



Upcoming Dates

MAY	Tues 24th	National Simultaneous Storytime
	Wed 25th	SRC Hot Chocolates
	Wed 25th	Athletics sports
	Thurs 26th	Ascension Day

SRC Hot Chocolates



The SRC will be selling hot chocolates on Wednesday lunch times for \$2.00. We had a few students enjoy them this week.



Birthdays

We wish the following students a very happy birthday:

Sophie Blackwood: Tues 24th of May

Toqa Ali: Thurs 26th of May



Bob Bear

Congratulations to Oleara who is our next recipient of Bob Bear. Oleara has been following our school rules well, including our Safety, Learning, Property, Fair Play and Communication Rules.

Congratulations, Oleara.



Slippers

The days are getting colder and outside play is wetter. Students are able to bring in labelled slippers to wear inside the classroom for the colder months.

From the Principal

Athletics Day

Our Athletics Day is planned for next Wednesday, May 25. A programme will be distributed prior to the day.

National Simultaneous Storytime

On Tuesday our students will participate in National Simultaneous Storytime, where they will hear a story that is shared with students across Australia.

NAPLAN

Well done to our Year 3 and 5 students for completing the NAPLAN tests, and for the way they took the tests 'in their stride', trying their best. Results will arrive in Term Three. A special thank you to Miss Morrison for coordinating the NAPLAN tests this year. NAPLAN provides useful feedback on how a student is progressing in areas of literacy and numeracy. It is important to remember, though, that there is a lot that NAPLAN does not tell us about a child, such as whether they show talent in the arts or sport, or whether they work well collaboratively, or even if they are happy. There are many characteristics and attributes to every student and person, not just those tested in NAPLAN.

Equip

Next week Miss Attiwill, Mrs Alexander and Mrs Mason start Equip 2. Once completed, they will be accredited as a Christian Studies teacher, an important milestone for teachers in Lutheran schools.

Tutoring

This term we have enjoyed welcoming a familiar face to help students with tutoring. Ms Greer Marshman is visiting the school to assist students through tutoring as part of the Victorian Government's Tutor Learning Initiative.

Ascension Day and Pentecost

Next Thursday is Ascension Day where we remember the story of Jesus ascending into heaven. The following week we celebrate Pentecost where the disciples received the gift of the Holy Spirit. Both of these occasions will be the focus of our next two chapels.

Every blessing for your week.

Damon Prenzler

Devotional Thought

Love between friends

Servants don't know what their master is doing, and so I don't speak to you as my servants. I speak to you as my friends (John 15:15).

Read John 15:9-17

Making friends these days can be as easy as clicking the 'confirm friend request' button on Facebook. Unfriending can be just as easy – just another click – but it can feel a tad brutal.

If only it was truly that simple. In real life, I have a few very close friends and then a wider circle of friends I share with my wife. Beyond that, I have many friends in congregations I have served – past and present. I also have a large number of Facebook friends.

So, I am wondering, what is it that makes a friend truly a friend?

Here's what I think: it is someone who has shared significant times with me. Someone who will remain a friend even if I say or do something they disagree with. Perhaps someone I have grown up with who knows me well and cares about what is happening to me. And then there are those with whom I share a common interest. Sometimes friendships take a long time to grow. Other times, it's pretty much an instant friendship. Some of my friends are people I haven't

seen or spoken to in years, but when we see each other again, it's like nothing has changed – we take up where we left off.

For me, my friends are people for whom I will go the distance, and they will do the same for me. I recall times when friends have been there when I have suffered or struggled. Other times they are there to share the joys and celebrations of my life. I would say that good friendship is an expression of love for that other person.

I feel like I am waffling a bit, but this is probably the nature of friendship. It comes in many shapes and forms, and the different characters and natures of friendships are as many as there are friends.

A true friend is a wonderful gift from God. To be a true friend is equally a gift of God.

