



## Upcoming Dates

JUN	MON 13th	Queen's Birthday public holiday
	TUE 14th	Kit Gibson Artist Talk
	FRI 17th	F-2 Naracoorte Caves Excursion
	TUES 21st— FRI 24th	Year 5/6 Melbourne Camp
	FRI 24th	Last day of Term 2

## Student of the Week

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

Foundation: Zoe

Year 1/2: McKenzie & Helena

Year 3/4: Robbie

Year 5/6: Chelsea



## Staff News

Mrs Karen Koning has successfully applied for the position of Business Manager at Rainbow P-12 College. Congratulations Mrs Koning and God's richest blessings for what lies ahead! Mrs Koning has served as Office Administrator at Nhill Lutheran School since late 2018, and will be greatly missed. Karen starts her new role at the beginning of Term Three and will conclude at NLS at the end of Term Two. The school will now begin the process of finding Karen's replacement.



## Magic Words



Congratulations to Jackson and Hunter for achieving their yellow Magic Words. Keep up the good work.

## Birthdays

We wish the following student a very happy birthday:

Robbie Muller: Friday 17th of June



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## From the Principal

### Kinder visits

It was lovely to be able to welcome kinder children and their parents/caregivers to our school this morning. Our guests attended chapel led by the Year 3/4 class, were given a tour of the school by our school captains, Shilah and Eden, and the children spent time in the Foundation classroom with Miss Attiwill while the adults spent time with Mr Prenzler.

### From Karen to Auslan

Over recent years our school has taught Karen as the Languages component of the curriculum. We have benefited from and enjoyed learning about Karen culture and language. Learning Karen has not been possible without the assistance of members from the local Karen community, and we are grateful for their help. With K'luSay, our most recent Karen teacher, being unavailable this year, we have searched for a new Karen teacher but without success. The school is now embarking in a new Languages direction with the implementation of Auslan. Auslan is Australian sign language used by deaf or hearing impaired Australians. The Victorian Curriculum contains a detailed scope and sequence for the teaching of Auslan, and we look forward to the learning that will happen. Classroom teachers will be learners themselves, leading Auslan lessons with some staff embarking on further training. If there are members of our school community who know Auslan, and would like to help, we would be keen to hear from you.

### Holiday dates and staff Professional Development

The last day of Term Two is Friday June 24. Term Three starts on Monday July 11. This year there is no staff PD week planned for the end of Term Two, otherwise we would have a very short term. Instead staff PD days have been positioned elsewhere in the calendar. During

the upcoming holidays, all teaching staff will attend a three day ACLE Conference (Australian Conference for Lutheran Education), and the last two days of Term Three, September 15-16, have been set aside for staff professional development.

Every blessing for your week.

Damon Prenzler

## P & F news

The P&F met for a short meeting this week. Five people met in person with three more attending via Zoom, and it was great to welcome a new/returning faces. We discussed the success of the Lawn Bowls afternoon a couple of weeks ago, and we thank Janine Grover for all the work she put into this afternoon along with the ladies who catered the afternoon tea, and all who attended and enjoyed the afternoon.

Sadly we have had to cancel our attendance at the Jeparit Pioneer Museum weekend, hopefully we can relook at this next year. We look forward to a number of other fundraising opportunities in the coming months such as Nhill Show catering on October 13th.

We have been able to fund a number of items and resources for the school, spending around \$1600, we look forward to showing you these items once they arrive.

Looking forward to Term 3 and we will be holding a movie night on July 29th which will be a social night with lots of fun for the kids and their parents.

Our next meeting will be August 2nd at 8pm at the school with Zoom also available for those unable to attend in person, everyone is welcome to attend.

Many thanks the P and F.

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## Devotional Thought

### Up against it

Now, Lord, consider their threats and enable your servants to speak your word with great boldness

(Acts 4:29).

Read Acts 4:23–31

Self-preservation is a natural instinct. A typical first response to a threat is to back away, keep safe and survive. But that is not what was happening here.

