



Upcoming Dates

JUN	Tue 7th 8pm	P&F meeting at school or via zoom, 8 pm
	Wed 8th	SRC Hot Chocolates
	Fri 10th	Kinder Visits 9.15-11am
	Fri 10th	Incursion- "Before you know it, you'll be a poet"

Bob Bear

Congratulations to Toqa who is our next recipient of Bob Bear. Toqa has been showing great leadership for our younger students.

Congratulations, Toqa.



Questacon

The whole school was treated to a spectacular science show on Thursday. Everyone enjoyed the experiments hosted by Emily and Matt.



Birthdays



We wish the following student a very happy birthday:

Eden Woodward: Wednesday 8th of June

From the Principal

Kinder visits

We are looking forward to welcoming prospective families and students next Friday for their Kinder visit, starting at 9.15am. Our guests will have the opportunity to explore the school and see how our school cares for and educates our students. The three Nhill schools are holding Kinder visits a little earlier this year so enrolments can be known sooner, and schools can then plan accordingly for 2023. If you know of any family considering school options for their children, please encourage them to contact or visit the school.

Questacon and Upcoming events

On Thursday Nhill Lutheran School hosted Matt and Emily from Questacon. Our students were treated to the wonders of Science as they learnt about flight, sound, pressure and more.

Looking ahead, we have a number of exciting learning experiences planned. Next Friday our students will be treated to a visiting performance 'Before you know it, you'll be a poet', the following week our F-2 students venture to Naracoorte Caves for their excursion, and in the final week of term our 5/6 class travel to Melbourne for a 4 day/3 night camp.

At NLS we value the many different learning experiences and endeavour to expose our students to different ways of helping them to develop their understandings of the world they live in.

Pentecost

This Sunday is the festival of Pentecost, sometimes referred to as 'the birth of the church'. At Pentecost Christians remember the disciples receiving the gift of the Holy Spirit which emboldened them to preach and teach about Jesus. Our chapel this morning, led by Pastor Carl, focused on Pentecost.

If you attend the Lutheran churches in Nhill or Jeparit you may even see Pentecost symbols on display created by our students.

Every blessing for your week.

Damon Prenzler

School TV

A reminder that Nhill Lutheran School is now supported by SchoolTV. If you haven't yet explored SchoolTV I encourage you to do so as it provides plenty of useful, relevant information to assist parents/caregivers (nhills.vic.schooltv.me).

SchoolTV SPECIAL REPORT: Building Resilience Post Pandemic

Unfortunately, the mental health of young people has been significantly impacted by the pandemic. As many families settle back into pre-COVID routines, there seems to be a pervasive sense of optimism about what lies ahead.

Unfortunately children and teens are not immune to what is now being termed the "psychological pandemic". Young people are at risk of not achieving the primary demands of developmental tasks such as procuring independence, identity formation, as well as obtaining and maintaining peer relationships. What kids need most in the current environment is support, understanding, empathy and encouragement from caring adults. They live up or down to the expectations we set for them.

If there is a panacea to the adversity caused by the pandemic, then it is the building of resilience. Resilience is the capacity to face, overcome, be strengthened and transformed by adversity. Never before, have parents needed the skills, the knowledge and the strategies to build resilience in their children as much as they do now. There are 7 integral and interrelated components that make up being resilient that can help young people thrive and develop healthy coping strategies.

This Special Report explores the "7 C's of Resilience" and includes suggested strategies on how adult carers can best facilitate them. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report https://nhills.vic.schooltv.me/wellbeing_news/special-report-building-resilience-post-pandemic

Devotional Thought

Relationship, relationship, relationship!

My prayer is not that you take them out of the world but that you protect them from the evil one (John 17:15).

Read John 17:1-19

Being in the world but not of the world. Why can't being a Christian be easy, or maybe just easier, rather than grappling with what it means to be in the world but not of the world?

When I attended Lutheran Student Fellowship camps while at university, I often wanted to stay in that environment, learning God's word, being in the fellowship of believers, and transitioning from a childlike acceptance to a more rigorous intellectual understanding of how profound the teachings of Christ are. It was a safe space.

But I had to leave those camps, go back into the world and grapple with being in the world but not of the world.

While Christ was in the world, he was not of this world, and the world rejected him. But look at the effect he had. And we are God's agents on Earth; we do have an impact on the people and world around us. 'You are the light of the world.' 'You are the salt of the earth.' We can only be this if we are in the world but not of it.

Any rejection we face is minor compared to the rejection Jesus faced. And we have the protection of the Holy Spirit while we are in the world.

John 17 is the longest recorded prayer of Jesus in which he prays for himself, 'Now Father, glorify me in your presence with the glory I had with you before the world began'. He prays for his disciples, 'For I gave them the words you gave me and they accepted them'. And Jesus prays for all believers, 'May they also be in us so that the world may believe that you have sent me'.

It is a chapter worth studying because it gives great insight into Jesus' relationship with the Father, his relationship with his disciples, and what he wants for his relationship with us while we are in the world.

