

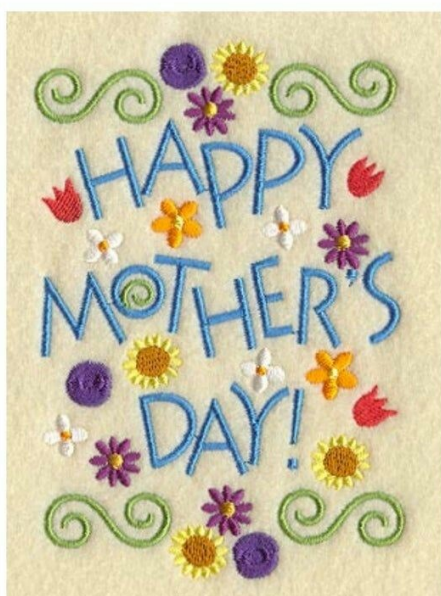


Upcoming Dates

May-Mon 9th	Kaniva Cross Country
Tue 17th	School Photos
Wed 25th	Athletics Day- Please note date change
Week 3-4	Naplan Yr 3 and Yr5 students

Cross Country

We have 12 students competing in the Kaniva Cross Country next Monday. We wish them all the best for this.



SRC Hot Chocolates



The SRC would like to announce that as of next week there will be no more Zooper Doopers for sale. The SRC will be selling hot chocolates on Wednesday lunch times for \$2.00.

Mother's Day Chapel

We would like to thank all mothers, grandmothers and significant females in our student's lives for attending the Mother's Day chapel today. We also send this to those who were not able to attend. The students enjoyed celebrating this morning with you all and we hope you all have a wonderful and relaxing Sunday.



From the Principal

From the Principal

We have really hit the ground running this term! The 3/4 camp was a success, the 5/6s enjoyed the Leadership Day on Tuesday, Freestyle Dance Ministry proved to be very popular, and Mother's Day chapel took place this morning.

We give thanks to God for all of these activities and events being able to take place, and in particular we give thanks to God for all Mothers, Grandmothers and significant females, as we celebrate Mother's Day this Sunday. Here's hoping for a day where you feel appreciated, loved and even a little spoiled.

Year 3/4 Camp

Mr Holt was overheard to say to his students that "what happens on camp stays on camp", so I wonder what the 3/4s got up to? Judging by the exciting tales being shared this week it sounds like they had a fantastic time in Portland. Thank you to Mr Holt, Ms Rutherford and Mrs Woodward for helping lead the camp.

Student Leadership Day

Our 5/6 students participated in a leadership day together with students from Holy Trinity Lutheran College, Horsham, and St Peter's Lutheran School, Dimboola. Emma Graetz from Australian Lutheran College led the day where students learned about the 4 S's of leadership.

Mother's Day Chapel

Thank you to those who attended the Mother's Day chapel. The students enjoyed sharing this time with you.

Cross Country and Athletics Day

All the best to our cross country runners as they compete in the Little Desert Division Cross Country in Kaniva on Monday.

Students are practicing events for the NLS Athletics Day which will be held on Wednesday May 25.

Uniform

All students are to be wearing winter uniform from next Monday. Items are available at the school. The new blue unisex trousers are now available and initial feedback from students about these is very positive. New short sleeve polo shirts are also available, although with the colder weather arriving we may not see too many of those until the weather warms up again. The transition period for grey to blue pants, and for the new short sleeve polo shirt, will last until the end of next year, and will be a requirement from the start of 2024. School jackets and beanies are also popular during colder weather. Please note, there is no change to the sports uniform.

Freestyle Dance Ministry

Justin Seidel from Freestyle Dance Ministry led some lively, energising dance sessions for our students on Thursday. Justin combined dance action with a positive Christian message.

NAPLAN

Next week our Year 3 and 5 students commence NAPLAN tests where they will be tested for Writing, Reading, Language Conventions and Numeracy over a two week period.

