



# TOGETHER WE GROW

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Term 3      Week 3      Issue 22      July 29th 2022



## Upcoming Dates

AUG	TUE 2nd	P & F Meeting
	WED 3rd	SRC-Pyjama Day Gold Coin Donation
	WED 3rd	Yr -3-4 Soccer V's Nhill
	WED 10th	Colouring competition for Jump rope due

## New Staff Member

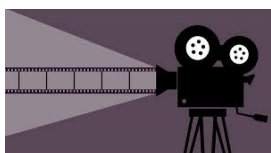
Please help us in welcoming our newest staff member Lyn Fisher to NLS. Lyn is our new Office Administrator. When you are at school pop in and make her welcome.



Hi everyone, may I introduce myself and tell you a little bit about me; my name is Lyn Fisher I am so excited to be part of the Nhill Lutheran School. As of Tuesday, I have taken on the Office Administration position, I have big shoes to fill with Karen doing such a wonderful job and the children loving her to bits wanting her back. What I like to do is cook, gardening and spending time with my family & friends. I am married to Ric, I have 2 grown girls, Codi & Zali and a gorgeous granddaughter Skyla. I went to school at the Lorquon School and then Nhill High School. At home I have a pony named Rocket, a dog named Axel and 2 chickens. Recently we lost our old German coolie dog aged 18, his name was Patch. I lived in WA for 7 years then returned to Nhill in 1999. I look forward to meeting all the families and children in the future, and I would like to thank all the staff who have made me feel so welcome and showing me the ropes.

## Movie Night

Unfortunately the P & F movie night has been postponed for this Friday. We will inform you of new date once this has been organized. Stay tuned.



## Birthdays

We wish the following students a very happy birthday:

Mia and Clayton: Sat 30th of July

Vihdi: Tue 2nd of August

Matilda Z: Wed 3rd of August



## From the Principal

### From the Principal

Covid cases have again affected members of our school community and we keep anyone impacted by covid in our prayers. Please monitor for symptoms and stay home if unwell. Masks for 8 years and up are strongly recommended, and rapid antigen tests are being distributed to families when the school receives them.

In the event of staff numbers being impacted by covid, the school will in the first instance endeavour to get a relief teacher for a class. If this is not possible then classes may either join, or students spread across other classes where they are under the care and supervision of other teachers, with the support of integration aides.

### Welcome Mrs Fisher

Mrs Lyn Fisher commenced as Office Administrator on Tuesday this week. Please make Lyn feel welcome as she settles in to her new role.

### Staff Professional Development Days September 15-16

The last two days of Term Three, September 15-16 will be student free days. Staff will be undertaking professional development and training on those days.

### Interschool Sport

Students have the opportunity to represent Nhill Lutheran School in interschool sporting activities. Today a squad of hockey players represents our school at the Hockey 7s tournament, and in a few weeks some of our students will compete in the athletics day at Warracknabeal. The squad for this event is currently being sorted.

Every blessing for your week,

Damon Prenzler

### NLS Board membership

Are you keen to contribute to Nhill Lutheran School through serving on the School Board? The Board has governance oversight of the school and provides strategic leadership to the school. If you are interested or would like to know more about the role, you may speak to either Damon Prenzler, Principal, or Matt Miller, Chair of NLS Board (contact details can be obtained through the school).

### Kinder enrolments

Enrolment applications for Foundation in 2023 are to be given to the school by Friday July 29.

## SRC

This week hot chocolates and dim sims have been very popular.

\* Hot chocolates will be available everyday for \$2 - students are to put money in their classroom tubs and write their name on the post it note

\* On WEDNESDAYS dim sims will be available to purchase at \$1 each - please write student name and amount of dim sims on an envelope with money that they can then put into their classroom tub

## Out in the Yard



Students have been very creative in the yard using many materials to make a house.

## Devotional Thought

Pray for all people, asking God for what they need and being thankful to God (1 Timothy 2:1).

[Read 1 Timothy 2:1-8](#)

Some simple instructions here!

First, pray for all people. Pretty comprehensive. Impossible? Perhaps, but possibly this is where we need to plan or make a list. To pray for all people could seem so vast that you never begin. Perhaps pray for three people each day (or work out your own number). Don't overburden yourself so that nothing actually happens. Start small. Continue small if that works for you. Keep praying.

Second, pray for what they need. Note that is neither what the person wants nor what I think they need. I don't know about you, but it is pretty easy to project my deficiencies onto someone else – to decide what they need is humility, a lesson or something else that sounds good to me. No. Ask God for what they need: perhaps simply bring that person before God and ask God to work in their life. Sometimes, leaving it up to God is a wise thing to do!

