



# TOGETHER WE GROW

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Term 1 Week 10 Issue 10 8th April 2022



## Upcoming Dates

APR	Mon 25th	ANZAC day
	Tues 26th	First day of Term 2
	Wed-Fri 27th—29th	Year 3/4 Camp— Portland
MAY	Mon 2nd	P & F meeting—8pm
	Tues 3rd	Primary Student Leadership Day—NLS
	Thurs 5th	Freestyle Dance Ministry
	Mon 9th	Kaniva Cross Country

## Uniform Changeover

It's the time of the school year when we transition from summer to winter uniform. From now until the end of Week Two next term, students may wear either summer or winter uniform. From Week Three next term all students are to be in their winter uniform. Uniform items are available at the school. The blue jackets and school beanies are popular in colder weather.



## Student of the week

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

Foundation: Lucy

Year 1/2: Abby & Tom

Year 3/4: Sophie B

Year 5/6: Toqa



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## From the Principal

Welcome to the end of the first term! We can be grateful that we have been able to have a whole term without lockdowns and remote learning, and to get flow and continuity into the learning program. Despite the presence and impact of Covid still lingering in our community, and the need to be flexible and adaptable, we have been able to achieve quite a lot during Term One.

### **Parent-Teacher interviews**

Thank you to all parents/caregivers who attended parent-teacher interviews and I hope this was a valuable time to discuss your child's progress, as well as connect with your child's teacher.

### **Cross Country**

On Monday our Year 3-6 students competed in cross country races at the golf course with students from the other Nhill schools, running either 2km or 3km depending on their age. Congratulations to Miss A (1<sup>st</sup>), Shilah (2<sup>nd</sup>) and Oleara (3<sup>rd</sup>) for finishing in the top three in their respective races. Overall Nhill Lutheran finished second, a great result. A selection of Year 3-6 students will be chosen to represent our school at the Kaniva Cross Country day in May.

### **Dress Up Day**

It was hard to work out who the teachers and students were on Wednesday as students dressed as teachers, and staff dressed as students. Thank you to SRC for organising this fun day!

### **Year Two Sleepover and Year 3/4 Camp**

The Year Two students slept over at school on Thursday night, a pretty exciting occasion. Thank you to Mrs Mason and Ms Higginson for bravely sleeping over with the Year Two students. At Nhill Lutheran our students have the opportunity to participate in a one night sleepover in Year Two, before participating in

overnight camps in the older year levels. In Week One next term, our Year 3/4 class venture to Portland for a 3 day/2 night camp.

### **ANZAC Day**

Thank you to families who have indicated if your child will participate in the ANZAC Day ceremony on April 25. Students are to meet at the visitor's centre at 10.15am, before marching to the memorial. Our students will be singing two songs with students from St Patricks, who joined us for a practice last Monday. Please ensure students are wearing their formal uniform.

### **Rapid Antigen Tests**

The Victorian Government have announced that the provision of rapid antigen tests for students will continue into Term Two. The recommendation is for students to test twice a week. We will distribute the RATs to families when they arrive at school.

### **Congratulations Ms Rutherford**

Congratulations to Ms Rutherford for attaining her Certificate IV in Education Support. Ms Rutherford is a valuable contributor to our school and her support for students is much appreciated.

### **Happy Easter**

I would like to wish every member of our community a safe holiday period, and a blessed Easter. Easter is an important part of the Christian Church calendar where the death and resurrection of Jesus is remembered, and the significance of Easter is central to Christian faith. May the joy of the resurrected Jesus be with all of you.

Every blessing for your week.

Damon Prenzler

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## Devotional Thought

### Our relationship in the heavenly family

Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf (Hebrews 7:24,25).  
Read Hebrews 7:23–28

What mental picture do you have when you read or hear about Jesus interceding with the Father on our behalf? Do you see Jesus pleading with his Father to go easy on you because you are a reasonable, decent person, and you haven't done anything really bad, at least for a while? Do you see the Father with his chin in his hand, chewing this over in his mind, weighing up the good and bad things you have done to decide where your eternal future lies?

