaching and learning program. Students have returned from swimming weeks ready and switched on to learn and grow. All classes Units of Inquiry are progressing with rich learning experiences happening, including the 1/2 class venturing to the Post Office, and the 3/4 class holding an 'olden day' exhibition with some amazing artefacts.

### Foundations first Wednesday

Next week heralds a milestone for the Foundation students when they begin attending school on Wednesdays and experience a full week of school. Miss Attiwill and her Foundation students have used Wednesdays this term for testing purposes, as well as provide a break for the students.

### Old Testament Heroes

This morning the 5/6 class led chapel focusing on the life of Elijah, a prophet from the Old Testament. They brought the story of Elijah to life with great puppetry, costumes and dramatic acting. In the next few weeks classes are leading chapels focussing on other 'heroes' of the Old Testament. Parents of children in the presenting class may attend chapel so long as they are double vaccinated and wearing a face mask. Seating will be arranged in a safe physically distanced manner.

Every blessing for your week.

Damon Prenzler

## LD & BR Swimming Carnival

Last Friday we had seven students compete in the Little Desert and Black Ranges swimming carnival in Horsham. Congratulations to all swimmers representing Nhill Lutheran School. We are all so proud of you all.

We would like to congratulate Henry and Oleara, who won their individual races. This qualifies them for the Greater Western Region Swimming Championships next week. We wish them all the best for this wonderful achievement representing our school.

Henry: On Friday the 4th of March I went to Horsham to represent my school in swimming. I swam freestyle and breaststroke.

Breaststroke is my favourite and I came first. I am very happy, as this is my second year in a row that I competed in regional championships. I think it is cool as I will be swimming the same day as my brother.

Oleara: I swam freestyle and breaststroke last week. Freestyle is my favourite and I came first. I am very excited to represent my school in the regional next week.



## Devotional Thought

### Shared experiences

Because he himself suffered when he was tempted, he is able to help those who are being tempted (Hebrews 2:18).  
Read Hebrews 2:9–18

We all know that the depth of our relationships is related to our shared experiences. The more time we spend with someone else, the closer we become. The discoveries we make and the emotions we feel together create a bond, drawing us closer and shaping us more like each other. People married for many years understand this instinctively. Shared experiences bring us closer to one another.

The writer to the Hebrews talks about this phenomenon. He asserts that Jesus has shared our human experiences and, therefore, is bound to us. Because he has been tempted, he can supply us with what is needed to resist temptation and flourish in the experience.

When I was training to be a pastor, I visited a member with cancer. I did my very best when I was with her. I read Scripture, I listened to her pain and worry, I assured her of God's presence, and I prayed she would experience God's peace. Even so, I knew she needed more. I spoke to my senior pastor, and he told me to take another member along who had survived cancer. As those two ladies embraced during the visit, they said 'I know' through their tears. I witnessed a breakthrough. The shared experience allowed us all to receive God's word more fully, and that wonderful saint was sustained by God through her battle with cancer.

Jesus is the one who has gone through every difficult and painful experience we will ever face. He shares our experiences completely and in a real way. That shared experience combined with the powerful, life-giving word of God allows us to grow, no matter what we face. Be it trauma or temptation, Jesus is there with us.

**Lord God, as we are tempted and face challenging times, we know you are with us. Help us receive your word and promise for what we endure today. Amen.**

## Worship News

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

Sunday 13th March

Nhill— 11 am

Woorak—9 am

Jeparit—9 am



Wednesday 16th March—Lenten Reflection

Woorak—7.30 pm

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.....

- ♦ Harper Crouch and her family
- ♦ Will Decker and his family

## Chapel

Chapel this morning was run by the Year 5/6 class.

Next week Chapel will be led by the Year 3/4 class.



## Chapel Offering

This morning's Chapel offering was \$6.10. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.



