



Upcoming Dates

MAY	Tue 31st	P & F Meeting at School or via Zoom, 8pm
JUN	Wed 1st	SRC Hot Chocolates
	Fri 3rd	Lightning Premierships

Magic Words

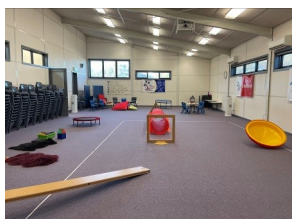
Congratulations to the following students for completing their Magic Words, presented at assembly last week.

Alyssa, Luka, Lexie, Logan, Ruby, Harper H, McKenzie, Sophie M and Helena.



Get 'Em Going

At Get 'Em Going playgroup this week we had plenty of fun inside the room. Playgroup will be held next Tuesday the 31/5/22 at 9.30-11am. To register interest please email or phone the school before Monday.



Student of the week

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

Foundation: Hunter

Year 1/2: Lexie

Year 3/4: Harper C and Oleara

Year 5/6: Imogen



From the Principal

Athletics Day

Congratulations to all our students who participated in the Athletics Day on Wednesday. It is always lovely seeing and hearing Nhill Lutheran School students support, cheer and encourage each other. The weather was kind to us with the rain holding off until after we had finished. Thank you to parents/caregivers for helping and supporting on the day – a welcome change to 2021 when Covid regulations meant parents/caregivers had to support from the other side of the fence! Congratulations to Lowan house who came first, followed by Hindmarsh and Mallee. Well done, also, to Barrett and Eden for winning the champion boy and girl trophy.

National Simultaneous Storytime

Our students participated in the 2022 National Simultaneous Storytime by listening to the book 'Family Tree', written by Josh Pyke and illustrated by Ronojoy Ghosh.

Chromebooks

Nhill Lutheran School has provided one-to-one devices for our students for many years. Devices, such as iPads, allow students to 'show what they know' in different and exciting ways, and they assist access to learning opportunities for many students. Keeping up to date with technological trends and skills is important for our students and their learning, and forms part of the school's strategic plan. Having essential capabilities to use devices to enhance learning outcomes is desirable for every student. Recently, the school has purchased Chromebooks for the Year 5/6 class to use as an important learning tool. The Chromebooks allow for flexibility, can be used similar to both a laptop and an iPad, they are portable, and are more compatible with devices used in secondary settings our students attend in Year 7.

We hope student learning will benefit from having a Chromebook.

Every blessing for your week.

Damon Prenzler

Cross Country

The students that participated in the Kaniva cross country were awarded their certificates at assembly last week.



SchoolTV

Nhill Lutheran School is introducing SchoolTV as a support resource for parents and families. The school has been a Parenting Ideas member for a few years, and I know many families have appreciated the articles and webinars provided by them. SchoolTV is an additional resource now available to our parents providing you with credible and positive information, using realistic and practical strategies. Editions of SchoolTV address major topics with expert interviews, fact sheets, parent quiz, recommended apps, books and more. It provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

You can access SchoolTV through nhills.vic.schooltv.me. Parents/caregivers are encouraged to complete the Wellbeing Barometer, a poll which will provide the school with an insight to the wellbeing of the students and families.

Devotional Thought

Take heart—the world has been overcome

In this world you will have trouble. But take heart! I have overcome the world (John 16:33).
Read John 16:25–33

It is easy to assume that believing in Jesus means our problems disappear as if by magic. But nothing could be further from the truth. Here, Jesus tells us that we will have trouble in this world; we can expect to. Wars, pandemics, challenges with our neighbours, kids, parents, boss, church leadership, government, health, the health of our loved ones ... the list is long.

But Jesus also tells us to take heart. Why? How can he be so sure that we can do this and be comforted, experience peace and be joyful in the midst of trouble? Because he has overcome the world. The forces of Satan are overcome. Jesus won! Now, of course, Satan doesn't want us to remember that. But in every situation that we face, now and into the future, Satan has been overpowered. Sure, we still live in a world in which the forces of Satan exist – but the important – and only – thing to remember is that Jesus has overcome.