Pre-Pentecost, the disciples kept to themselves, out of sight and worshipped God in seclusion. But when they were filled with the Holy Spirit, everything changed! They came out from behind closed doors into the full view of everyone – to those who would receive their message of God's love and forgiveness through Jesus and those who would do anything they could to shut them down.

Empowered by the Holy Spirit, the disciples continued what Jesus had begun, teaching, healing and pointing people to the truth. Their priorities had changed. Their identity and security were firmly in their Lord and Saviour, Jesus. His promises anchored them; his mission took precedence over their own lives.

But it was no picnic. The disciples were up against it; the opposition would be relentless. Peter and John had just come from spending a night in jail and being threatened and questioned by authorities. So, what did they do?

They prayed! They presented their circumstance before God and asked him to help them continue speaking his word with courage and confidence anyway!

God granted their request. Once again, they were filled with the Holy Spirit, and they continued to share God's word boldly!

God knows already that we can't further his kingdom in our own strength. We were never meant to. But as we remain in his love with our identity secure in Christ and empowered by the Holy Spirit, the possibilities are endless!

***Dear God, you already know that some days are just plain tough. Remind me again of the love and security I have in you. Holy Spirit, help me be brave and bold and share the Father's love with those you show me today. In Jesus' name, I pray, Amen.***

## Worship News

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

Sunday 12th June

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.....

- ◆ Nelson and Luka and their family
- ◆ Helena Talor and her family

## Chapel

Chapel this morning was run by the Year 3/4 students and focussed on Nehemiah.



## Chapel Offering

This morning's Chapel offering was \$34.65. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.



## Stephanie Alexander/ Music

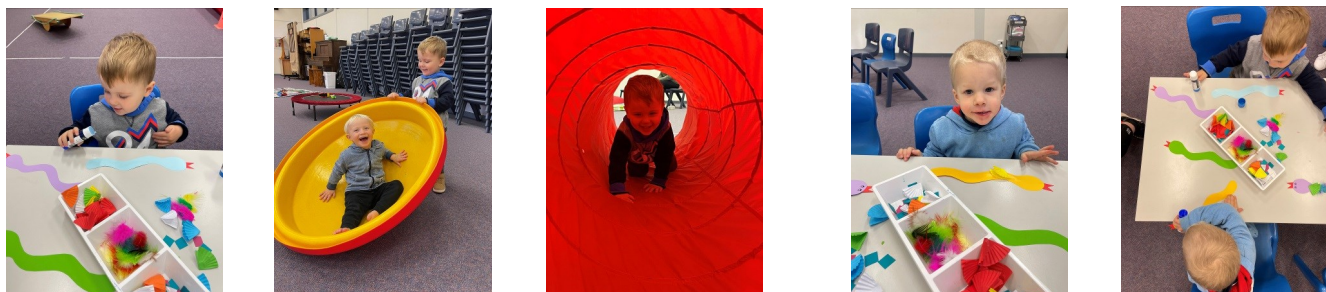
This week in Stephanie Alexander and Dance our country of focus was Italy. Normally when I think of Italy I think of pizza and pasta. This week however we cooked with something else that Italy is famous for... Nutella. We made very simple yet delicious Nutella biscuits with just 3 ingredients - flour, an egg and Nutella. While these were cooking students made their own tambourines, which we then used to dance the Tarantella.



## Get 'Em Going

At Get 'Em Going playgroup this week we had plenty of fun inside the room and craft activity was slithery snakes. The last Playgroup for term 2 will be held next Tuesday 14th of June at 9.30-11am. To register interest please email or phone the school before Monday.

([admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au) or 53912144). Look forward to craft, books and activities.



## Christian Studies Foundation

In our unit of Christian Studies this term, Foundation students are learning about the differences between living in Biblical times and present times. During our most recent lesson we focused on accessing water and the challenges within this. As part of this lesson, students compared how they get water from their drink bottles to travelling to a well (our pump in the water feature), transferring the water to the bucket and moving it to another location (ie; home - the mud kitchen).