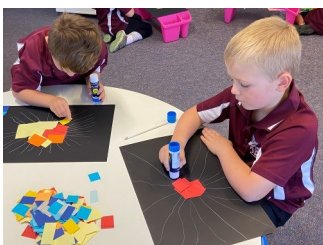
## Music

In Music the Year 1/2 students have been learning about pitch and have explored how to make high, medium and low sounds with instruments and their voices. This week they experimented with glass jars and water to create their own high, medium and low pitched sounds by changing the water levels in each jar.



## Magic 100 Words

At assembly last week both Connor and Roger were awarded the Magic 100 Words Certificate for the 12 Golden Words. Congratulations to them both and keep up the great work.



## Word of the week



This week, the Foundation students are learning all about the word 'sun'. Students have engaged in colour sensory play, writing in the sand and building suns with Connetix tiles. This learning is also linked to their Visual Art. Students learnt about murals and viewed the one created by our talented 5/6 class from 2021. Students observed different features in this artwork, and then created their own versions sun murals. What superstar learners they are!



## Year 1/2 Excursion

This week Mrs Mason and Ms Rutherford took the 1/2 class to our Nhill Post Office. Here are some observations from the students:

The mail comes from Ballarat.

It is delivered in big crates on a big truck.

The building is more than 100 years old (Even older than most Grandma's and Grandpa's!!)

The owners have been there for 8 years.

There are lots of rooms out the back where the mail gets sorted.

There is a very old map that shows where the cars deliver mail to people of farms.

Some people's mail doesn't get delivered to their house, there are boxes with keys at the Post Office.

There are lots of parcels out the back.

It is a very big building.

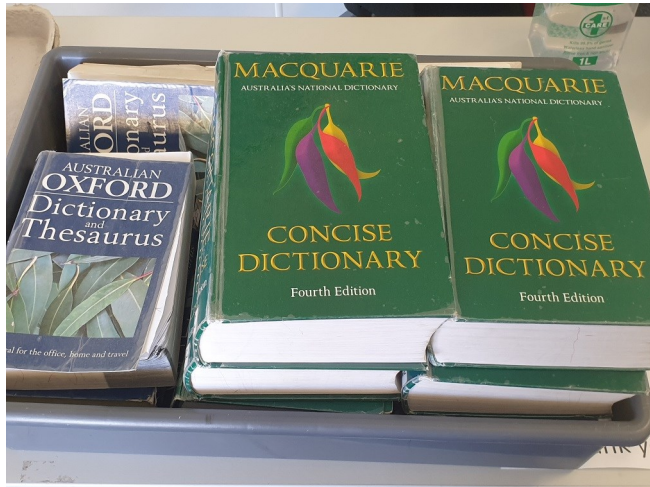
We saw the big bags the Postie put the mail in on his motorbike.

Visiting the Post Office has helped us to learn more about what happens within local businesses and how they help us as community members. Thank you Mr and Mrs Lacey for giving up your time during our visit.





## Free Dictionaries



Feel free to pick up one of our old dictionaries. They are available at the front of the school.

## Buddy Time



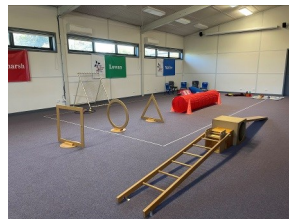
## Video Call with Posie



Today the Year 5/6 class were thrilled to have a Video call with Miss Lindsay and her sweet baby, Posie.

## Get 'em Going

Get 'Em Going playgroup this week we played with play doh and enjoyed the room. Looking forward to next Tuesday March 15th 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](mailto: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](http://www.cybersafetyhelp.gov.au).



## Farm Safety at Nhill

A poster for 'MAKING OUR FARMS SAFER' featuring two men in farm attire. The text includes contact information for John Darcy and Richard Versteegen, a list of services provided, and a date for a safety briefing.

**MAKING OUR FARMS SAFER**

**Farm Safety Advisors**

**Meet John Darcy & Richard Versteegen.**

With over 65 years of combined OHS experience, we consider them to be industry experts.

Here to provide free assistance to all Victorian farmers with implementing and managing safety on your farms.