Now when I talk about me here, I am thinking about you. All of this leads me to my true best friend – not so much about what I have done for him but what he has done and continues to do for me. This is Jesus, who knows me from the inside out. Jesus, who cares for me no matter my circumstances. Jesus, who died for me and continues to forgive my sin. Jesus, who speaks for me into the presence of our Heavenly Father. Jesus, who shares with me everything that the Lord has for me. And he does it as a friend with my best interests at heart.

It's this Jesus and his friendship that helps me and you be the best friend we can be to all of our friends.

What a friend we have in Jesus
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pains we bear,
All because we do not carry
Everything to God in prayer.

–Joseph Scriven, 1820–1886, LH 426

**Thank you, Lord Jesus, that you are my friend.
Thank you that you speak directly into my heart.
Reveal what I need to know for life with you in
your kingdom. Make me the best friend I can be
for all those who know and care for me and for
whom I care. I ask in the name of my best friend:
Jesus.**

Worship News

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

Sunday 22nd 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.....

- ◆ Robbie & Jessie Muller and their family
- ◆ Savior Ner Moo and her family

Chapel

Chapel this morning was run by the Year 1/2 class and focussed on Solomon.

Next Friday chapel will be run by Pastor Carl.



Chapel Offering

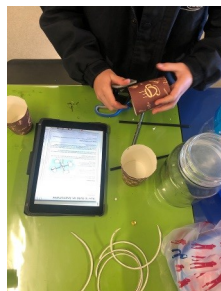
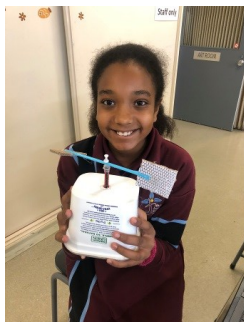
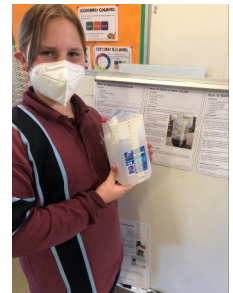
This morning's Chapel offering was \$7.60. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

5/6 UOI

In our Unit of Inquiry, we have been learning about sustainability, in particular weather and we have created weather instruments. We've built devices such as an anemometer, which is an instrument that measures wind speed and direction, a rain gauge which measures rainfall, a barometer which measures atmospheric pressure and a wind vane which points in the direction of the wind!

To make our weather instruments, we used recycled materials such as straws, paper cups, plastic bottles and glass jars. We had to bring some of these materials from home.

With these instruments, we have a great understanding of the weather and how it's measured! Over the next week we will be measuring and collecting data using our creations. One of the things we have learned is that every town has a Stewart's box, which is used to measure the local temperature. The Stewart's box has to be 10m from any building. It also can't be on cement. Nhill's Stewart's box is located at the aerodrome.



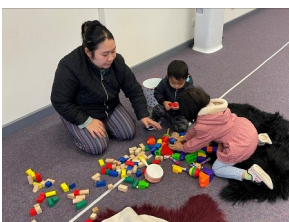
Stephanie Alexander

In our Stephanie Alexander and Music classes in Term 2 we have a country focus, where each week we select one country and learn about their cuisine, music, instruments and dances. This week it was Mexico. The students enjoyed cooking chicken quesadillas, making their own maracas, decorating sombreros and learning and performing the Mexican Hat Dance. This was a lot of fun, and it was fantastic to see the students getting involved.



Get 'Em Going

At Get 'Em Going playgroup this week we had plenty of smiles and enjoyed rolling dice, counting and sticking crocodile teeth to the croc's mouth. Playgroup will be held next Tuesday the 24/5/22 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.



INSIGHTS

Connecting with your kids



Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it’s a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it’s because connection is not a luxury item. It’s an essential: for your relationship, for your child’s wellbeing, and for their future.

What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. “In a positive parent-child relationship, family members feel safe and connected to one another.”

“It’s also about being in the moment with your child”, adds Derek McCormack, Director of the Raising Children Network. “It’s in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important.”