National Lutheran Principals Conference

Next week I have the pleasure of joining with Lutheran School Principals from across Australia as we gather in the Adelaide Hills. Lutheran schools are found in every state and territory in Australia, except ACT, and vary significantly in size and location, but we share a common Lutheran education ethos that is a strength of our system.

Every blessing for your week.

Damon Prenzler

Devotional Thought

Understanding in all things

Think over what I say, for the Lord will give you understanding in all things (2 Timothy 2:7).
Read 2 Timothy 2:1–8

Paul's second letter to Timothy includes more encouragement to Timothy to continue in God's mission to heal a broken world, and that same advice continues to guide us today.

I often wonder whether it is easier or harder to be disciples of Jesus today than when Paul was writing to Timothy. The saying 'you can catch more flies with honey than vinegar' is apt here. In the first three centuries of the Christian church, disciples were persecuted, yet the church continued to grow. In many countries today, Christians continue to face persecution, yet the church still grows.

Developed democratic countries face a different challenge – not the vinegar of persecution but the honey of a comfortable, consumerist, secular lifestyle. And here, the institutional church is not growing. If what we seek is worldly success – wealth, power, fame, comfort and self-satisfaction – then we won't find it in church. When we focus on self-improvement, we can avoid looking at the disadvantage, persecution, hopelessness and injustice that affect many in our society.

Paul gives Timothy some images of the life of a disciple – a soldier following the orders of their leader, an athlete competing for victory and a farmer working for a harvest. We can think of ourselves in these images. If we are soldiers, which army have we enlisted in – the disciples of Jesus or the army of self-serving consumerism? If athletes, what competition rules are we playing by – the upside-down last-will-be-first rules of the kingdom of heaven or the race to accumulate earthly riches? If farmers, what is the harvest we are working towards – more stuff for ourselves or more justice in an unjust world?

The choices aren't always easy, but the Holy Spirit is always there, teaching us through the Scriptures and guiding us when we pray. Paul doesn't give us a blueprint for our individual roles in God's mission to the world. Instead, we can take Paul's advice, 'Think over what I say, for the Lord will give you understanding in all things'.

Wise and powerful God, you ask us to join in your mission to the world. We are weak, foolish and easily discouraged. Fill us with your strength and wisdom, so we can better serve you and our neighbours. Amen.

Worship News

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

Sunday 8th May

Nhill— 11 am

Jeparit—9 am



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.....

- ♦ Roger Maw Keh and his family
- ♦ Michael and Hunter Merrett and their family

Chapel

Chapel this morning was run by the students and focussed on Mother's Day.

Next Friday assembly will be run by Year 5/6.



Chapel Offering

This morning's Chapel offering was \$20.50. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

3/4 Camp –Portland

The 20 point plan on how to run a (nearly) perfect camp.