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

See us at Nhill Farm Safety Briefing **March 17**

Book an appointment at [www.makingourfarmssafes.org.au](http://www.makingourfarmssafes.org.au)



## INSIGHTS

### Explaining scary world events to our children



Almost exactly two years ago our world changed in incomprehensible ways. It was supposed to be a couple of weeks. A month at most. We just had to isolate at home. Flatten the curve. Protect the vulnerable.

It meant working from home unless we were essential workers. It also meant school was at home. But it was an adventure. A reset. A chance to change things up and focus on what matters most; to help make a difference for our communities.

But despite a few bright patches where it really was good and our hope was high, it was also often bad. Our two most populous states endured the world's longest lockdowns. The borders stayed closed keeping loved ones separated.

It was a year of stuttering Zoom calls and classes, quarantine, mask mandates, vaccinations, protests, and for many parents and families, hellish challenges to balance all that family, work, and government restrictions required.

As 2022 commenced, QLD held students back from school for two extra weeks to encourage vaccinations. NSW and VIC required all students to be tested for COVID using at-home testing kits twice per week. It felt like COVID parenting was about to become more overwhelming than we could manage.

Now, barely into March, our lives are bombarded with stories – and for some, the reality – of flood waters inundating homes and lives being lost. And a conflict in Eastern Europe that many fear will become a war has begun.

It's enough to leave parents reeling. Except that many parents are already stressed out, burned out, and tired out. Parents have done all they can to hold things together. The difficulty – the unfairness of it all – is that we must keep on keeping on. Our children are relying on us.

#### What our children need right now

Our children *need* the world to feel safe and secure. The more they feel this, the more they can explore life with confidence, look to the future with hope, and find a meaningful way forward. And whether we are feeling it or not, it's up to us to provide them that safety and security. If not, the unpredictable nature of life can consume them with anxiety, fear, apprehension, and worry.

#### More information is *not* reassuring

Ever notice that getting more information does not reduce your worries and fears? Scrolling your news feeds doesn't offer reassurance. It's the same with your children. They don't need lots of information. They need to feel safe. And what we do makes a difference.

#### Kids are anxious. Here are 5 ways to help



# parenting\*ideas

## **Tune out media**

Social media algorithms are designed to push more and more of what we see in our direction. The more you and your children watch these events occur online, the more they'll appear. Keep bad news away from your children – especially younger children – as much as possible.

## **Remember that emotions are contagious**

If you are feeling emotional or overwhelmed, your child will sense it – and catch it. Taking a deep breath, and keeping level and stable will help you respond gently and patiently to your child.

## **If it's mentionable, it's manageable**

Rather than asking your child "Are you ok?", say what you see. "Gee, you look pretty worried about things. What's on your mind?" Perhaps you could say, "I noticed you were pretty affected by that horrible news. It's hard to hear isn't it."

## **Side by side conversations**

Rather than sitting face-to-face, talk with your children about their questions and concerns while side-by-side. Perhaps it's a car ride, beside their bed at night, or while you're doing an activity together. Side-by-side conversations feel less threatening.

## **Don't turn on the fire hose**

When someone is thirsty, we don't put their face in front of the fire hose. We give them a glass of water. It's the same with our kids. Most of the time they don't want to (or can't) understand the magnitude of the bad news or even why it happened (if there's a reason at all). When you answer their questions, keep it simple, invite more questions, and answer the best you can. Kindness and gentle reassurance that you "get it" is typically enough.

## **In closing**

Most of the time the world is a fabulous, beautiful place, but scary things happen from time to time. When they do, remind your child that this is unusual which is why it's in the news. As Rebecca Solnit eloquently described in her book, *A Paradise Built in Hell*, "Horrible in itself, disaster is sometimes a door back into paradise, the paradise at least in which we are who we hope to be, do the work we desire, and are each our sister's and brother's keeper."

As this latest bad news strikes, let's notice that there are usually more people moving towards the disaster areas to help than there are leaving it due to stress and duress. Let's see the good, be part of it, and give our children hope for a better world.