So, take heart. Take comfort in the reassurance of Jesus, 'I have overcome the world'. And remember that he also instructs us not to be afraid. In John 6:20, when he walks on the stormy seas in the dark to the disciples who are alone and rowing a boat, he says, 'It is I. Do not be afraid'. Jesus has overcome. It is him. Do not fear. Now. This day. This week. Ever. How awesome is our God!

Jesus, you told us that you have overcome the world. You say to us, 'It is I. Do not be afraid'. Help me in my unbelief. Thank you that you have overcome the world. Thank you that you are with me and that I need not be afraid. As I go about today, this week and this year, remind me that you are my strength, my fortress, my God, and I need not be afraid. I can take heart because you have overcome. Thank you, Lord. Amen.

Worship News

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

Sunday 29th May

Jeparit—10 am

Parish service



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.....

- ♦ Aaron & Nathan Pedie and their family
- ♦ Alyssa Pereira and her family

Chapel

Chapel this morning was run by Pastor Carl and focussed on Ascension day. Next Friday chapel will be run by Pastor Carl and will focus on Pentecost.



Chapel Offering

This morning's Chapel offering was \$6.00. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

Stephanie Alexander/ Music

This week in Stephanie Alexander and Music the Foundation, Grade 1 and Grade 2 students ventured to Cuba, and explored some music, instruments, dances and cuisine from this country. Students decorated plastic cups which they used as a guiro (an instrument used in Cuban music), and played these to make a cha cha rhythm. They made a Cuban sandwich using ham, cheese mustard and pickles (some of the pickles may have accidentally fallen out before eating). They also had fun learning and performing the cha cha, salsa and rumba dances, which are traditionally from Cuba.



National Simultaneous Storytime

On Tuesday our school was one of 31,865 that participated in the 2022 National Simultaneous Storytime by listening to the book 'Family Tree', written by Josh Pyke and illustrated by Ronojoy Ghosh. It was well received.



P & F news

PARENTS AND FRIENDS SOCIAL BOWLS

The sun shone brightly, skies were blue, and the green rolled true for over 35 people on Sunday 22nd May. Some people experienced their first taste of lawn bowls while others showed their expertise and perhaps a little competitive spirit. Everyone had fun, with the sound of lots of laughter along with a few oohs and aaarrrhs being heard, as bowls rolled close to the jack/kate/kitty or even pushed someone else's bowl further away.

Thankyou to everyone who provided food for a yummy afternoon tea. No-one should have gone home hungry. A big thankyou to Pastor Carl for his expert tuition and tips, especially for the novices of the group. Also, to the Nhill Bowls Club, Allan King, Malcolm Merrett and Barry Schulz for hosting our group.

It was a wonderful to come together as a school community.



P&F are trialing a new night to see if this suits more people. P&F will be meeting on Tuesday 31st of May at 8pm at the school or via Zoom. Everyone is welcome to attend. If you have not had three Covid Vaccinations and would like to attend, you are most welcome to join us via Zoom. Please contact Jackie or Maree for Zoom details. We look forward to seeing lots of new faces in person and on Zoom.

Athletics Day

On Wednesday the wet weather held off for our students to compete in their house teams for athletics. All students cheered on their classmates. Special shout out to all teachers for the smooth running of the event and we could not have completed it without the parent help so thank you. Congratulations to Lowan house who came first, followed by Hindmarsh and Mallee. Eden and Barrett won the champion boy and girl trophy, well done.





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.

29th May Coping with Change (Richard and Celia)

Change can be difficult to cope with, especially when its 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.

12th June Dementia – This is our story (Interview)

How would you feel when the person you have loved for over 50 years doesn't know who you are anymore? John shares his inspiring story of loyalty and love in the face of dementia.

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.

INSIGHTS

Do's and don'ts of discipline



Season one of *Parental Guidance*, a reality TV program that aired in November 2021 on Channel Nine, brought several parenting controversies to the fore. One of these was a challenging conversation around discipline.

During the show some parents were aghast when a mum and dad from Newcastle, NSW, disclosed that their discipline included smacking. A couple from South Australia's Barossa Valley divulged the occasional washing of their boys' mouths with soap if they lied or swore. Meanwhile, our "attachment" parents from Melbourne were unwilling to countenance any form of punishment when their children had meltdowns or behaved in an oppositional way.