1. Don't reinvent the wheel. Look at what's been done in the past, keep the good ideas and add in a few of your own.
 2. Take great staff with you who are well organised and know how to take initiative. If at all possible make sure one of them is a morning person and another one has a bus licence.
 3. Organise for the weather to be perfect. This can be tricky so, at the very least, aim for early or late in the year and avoid winter.
 4. Take really good kids. We had seventeen to choose from and by luck or good management they were all wonderful. NB. This was testified to by several members of the public: in op shops, at venues, on the tram and during activities.
 5. Book a fantastic campsite overlooking the ocean, with heaps of space, comfortable beds and a games room.
 6. Make sure you have a small army of parents who can provide an abundant supply of cookies, slices, cakes and biscuits to feed the hungry hordes between meals.
 7. Recruit an experienced caterer, someone whose cooking you have eaten many times and always enjoyed. Where possible, arrange to have pancakes for breakfast at a lovely country cottage. Mrs B fitted the bill perfectly.
 8. Go on a boat ride to see hundreds of seals frolicking around the rocks, swimming and diving around the boat. Book some dolphins to appear for a quick visit as well.
 9. Spend a couple of hours playing on a beautiful beach. Teach the kids a new game. Let them get wet and sandy and happy and tired.
 10. Meet a really cool indigenous person who can guide you through the Tower Hill wildlife reserve and introduce you to edible plants, warn you about dangerous ones, talk to the emus and point out snakes hiding in the bush. Bonus points if you can take a kid whose superpower is spotting koalas in the trees. (Cooper)
 11. Find a great spot to eat lunch, preferably near an adventure playground with a maze and some flying foxes. It will be helpful to be near a coffee shop.
 12. Learn about whaling and the shipwreck coast at Flagstaff Hill then go back at night to see a spectacular sound and light show.
 13. Buy a humungous amount of fish and chips to feed the seagulls, er, I mean children.
 14. Introduce the campers to the joys of op shopping and set them a challenge to buy the most interesting thing(s) they can find on a budget of \$5.
 15. After a long and eventful day settle the kids quickly into bed back at camp.
 16. Organise to have perfect conditions at a beautiful beach so the kids can be taught to surf by a bunch of awesome instructors. Make sure the majority of kids manage to stand up and surf and those that don't have a fantastic time anyway.
 17. Take a tram ride around Portland to learn all about the history and culture of the town.
 18. Delay any rain to fall only after you've got everyone in the bus and are driving away from Portland.
 19. When driving home to Nhill, to avoid running out of diesel, find a friendly farmer who can pump a few litres of fuel into the bus and then refuse to accept any payment.
 20. Arrive back at school spot on the ETA and offload the happy excited kids to a group of welcoming and relieved parents.
-

Word of the Week



Last week in Foundation, our focus word was "dog" and the students participated in a variety of learning activities associated with this word. We looked at different dog breeds, and discussed what kind of personalities they might have and how they could look different to each other. We read different information texts associated with the word and lots of Hairy McClairy stories. Students used the colour coding system: red for vowels and blue for consonants, to construct words and practised their letter formation of the focus word. Students commenced their paper mâché artworks in which they are creating a dog. This will continue over the next 3 weeks or so, as they paper mâché and paint their creations. We are looking forward to seeing the final products! Students also enjoyed a special visit with Alfie, the border collie to build further connections and identified different features such as his breed, colouring and personality. It was a fantastic first week back of learning!



Get Em' Going

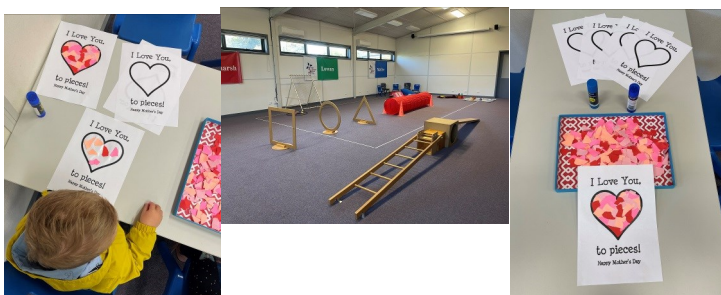
Get 'Em Going playgroup this week we enjoyed mothers day craft. Playgroup will be held next Tuesday the 10/5/22 at 9.30-11am. To register interest please email or phone the school before Monday (admin@nls.vic.edu.au or 53912144). Look forward to craft, books and activities.

School Photos

School photo forms were sent home with students this week.

Please be sure these are returned to school by photo day: Tuesday 17th of May. The forms need to be returned to school even if you do not wish to purchase any photos.

If you would like to purchase a family photo please contact the front office so that the family envelope can be sent home.



Parents and Friends News

On Monday night the P&F met for a very productive meeting, while enjoying some yummy slice (thanks Gemma). We have been able to plan a number of events for the rest of the year, both social and fundraising.