### **Dr Justin Coulson**

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 80 million people. He is the author of 6 parenting books and the cohost and parenting expert on Channel 9's Parental Guidance. He hosts Australia's #1 podcast for parents: Dr Justin Coulson's Happy Families. Justin and his wife, Kylie, are the parents of 6 daughters.



**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-001-005

Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](http://messagesofhope.org.au).

#### **13<sup>th</sup> 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.

#### **20<sup>th</sup> 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.

#### **27<sup>th</sup> 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.



# HISTORIC ENGINEERING EXPO

CELEBRATING NHILL'S UNIQUE ENGINEERING HERITAGE

## SAT 19th MARCH

10am - 4pm  
@ Nhill Aerodrome

Entry \$15  
chn/students free

FOR MORE INFO CONTACT JENNY CREEK- 0417014278  
WWW.NHILLAVIATIONHERITAGECENTRE.COM.AU  
WWW.SASKYDIVING.COM.AU

heritage plaques unveiled @ 2pm

scrap metal artwork display

wood turning & blacksmithing

historic engineering exhibits

sky diving bookings essential

food available all day

Made with PosterMyWall.com

## SKYDIVING AT NHILL

*Book now for the thrill of lifetime!*

### SATURDAY MARCH 19<sup>TH</sup>

- ✓ Freefall : 25 - 70 seconds
- ✓ Parachute Flight : 5-6 minutes
- ✓ Stunning views over Nhill
- ✓ Australian Parachute Federation (APF) Membership
- ✓ Australia's highest skydive

9,000ft	\$349
12,000ft	\$449
15,000ft	\$529

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Photos & Video	\$149
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Terms & Conditions Apply



AVAILABLE WITH

**BOOKINGS:** [www.saskydiving.com.au](http://www.saskydiving.com.au)  
<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

## NETSETGO & AUSKICK

## COME & TRY NIGHT



### THURS 7TH OF APRIL

### 4PM AT DAVIS PARK

### NEW FAMILIES WELCOME



**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](http://www.trybooking.com/BXCYJ) or at the door  
Adult \$12.50 Child/Student \$5 Concession \$10





Thank you so much for supporting Nhill Lutheran School, especially through fundraising. This term, we are running a **Billy G's Gourmet Cookie Dough** fundraiser.

Billy G's Gourmet Cookie Dough is an exciting fundraiser, made by an Australian, family owned and operated business. There are ten (10) dough-licious flavours to choose from, including the most popular **Choc Chunk** and **Caramel White Choc**.

You can also create your own cookie magic with a **NEW** Golden Classic flavour – the base of the Billy G's secret family recipe. Add Hundreds & Thousands, macadamia and white chocolate, anything you like: the sky is the limit on what you can create! There is even something for your special furry friends, with a cheese flavoured Doggie Dough! Billy G's Gourmet Cookie Dough is exclusive to fundraising – so stock up!

**Get started!** Cookie dough orders must be placed online using the online platform. Create your child's profile by visiting [australianfundraising.com.au](http://australianfundraising.com.au), and follow the instructions in the order form. Orders are open **from 07/03/2022 until 08/04/2022**, so make sure you get rolling and create your online fundraising page today!

**How do prizes work?** Every student who sells a tub will receive an incentive prize for their efforts! But why not aim higher? The more tubs you sell the more prizes you will receive! There are 12 prizes up for grabs, so why not set your own fundraising goal and aim for them all? Prizes are automatically ordered at the end of our fundraiser based on the number of tubs you have sold.

Family and friends are your greatest supporters, so make sure you ask them for support. You will reach your fundraising goal in no time!

**Win a \$10,000 JB Hi-Fi Shopping Spree!** Our highest tub seller will go into a draw to win a \$10,000 JB Hi-Fi Shopping Spree. Plus, every student that achieves all online virtual badges will win a Billy G's "You're One Awesome Cookie" Bag Tag.

Want to aim even higher? Australia's highest tub seller will scoot away with a Razor Prize Pack valued at \$3,000. How exciting!

Happy fundraising,