Actually, there is only one argument Jesus has that will work with his Father. His standards of perfection are so infinitely high that we would never pass the test of being good enough. Jesus' argument is that, on behalf of all humanity, as a 100% human while he was here on earth, he lived the perfect life we could not live – for all of us. And then as the same 100% human, acting as the representative of all humanity, he took our failures on himself in death on the cross and to the grave. When we accept this free gift, we are now clothed with Jesus' perfection and stand perfect – as measured by God's infinitely high standards – before God.

I believe we are so conditioned by our existing relationships with family, friends and work colleagues, where we are rewarded for the way we treat others, that we really struggle to believe God loves us unconditionally and sacrificially. He really wants us to get over trying to be good because we will never be good enough. Rather, he wants us to live as members of the heavenly family, with all resources freely provided by the Father and guidance and direction provided by the Holy Spirit. Yes, it can be a bit scary to have to entrust our security and future to God, but it is also so exciting to see how God works in our lives, letting us be a part of what he is doing in the lives of others.

How secure do you feel about God's unconditional love to you that you can open up to him about your fears and insecurities and ask him to set you free to live excitedly as a member of his family?

**Heavenly Father, we are tempted so often to try hard to be good people so we can feel worthy of your love and care for us. We ask that you would help us stop trying to be good but rather surrender our whole lives to you so that we could share in the joy and excitement of living as members of your family. In Jesus' name. Amen.**

## Worship News

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

### Sunday 10th April

Nhill— 11am

Jeparit—9am



### Thursday 14th April—Maundy Thursday

Nhill—7.30 pm

### Friday 15th April—Good Friday

Jeparit—10.00 am

### Sunday 17th April—Easter Sunday

Jeparit— 6.30am

Nhill—9am

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.....

- ♦ Harrison and Mckenzie Jupp and their family
- ♦ James Lerhtoo and his family

## Chapel

Chapel this morning was run by Mr Prenzler and focussed on Palm Sunday.



## Chapel Offering

This morning's Chapel offering was \$4.30. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.



## Nhill Cross Country

On Monday the Year 3—6 students competed against Nhill College and St Patricks in the Nhill Cross Country. The students were fortunate enough to get perfect sunny weather and a luscious green lawn at the Nhill Golf Club. All the training clearly paid off as all students participated to the best of their abilities. Some individuals placed in the top three runners of their age group, an excellent effort. Overall Nhill Lutheran School finished in second place. Well done!

Congratulations to Miss A, Shilah and Oleara on their placings.

Selected students will participate in the Kaniva Cross Country on Monday May 9th.





## SRC Dress Up Day

On Wednesday the SRC conducted a very successful Dress Up Day. Students dressed up as teachers and the staff dressed up as students. It was great to see the creativity of the students. The funds raised from the Dress Up Day will go towards the upkeep of our mini farm and the purchase of four new chickens.

Thank you all for supporting the SRC and participating in a fun dress up!





## INSIGHTS

### How to help your child be a good friend



Winnie the Pooh once said that “a day without a friend is like a pot without a single drop of honey left inside,” and my bet is that when he said this, that he wasn’t talking about any friend, he was talking about a *good* friend.

Being a good friend and knowing what a good friend entails is an integral component of friendship. Research says that kids start making meaningful friendships from around the age of four and from that point onwards, friendships will contribute to their wellbeing, learning, confidence and mental health.

But understanding what a good friend is can be tricky, so here are some strategies you can use to help explain what being a good friend means to your child and how they can be one.

#### Defining what it means to be a good friend

While most adults know instinctively what a good friend is, explaining this to kids can be difficult, says Reach Out’s Online Community Coordinator Janine Nelson.

Pinpointing some of those elements of what being a good friend means can be a great way to start.

For example, “being a good friend means including concepts of respect, loyalty, providing support and having fun together“, Nelson explains.

“Good friends typically display behaviours such as being trustworthy, someone who is around for the hard times not just the good times, and someone you can laugh with. Good friends respect your boundaries, and make you feel comfortable being yourself.”