We are excited to hold a social lawn bowls afternoon in a couple of weeks on May 22. All families will be invited to come to the Nhill Lawn Bowls Greens and enjoy an afternoon of bowls and other fun. More information to follow.

In Term 3 on July 29th we are planning a family movie night at the school. Watch this space for more information. On August 14th we are planning a working bee at the school to aid in completing maintenance jobs around the school.

For fundraising we are hoping to return to the Wimmera Mallee Pioneer Museum Open weekend on June 12th to sell donuts. Information notes regarding this will be sent home soon. On October 13th our biggest fundraiser for the year will be catering the Nhill Show luncheon. This will be a big job but one that brings enormous benefit to the school. We look forward to the whole school community helping with these events.

For our next meeting we are going to trial holding it on a Tuesday evening. Hopefully this will enable more parents to come along for a good chat and a coffee. This meeting will be on Tuesday May 31st at 8pm at the school or via Zoom. It is a real benefit to the P&F to hear from parents who aren't on the committee and this is why we encourage as many parents as possible to attend the meetings.

If you have any questions regarding P&F please feel free to contact any of the committee members. We love what we do and would love to chat to you about it.

CSEF payments

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:

- * school camps or trips
- * swimming and school-organised sports programs
- * outdoor education programs
- * excursions and incursions.

Families holding a means-tested concession card or temporary foster parents are eligible to apply. \$125 per year is available for each primary aged students.

Please see Mrs Koning if you did not receive the payment last year and you believe that you are eligible. An application form will be provided to you.

Then bring the form and Centrelink card to Mrs Koning so that she can apply on your behalf.

Those families who received the payment last year do not need to reapply.

Parents and Friends—Freezer

P&F Community Freezer.

The P&F would like to restart the Community Freezer at the school. The idea is that any families can contribute to the freezer by supplying frozen good. This can be homecooked or purchased frozen meals, cakes, snacks etc. Then, if the school is aware of families who are in need of a helping hand, maybe due to illness, personal problems, birth of a child, parent away for business etc., the staff can discreetly distribute the food in the freezer. This information is confidential and P&F are never made aware of who has received a helping hand.

If you would like to contribute to the Community Freezer please drop food to the office and it will be quickly placed into the freezer. We do ask that all food is labeled with the date it was cooked and an ingredient list.

Freestyle Dance Ministry

Thursday all students were treated to energetic dance, music and moves hosted by Justin Seidel from Freestyle Dance Ministry. Everyone enjoyed themselves as you can see below, learning some amazing dance moves.



INSIGHTS

A Mother's Day message for Dads



Mother's Day is a sensitive topic to write about. While it is a day of joy and delight for many families, it can also be a day of difficulty, and even pain, trauma, or sadness for many others. Many of us have farewelled a mother, experienced a relationship rupture with our mum, or experienced other challenges. And so many mums, this Mother's Day, will be grappling with co-parenting, separation or divorce, or an inability to be with their children in loving and meaningful ways.

There are two other challenges that Mother's Day brings:

First, even on the day when Mum should be feeling loved on by everyone, the overwhelming load of cooking, cleaning, and even thinking about what the kids should "surprise her with" still falls to too many mums. This is not how it ought to be. And second, one day of bliss (if it works out that way at all) is nice, but what about the other 364 days of the year?

So this is a Mother's Day Insights with a difference. This is for the dads, the co-parents, the partners, the ex's, and anyone else who wants to make sure that the Mum of the house gets the love and respect she deserves, not just on Mother's Day, but on all of the days.

Mum, pass this on to your partner and others who matter. This is not for you this time. It's for them to read, memorise, and live.

Help mum develop a sense of time affluence

Have you noticed how often Mum is flustered? How often it seems like there's not enough time? And what time there is floats through the day like confetti, with just a minute here or there... and then the never ending demand that she get back into the rat race?

Recent research tells us our happiness goes up as our rushing goes down. It's called "time affluence" and it means that we slow our lives down so that it literally feels like we have more time, even if we don't.