Discipline is one of the most confusing – and challenging – topics that parents grapple with. Unfortunately we have inherited centuries of unhelpful ideas, and they continue to interfere with what science is showing works best.

What is discipline?

The first definition of "discipline" in the dictionary 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. Discipline literally means to teach, guide, and instruct; or to show the right way.

Why traditional discipline doesn't work

Most parents think of traditional discipline as punishments to administer to their children when they misbehave. These punishments can take the form of smacking, time out, grounding, withdrawal of privileges, and so on. In the lead up to these punishments, many parents try bribing, threatening, and yelling. Eventually they crack.

While there may be, from time to time, a need for these discipline approaches (that is, for punishment), the reality is that science has shown us there are better ways. When we punish, we teach our kids all the wrong lessons:

- Might is right. If you're big, you can make the little people do what you want
- Power gets you what you want
- Other people's reasons don't matter
- Mistakes are bad

Perhaps most important, punishing our kids makes them more selfish. They sit in their room and hate us and their siblings. They blame others rather than taking responsibility. Traditional discipline ruptures the relationship between parent and child.

Traditional discipline lacks compassion, empathy, understanding, and perspective. It leaves our kids feeling unworthy. The real reason for this is simple: punishment is about making someone pay a price; exacting retribution. Punishment is about hurting others.

The secret to perfect discipline

Real discipline is not about hurting. Real discipline is about helping. When we teach, guide, and instruct, we show a better way for a child who is struggling. The following ideas will help you get your discipline aligned with the best outcomes:

Children are people too

Sometimes we forget that children are people. They seem like impediments in our otherwise well-ordered life! But they have feelings, hopes, dreams, and challenges. Seeing them as people helps us to respond to them with kindness, even when they're being challenging.

Understand Development

We forget that our children are wearing "L" plates while they learn how to do life. They don't quite know how to behave yet. But if it takes 5 years before they can tie a shoelace, it will take even longer before they can regulate emotions and behaviours. Some adults still struggle. Be patient while they develop.

Don't confuse motivation with ability

We sometimes get mad at our children when they're not playing by the rules. But often it's not because they don't want to be good. It's because they don't know how. They're too tired, they're hungry, they're stressed. Or maybe they're all of the above. We discipline best when we recognise their capability in the context.

Get curious, not furious

When a child is being challenging it's tempting to explode. It's better to explore. It's tempting to reprimand. It's better to understand. It's tempting to be furious. Instead, get curious. When we take the time to understand their perspective, problem solving gets easier.

As we focus on teaching and guiding our children, the data points to better outcomes in behaviour, both now and in the long term. Kids with parents who practice childrearing in this way are more likely to do well in school, with peers, and make better choices. It's a hard way to parent, but when we invest for the long-term, the results are worth it.

Dr Justin Coulson presents: Encouraging good behaviour

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Encouraging good behaviour' at no cost.

About: In this webinar, Dr Justin Coulson explores the concept of discipline and how parents can encourage good behaviour in children.

When: Wednesday 8 June 2022 8:00pm AEST,

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code ENCOURAGE 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 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



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.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

From Diagnosis to OAM

A Personal Autism Journey

Horsham

Wednesday 8 June 2022: 6:30pm–9pm
(2.5 hr seminar inc question time, doors open at 6pm)

Daniel and 'Daniel's Dad' (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for questions.



Presented by

Daniel Giles OAM

Order of Australia
Medal Recipient
and Autistic Self-Advocate

Daryl Giles
'Daniel's Dad'



speaking
insights

ABN: 11 945 440 100

Venue

Wimmera Wellbeing Centre
28 Urquhart St, Horsham

Tickets (*Includes \$0.50 booking fee for online bookings)

Individuals on Autism Spectrum, family & carers **\$30.50***

Professionals **\$60.50***

Teachers/Caseworkers/Therapists – incl. CPD cert.

trybooking.com/BZRUD

Contact

e: admin@speakinginsights.com.au

w: speakinginsights.com.au



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