Healthy Harold and the team at Life Education add that “generally, being a good friend involves loyalty, empathy and trust. A good friend would listen, be an upstander instead of a bystander, be forgiving, be patient, and respect your opinion. They are empathetic, and able to put themselves in your situation.”

#### What a good friend is can vary and change

It is also critical for kids to know that a good friend can be different for different people and that what we view as a good friend can change over time and as we grow.

“As kids grow older, it’s important to help them understand that there are many different types of friends and that these relationships can change over time,” says Nelson.

Helping your kids understand that this is normal and that it doesn’t equate to failure, while also supporting them through these changes is important.

# parenting\*ideas

## Teach your child friendship values.

Life Education says that helping your kids understand what specific values are associated with friendship is key to understanding what a good friend looks like and how to be one.

“Friendship values include being a loyal friend, accepting differences in a friend, standing up for a friend, being kind and supportive to a friend and including a friend in games,” they explain.

## Teach and model the social skills that underpin successful friendships

While knowledge and values are a key underpinning, consolidating these with skills is the next step.

Life Education suggest you “explain to your child that just as they can get better at swimming by practising, they can also get better at making and keeping friends by practising social skills such as smiling and greeting classmates, sharing, cooperating, negotiating, being positive, having an interesting conversation, playing games well (e.g., being a good winner and loser).”

## Praise the good stuff

Provide positive feedback when you observe your child using social skills or values that have the potential to contribute to the development of their friendships. This will help reinforce the values that make a good friend.

## Empower them to find their own solutions

Don’t always try to fix every problem that arises, be present and support the children as they try to find a resolution. Create an environment where no questions are off limits so that nothing is too uncomfortable to discuss.

## Friendships in adolescence are different

As your kids grow into teens, friendships often take on a different significance and influence. Reach Out advises some additional strategies for parents with pre-teens and teenagers to use to help support them being a good friend. Work with your teen to set expectations around how they should treat their friends. A reminder of the values of a good friend and the skills that a good friend utilises can be helpful.

Be supportive if your teen comes to you about an issue with one of their friends without necessarily always trying to solve the problem. Listen openly and non-judgmentally without jumping into solution mode can be helpful. Model the behaviours of being a good friend. For example, you could get your teen involved if you are cooking a meal to support a friend and use the opportunity to talk about why that is important to you.

## In closing

Helping your child understand the distinction between being a friend and being a good friend is important but supporting them to become one can be a tricky process. It can vary depending on you, your child/ren, the friendships and over time. Experiment with different strategies and techniques and see what works best for you and your child/ren.



### 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](#).





# WHAT'S IN YOUR BACKPACK?

## Kids Camp 2022

Monday 11<sup>th</sup> to Wednesday 13<sup>th</sup> April, 2022

Tandara Lutheran Camp – Halls Gap

For 9-12 year olds only

\$170

Registrations are limited, use the link to register -

Link:

<http://jstan2.pairserver.com/apps/tlcapp/register/form/7>

[manager@camptandara.com](mailto:manager@camptandara.com)

(03) 5356 4253



## 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).

### **10<sup>th</sup> April      The God of Easter      (Bishop John Henderson)**

For a lot of people Easter is about having a long weekend and time off to have fun with family and friends. But what is the real story of Easter? John Henderson talks about the life and death of Jesus and what that means for us.

### **17<sup>th</sup> April      Easter – A Time of Hope      (Pastor Richard Fox)**

What does Easter offer us in times of crisis? Listen to Richard share about Easter and where there is hope for us all.

### **24<sup>th</sup> April      Single but not lonely      (Interview)**

Emma, almost 40, with no partner or children constantly faces questions like "why aren't you married" "you better hurry up if you want children", "are you on Tinder?" How do you navigate society's expectations as a single person, and thrive?





## A one-day event held during school holidays for young people in years 6, 7, 8 and 9.

### Youth School Holiday Workshops

The Workshops are designed to provide young people who may experience social isolation, anxiety and other stressors, with an afternoon of fun activities whilst also encouraging social interactions, teamwork and improving their sense of wellbeing.

Fun to be had includes:

- Level Up! Gaming – Virtual Reality experience included
- Lego – let your imagination run wild and make something cool
- Make your own design for your custom t-shirt or hoodie using cool Cricuts and accessories
- Sphero robot challenges
- Light snacks and water provided
- Plus some quiet activities.