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there’s no dollars in the bank, we’re financially kaput. If there’s no connection in the relationship, we’re relationally broke.

There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

“Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it’s the foundation for a child’s development physically, emotionally, and socially.”

Connection also helps develop important skills needed for a child’s future. “Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school.”

Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn’t mean that the connection is not still healthy and positive,” explains Woodward.

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McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

“As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them,” he explains.

How to achieve positive connections

“Positive connections are based on time together, being present, and building trust and respect”, says Woodward. For example:

Make moments together matter

Booking in “quality time” doesn’t guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what’s going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you’ve agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let’s say you notice your child seems upset, instead of saying – “Are you ok?”, try something like “I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together.”

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It’s important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.



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.

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Messages of hope 

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

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.

29th May Coping with Change (Richard and Celia)

Change can be difficult to cope with, especially when it's unexpected. How do you come to terms with things you can't change? Richard and Celia talk about what can give us confidence and hope whatever changes the future may bring.

5th June The Day Mum Disappeared (Interview)

Where do you find hope when an illness like dementia changes the relationship you have with your parents? Matt shares the struggles and joys of being the child of ageing parents.

JUNE APPEAL

1 in 3 people are lonely. Lutheran Media and Messages of Hope is reaching out to people who are feeling lonely.

Join with us in this vital mission to offer the promises, hope, and love of Jesus Christ. You can do this by giving a donation today. Your support provides the messages, resources, and reach so people have hope in Jesus Christ.

Donate today (tax-deductibility available) at www.lutheranmedia.org.au/donate or call us on **1800 353 350**.

Thank you for supporting the spread of hope in Jesus Christ to millions of lonely people.

Upcoming Webinar for Parents

Dr Justin Coulson presents: Encouraging good behaviour

Dr Justin Coulson writes and speaks about parenting and family – because nothing matters more. Justin returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology so that he could learn how to be a better husband and father. Now the focus of his life is his family and helping other families flourish – in that order. Justin has written six books and is a four-time bestselling author. He is an occasional columnist for the New York Times and appears regularly in all of Australia's major news outlets for television, radio, and print.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

Valued at \$39 per person
No charge for you



Watch an overview from Dr Justin Coulson

parentingideas.com.au

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About the webinar



Encouraging good behaviour

Discipline is one of the most confusing and challenging topics that parents grapple with. When you look up the word discipline in the dictionary the first definition is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. This webinar, presented by Dr Justin Coulson is for every parent who has ever been so desperate to get their kids to 'behave' that they've tried Triple P, Super-Nanny, 1-2-3 Magic, and pretty much everything else out there, and still found themselves stuck. It explores the concept of discipline and how parents can encourage good behaviour in children.

Key learning and discussion points include:

- why the centuries-old strategies we still cling to should be left in the past
- how we get discipline wrong and why
- real world examples of discipline that are as imperfect as parents and their kids, but that still work
- ideas for discipline that turn everything you thought you knew about the topic on its head
- applicable strategies for everyone

The webinar will be held on 8 June 2022 at 8-9 PM AEST.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>

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This offer is valid until 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

parentingideas.com.au

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NHILL LUTHERAN PARENTS AND FRIENDS ASSOCIATION SOCIAL GATHERING

NHILL BOWLING CLUB (5-7 Davis Avenue, Nhill)

Family and Friends welcome



LET'S ROLL!

SUNDAY 22ND MAY 2022

From 2.00pm

\$10 per family

afternoon tea supplied

**RSVP Janine Grover 0438561337 or
email pandf.nls@gmail.com**

Please wear flat soled shoes or you can go barefoot if you prefer.
Drinks at bar prices. Drinks can be consumed outside but not on the green.
Bowls provided but feel free to BYO if you have some.
No EFTPOS, please bring cash.



Chaplaincy

Book Fair

Fri 27 May noon-9pm

Sat 28 May 9am-noon

Books \$1 Maroske Hall, Dimboola Rd

Raising funds for the Horsham College Chaplaincy Program