Third, be thankful. It might even be a good way to begin the prayer. 'Thank you, God, for [name of the person].' When we give thanks for someone, it is easier to love them and ask for blessings on them. Be thankful to God for that person and their life. Be grateful to God for awakening you to the possibilities of a relationship with that person. Be glad to God that you can pray!

God wants all people to be saved (verse 4). Perhaps your role in this is simply to give thanks to God and pray for each person as you can.

The added bonus? Well, two, in fact. One, you will be drawn closer to God by your simple prayer. Two, you will look at the person you pray for in a different light, perhaps even meeting your own needs in that action.

***Thank you, God, for life and your presence in me and those around me. Help me to pray as I can, bringing before you those I know and don't know. Give me what I need: a humble and grateful heart. Amen.***

## Worship News

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

Sunday 31st July

Nhill– NA

Jeparit—10am MISSION  
FESTIVAL



Online services can be viewed at:  
<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg>

## Prayer of the Week

Each week we pray for someone in our School Community. This week we pray for.....

- ♦ Miss Lindsay and her family
- ♦ Mrs Mason and her family

## Chapel

The next Chapel will be on the 5/8/22 at 9 am in the Multi Purpose Room hosted by 5/6 class.

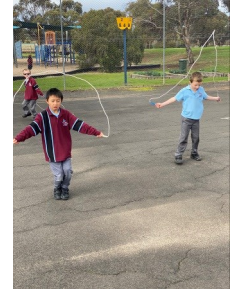
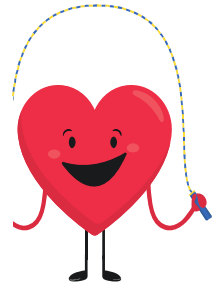


## Chapel Offering

Chapel offering from last week we received \$25.15. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

## Jump Rope for Heart

We are off and skipping! We have already raised over \$150 for Jump Rope For Heart. You can still register your child and begin raising funds, hours skipped can also be logged on the website. It's important you [register your child online](https://www.jump rope.org.au/register-your-child-online), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. [www.jump rope.org.au/parents](https://www.jump rope.org.au/parents). Remember to get colouring there is only a few weeks left before the winner is drawn. Colouring sheet are due back 10th of August.



## Get 'Em Going

This week at playgroup was cancelled due to staff shortages. Playgroup will be held next Tuesday the 2/8/22 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.

## Premiers' Reading Challenge

Thanks to all participants on a wonderful effort so far. We currently have 4 students who have finished the challenge. If you have any questions, regarding the Premiers Reading Challenge, please do not hesitate to contact Kelsie Attiwill, Challenge Coordinator.

## Gallery Central 'Doors' Exhibition

Our students have been very busy painting and decorating doors for the Gallery Central "Doors" Exhibition. Candy Land 5/6 class, Under the Sea 1/2 class and whole school portraits.



## P & F News

Unfortunately due to illnesses in the community we have decided to postpone the Movie Night scheduled for tonight. This is sad but we did not want kids to miss out due to illness or unnecessarily spread of illness. This event will still take place this term and as soon as I have a date I will let you know.

Coming up on August 14th we will be having a working bee at the school to get together and get a few odd jobs done. Please mark this in your diary and watch out for more information.

We have a P&F Meeting next week on the 2nd of August at 8pm at the school or via Zoom if you prefer. We are very excited as we will be electing a new member to our executive as a extra member, and if anyone else is interested in joining the exec and would like more information about the position please let me know. As normal everyone is invited to attend our meetings, exec or not and we love seeing new faces. Thank you

Jackie Rethus  
NLS P&F

## INSIGHTS

### Supporting a highly sensitive child



Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to “meltdown” or “shutdown” when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child’s development! Yes, that’s right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and consciousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

#### Understand and accept your child’s sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child’s temperament will help us to understand them better.

By seeing our child’s temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or ‘fixed’. Your child doesn’t need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child’s development, your child was born with their own unique temperament, including their sensitivity.

## Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clingy". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with atonement and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

## Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.



### Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram @australianpsychologist](#) and [Facebook @sensitivityproject](#).

## 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:

*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).

### **31<sup>st</sup> July    One Foot in Heaven One Foot on Earth    (Interview)**

How can you forgive someone who has killed your daughter? Listen to Annette's journey of grief, anger and forgiveness and how God brought healing and hope.

### **7<sup>th</sup> August    Joy Beyond Shattered Dreams    (Rev. Noel Due)**

Have you ever felt stuck in the dark, with no way out? Life may be dark because you've lost your job, or someone you love. Noel Due shares how God does offer us a torch, and how to discover a way through the dark times.

### **14<sup>th</sup> August    Anxiety    (Interview)**

Anxiety can make you feel like every minute is an eternity. You wonder how you can keep going. Richard talks with Jenny and Steve, who have suffered from anxiety, and Julie, a psychologist.

### **JULY 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.

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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CLW 2022

GREGO'S  
 open  
 NOW!