**Date:**

Tuesday 11<sup>th</sup> April 2022

**Time:**

12.00-3.00pm

**Venue:**

The Station  
16 Pysent St, Horsham

**Cost:**

Free

**Bookings:**

You must register to attend as limited spots are available.

**Get in touch:**

Email

[shwwimmera@vt.uniting.org](mailto:shwwimmera@vt.uniting.org)

or call Ari

0481 063 747



**Horsham Rural City Council**  
urban rural balance

**Uniting**

# Brighten our town at Easter time!

**THURSDAY APRIL 7**

Come join the Nhill Town Committee crew in a fun, easy art and craft workshop from 11am till 5pm under the front verandah at Cambrelles - create some bunnies and easter art that will make our main street festive over the Easter weekend. All paper, paint and glitter supplied.

**THURSDAY APRIL 14**

Come join the Nhill Town Committee crew from 11am till 5pm in some chalk drawing street art fun. Starting at Cambrelle's chalk art will continue up the main street and beyond. Cushions and chalk supplied.



**PROUDLY  
HOSTED BY**

**NTC**  
Nhill Town Committee





# EASTER EGG HUNT



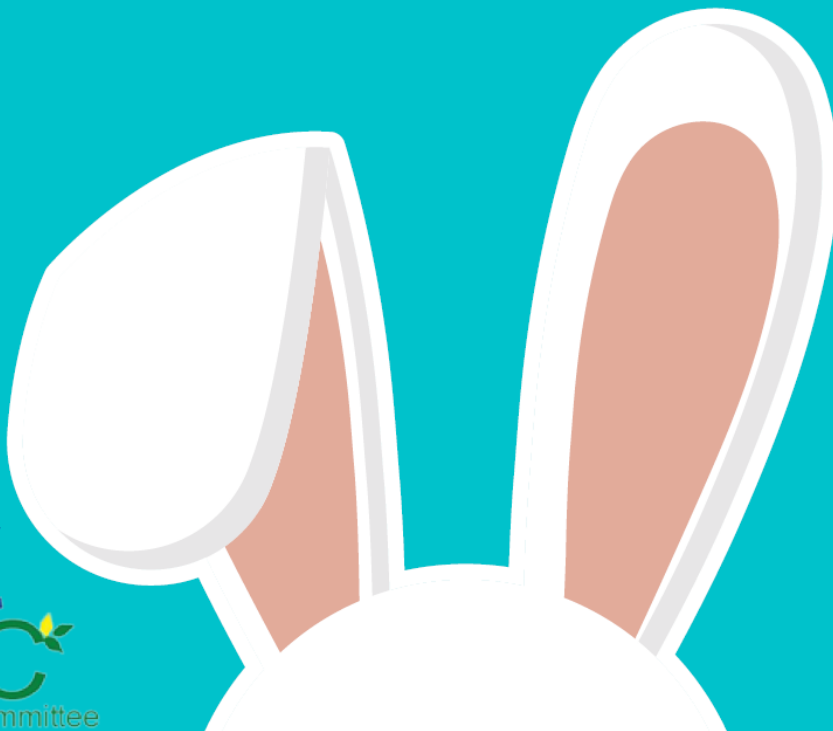
**SATURDAY 16 APRIL 2022**  
**10AM - 11.30AM**  
**JAYPEX PARK, NHILL**



**JOIN OUR EASTER EGG HUNT AND SCAVENGER HUNT**  
**WEAR YOUR CREATIONS FOR OUR EASTER BONNET PARADE**

**COST \$2 DONATION PER CHILD**

**REGISTRATION [WWW.EVENTBRITE.COM.AU/E/EASTER-EGG-HUNT-AND-GAMES-TICKETS-308097857987](http://WWW.EVENTBRITE.COM.AU/E/EASTER-EGG-HUNT-AND-GAMES-TICKETS-308097857987) BY 13 APRIL**



**PROUDLY  
HOSTED BY**

**NhC**  
Nhill Town Committee