How can partners do this? Help Mum build a sense of time affluence (or abundance if you prefer) by going for a walk rather than driving – and not walking for exercise. Create it by having a "yoyo" night (You're On Your Own) where the kids sort themselves out with leftovers or cheese toasties. Create a system where Mum doesn't have to feel obliged to do everything for everyone every time. Step back. Slow down. Or at least, let Mum do that a little more.

Be open to mum's influence

Have you noticed how Mum is always the one who steps back and let's everyone else decide? What would it be like if we were more inclined to look to Mum when decisions are being made and say, "Would you like to decide this one?"

parenting*ideas

It's true that sometimes Mum is tired of making decisions. Perhaps she doesn't want to. But studies show that even in our modern 2022, Mum is often voiceless. Everyone else gets what they want while Mum serves and does what she's told. If everyone could stop being a bossy boots and let Mum have a clearer, louder voice, not by yelling, but by seeking her counsel and inviting her opinions, it might make life nicer for all, especially Mum.

Ask how you can help

If everyone said, "Mum, how can I help?" or if partners said, "Honey, what do you need?" it might make Mum's day.

You know what's bigger? Help without asking. It shouldn't be up to Mum to have to tell everyone how to help and when to help and hassle them for not helping already. Do it without needing to be asked. This means remembering to empty the garbage or run the bins to the street, cleaning the kitchen, putting a load of washing on... you know, all that stuff that the cleaning fairy usually does.

Drop your agenda and help her with hers

It's easy to get caught up in our own agenda and forget that the woman we're brushing our teeth next to in the bathroom is a real person with hopes, dreams, and desires. Recognise her perspective and elevate her by treating her so well that your children will know how the most important person in your life ought to be treated. That way, when they're bigger (or even now), your kids have no doubt how they ought to treat their partner when they are old enough – and how they should expect to be treated.

The greatest compliment any dad could ever hear is "You always treated mum like she was the most wonderful woman in the world."

Bring that approach to every interaction. Make mum's day – every day.

(And a quick bonus tip: Do the leg work to make sure Mum actually has a nice Mother's Day and that she doesn't end up cooking, cleaning, or choosing her own gifts!)



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.

Parenting Ideas—Webinars and Guides

Our school has a Parenting Ideas membership which enables us to publish articles in our newsletter. I hope you find these articles useful and informative. In addition to the articles, Parenting Ideas also provides support for parents through webinars and eGuides. Parents of Nhill Lutheran School are able to access free webinars provided by Parenting Ideas (usually the cost is \$39). Some of the webinars have already occurred and have been recorded, others are planned for later this year. To gain free access to a webinar simply request a voucher from the school, which will have all the details you need to view the webinar. Upcoming webinars include:

Building lasting happiness in children –
March 23 at 8pm, valid to June 23

Encouraging good behaviour – June 8
at 8pm, valid to September 8

The eGuides are booklets that are also available free to parents. They cover the topics of *optimism, family meetings, friends, coping, understanding children's behaviour, and bring out your child's confidence*. Copies of the eGuides can be sent electronically by the school. Just ask via admin@nls.vic.edu.au or phone the school.

parenting * ideas

Messages of hope 

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

8th May **Mums – you don't have to be perfect!** **(Interview)**

As mothers, we often feel like we're not doing a very good job, and that everyone else seems to have it all under control. Listen to Celia chat with Ali Hoopmann about what it means to be a mum – warts and all!

15th May **Burnout** **(Interview)**

Do you find yourself torn between competing demands? It can be especially hard when you're a working mum. Celia talks with Anna Doecke, a counsellor who helps people recognise and deal with burnout and stress. We don't have to be slaves to our stress.

22nd May **Being Well** **(Richard, Celia and Anna)**

How is your well-being going, especially through these times? Listen to Anna, Celia and Richard talk about well-being and offering insights to help your well-being.