Heavenly Father, we pray for the world that it may know you. We pray that through our presence in the world but not of the world, those around us come to know who you are and the sacrifice you made so that we may have life and the same relationship with you that Christ has with you. We pray in Jesus' name. Amen.

Worship News

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

Sunday 5th June

Nhill—9 am

Jeparit—11 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.....

- ♦ Matilda Prenzler and her family
- ♦ Trinity, Zara and Lexie Rethus and their family

Chapel

Chapel this morning was run by Pastor Carl and focussed on Pentecost.

Next Friday chapel will be run by the Year 3/4 students.



Chapel Offering

This morning's Chapel offering was \$5.50. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

Stephanie Alexander/ Music

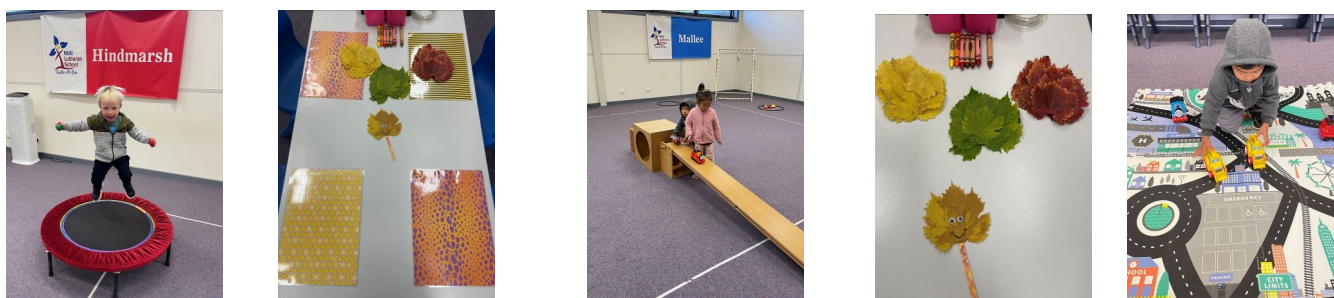
This week in Stephanie Alexander and Music we ventured to Spain, where we cooked Paella, and danced the Flamenco and Paso Doble. The Foundation and Year 1/2 students also made some castanets out of recycled materials, while the Year 3-6's researched information about Spain.



Get 'Em Going

At Get 'Em Going playgroup this week we had plenty of fun inside the room and craft activity was Leaf puppets. Playgroup will be held next Tuesday 7th of June the 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.



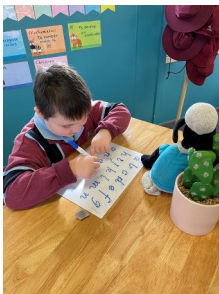
P & F news

Unfortunately our meeting on Tuesday 31st of May had to be postponed. The meeting has been rescheduled for Tuesday 7th of June, 7.30pm for coffee and meeting to begin at 8pm. Attendance via zoom is also available. Please note to attend in person you must be fully Covid vaccinated, as per schools operations guide, however if you are not fully vaccinated you may attend via zoom. It would be great to see lot of new faces at the meeting. The P&F would like to thank those who volunteered to sell donuts at the Jeparit Pioneer Museum open day on the June long weekend. However due to other commitments we have not been able to get enough volunteers to go ahead with this fundraiser.

Word of the Week



This week in Foundation, we have been learning about the phonemes and graphemes that make up the word 'yes'. Students have identified vowel and consonant sounds, and are continually strengthening their connections to the THRASS words for example; yawn, bed and sun help construct the word yes. In our shared experiences this week, students listened to the storybook Yes Day and then had their own 'yes day' experiences. They had a field day, and Miss Attiwill apologises to parents if they are now being hassled for a yes day at home. It is pleasing to note the students increasing familiarity with the terms graph, digraph, trigraph and quadgraph (for those at home, a graph is a 1 letter spelling choice, digraph is a 2 letter spelling choice, trigraph is a 3 letter spelling choice and quadgraph is a 4 letter spelling choice). Keep up the superstar learning Foundies!



Premiers' Reading Challenge



The Premiers' Reading Challenge will officially commence on the first day of Term 3. Notes and logins have been sent home to families, however, if your child wishes to start earlier either in the coming weeks, or the school holidays that is most welcome. Students are encouraged to participate to inspire a love of reading. Foundation to Year 2 students are to read 30 books, and Years 3-6 are to read 15 books. The younger students are not required to read independently, but can have the books read to them by a family member. The note sent home provides details as to how to log completed books. If you have any questions, please do not hesitate to contact Kelsie Attiwill, Challenge Coordinator.

Junior Golf Day

The Wimmera District is holding a Junior coaching day followed by holes on the course at Nhill Golf on Sunday 19th June. There will be coaching by P.G.A. professionals from 10:00 - 11:30 a break then holes starting around 12:00 on the course with the day finishing around 2:00 - 2:30 depending on participants. There is no cost for the day, participants will need to bring lunch, snacks and a drink bottle. Bookings are essential to organise coaches and helpers and equipment can be provided.

For booking go to <https://www.golf.org.au/mygolf/home/>

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.