## Grade 3/4

We've been trying a few new things in our morning fitness recently, including a really fun game this week involving hockey sticks, eye-hand coordination and quick reflexes. The kids loved it and we invited the Year 5/6s to join us to play on Tuesday morning with many smiles and much laughter the result. Last week the kids had to balance a soccer ball between three or more people using just their heads. When they've needed a brain break they've been testing themselves against the clock in a ball throwing sequence. The week before they had to untangle themselves from a human knot, formed by joining right to left hands in a tangle and unravelling to form a circle. All of these games are fun but they have added benefits such as teamwork, coordination, lateral thinking, cooperation and overcoming challenges.

To some extent they reflect the style of learning in the Year 3/4 classroom where there is a lot of emphasis on hands-on interactive learning, problem-solving and using materials in creative ways. In Science the kids have been exploring ways to use a single piece of paper to hold a stack of Bibles a couple of centimetres off the table. They have enjoyed the challenges and in the process have explored creative solutions to seemingly impossible problems.

Something else very special has been happening recently. Some of the students have taken a lead in encouraging and supporting others in their learning, offering help when things are difficult or when kids are discouraged and struggling. The result has been much greater levels of participation and achievement across the classroom and a sense of unity and mutual support. Students who have been reluctant are coming out of their shells and others are seeing first-hand the benefits of supporting other people.

There may be a connection between things we've been doing and an effect in the classroom, or it may be entirely coincidental, I don't mind which because either way, there are good feelings being generated and good things happening.

Hopefully by the time you read this the 3/4s have successfully negotiated Friday morning chapel and our presentation of the story of

Nehemiah. If not, we've got a long weekend to get over it!

I am busy writing reports at present. It's a big and challenging job to sum up your children's learning accurately and succinctly. It's probably a good thing that Geelong have a bye this weekend so I can concentrate on finishing the job. And talking of footy, in an act of unprecedented magnanimity, I have foregone the 11 point lead I had over the class in our footy tipping comp and we've started afresh on 0 for the second half of the season. There was some negotiation necessary, and a few poems may have changed hands before the deal was settled. Go Cats



## New Addition



We would like to welcome Iris, the newest member to the Maw Keh family. Iris is younger sister to our Foundation student, Roger.





## 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](mailto: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](http://messagesofhope.org.au).

### **12<sup>th</sup> 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.

### **19<sup>th</sup> June A Second Chance (Interview)**

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

### **26<sup>th</sup> June A Ladder and a Torch (Interview)**

There are many tragic stories about the abuse of alcohol, but how does it start, and how can it change. Hear Darryl's lifelong story with alcohol and how his life was transformed through hope.

## **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](http://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

### Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

#### The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

#### Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

##### Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

##### Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

# parenting\*ideas

## Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

## Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

## In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



### Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit [www.towardwellbeing.com](http://www.towardwellbeing.com)

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

[parentingideas.com.au](http://parentingideas.com.au)

## Premiers' Reading Challenge



Thankyou to those eager students and families who have already logged books for the Premiers' Reading Challenge. It is fantastic to know we have so many enthusiastic readers in our school! Our school has already read 74 books, before our official start date which is an amazing effort. If you have any issues accessing the platform, please let Challenge Coordinator, Miss Attiwill, know. Classroom teachers also have a copy of their students logins, if these are misplaced.



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

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26<sup>th</sup> - 30<sup>th</sup> SEPT

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- MONDAY 27TH JUNE @ CHARLTON BOWLS CLUB, 2PM - 4PM
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- TUESDAY 28TH JUNE @ WARRACKNABEAL BOWLS CLUB, 2PM - 4PM

For enquiries about the days, please contact Josh Thornton on 0474 741 177 or [josh@bowlsvic.org.au](mailto:josh@bowlsvic.org.au)

To register, and select the appropriate venue, click on the link below :  
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