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.

19th June A Second Chance (Interview)

Family relationships can be complicated. But Gavin and Dion show it's never too late for a second chance.

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.

Principles for savvy parenting in a digital world



Don't 'ban' devices, make a plan

Creating your [family's technology use agreement](#) is an evolving task and requires careful considerations. Involve your children in decisions about what are meaningful restrictions on the use of devices, based on what is fair, healthy, and aligned to the values of your family. Consider these key features:

- Avoid bookending the day with technology use, especially before bed
- Limit the stretches of time spent online in one sitting/viewing, break this up across the day
- Diversify the digital 'diet' – explore a range of online activities (games, TV shows, apps, etc) and try new content that might not be as popular, but possibly more pro-social
- Have clear expectations across the offline aspects of the day/week (around chores, learning, etc)
- Outline where screen-based media use can take place. Avoid bedrooms in favour of common areas.

Effective technology contracts involve consistency, protecting time offline for exercise, socialising and other activities. Avoid using time online as a currency and create rewards and consequences that suit your particular family and situation. For more structured support on co-creating this digital wellbeing plan collaboratively with your kids, [join this course](#).

Co-view and co-play, to spark conversations

Using technology together – by viewing content or playing games – is a good way to prompt meaningful conversations about device use, online activities and interactions. This will help young people make sense of their experiences and build skills to circumvent and/or manage online issues.

Bring curiosity rather than fear to these conversations. Talk about what you and they do, see and read online, how they feel about this activity, and how they respond to others. Fake news and misinformation is rife online, so helping kids understand how to spot dodgy information and think critically about what they see online is vital. Be conscious of listening to young people's perspectives, rather than lecturing them about what they 'should' do (they know this but doing it in reality can be tricky!).

Parental monitoring software can help, up to a point

There are hundreds of monitoring and tracking tools designed to help manage time online, or block age-inappropriate content. While these tools can be helpful, the social-emotional and cognitive skills that allow us to manage our choices and behaviours require real-life opportunities to rehearse and repeat. Software doesn't do the tough work of parenting (negotiations, communication, battling big emotions and burgeoning identity and independence) for you or guarantee no exposure to dicey content!

Don't sweat the screen 'time', consider broader factors

Parents can get caught up on the amount of time their children spend online. Yet there is no agreement among experts as to what constitutes excessive time online. Instead, focus on:

- the **quality of the content** – what is it about, is it developmentally appropriate, does it require passive or interactive consumption?
- the **context** in which the technology is being used – when alone, in groups, or to pacify a child in a café or to stop a tantrum, in a global pandemic and lock-down?
- the **cognitions** (that is, the mental action) associated with the activity – are these thoughts helpful and constructive?
- the **function** of the activity – is it to study, for social connection, information gathering, or other uses?

Asking these more detailed questions about online activities will help parents make more informed decisions about whether particular technology use is serving their children's wellbeing and development, and how to help their children manage this tech use.

Check your own habits and be a positive digital mentor

Parents are important role models for children – and this extends to screen and smartphone use. Be mindful of your own digital habits (and how easily they can creep into overuse territory) to ensure you set a valuable example of safe and savvy digital citizenry. Kids see our use of technology and consider that as the standard, try 'narrating' what you're using devices for – is it to pay bills or organise the family, or to answer emails that could probably wait?!



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Jocelyn Brewer

Jocelyn is a Sydney-based psychologist with a special interest in the psychology of technology and staying human in a digital age. Jocelyn is a part of the Cyberpsychology Research Group at Sydney University, where she completed a Masters of Applied Science (Cyberpsychology) exploring the role of self-control and parenting factors in the prevention of Problematic Smartphone Use.

She created [Digital Nutrition](#) in 2013 as a positive framework for addressing digital wellbeing issues and our love-hate relationship with technology.

Tandara Lutheran Camp - Halls Gap
Contact Emilie-Rae 0428 461 809/clw.lyv@lca.org.au
f: LYVs Christian Life Week
ig: @lutheranyouthvic

CLW 2022

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WIMMERA BOWLS REGION

JUNIOR BOWLS COME TRY DAY

An opportunity for juniors aged 8 and above to try the sport of bowls during the school holidays. No cost whatsoever.




- **MONDAY 27TH JUNE**
@ ARARAT BOWLS CLUB, 10AM - 12PM
- **MONDAY 27TH JUNE**
@ CHARLTON BOWLS CLUB, 2PM - 4PM
- **TUESDAY 28TH JUNE**
@ HORSHAM CITY BOWLS CLUB, 10AM - 12PM
- **TUESDAY 28TH JUNE**
@ WARRACKNABEAL BOWLS CLUB, 2PM - 4PM

For enquiries about the days, please contact Josh Thornton on 0474 741 177 or josht@bowlsvic.org.au

To register, and select the appropriate venue, click on the link below:
<https://wimmera.bowls.com.au/juniors/>

<https://cvent.me/r0bV90>

CLW 2022

GREGO'S open NOW!



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'

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 Teachers/Caseworkers/Therapists - incl. CPD cert. \$60.50*

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