

## Upcoming Dates



### February

**Foundation Free Wednesdays all February**

**Fri 10th Tonight....**Welcome BBQ 6pm

**Mon 13th—Thurs 23rd** Swim Program for 2 weeks. Permission slips are due back.

**Tues 14th** Get Em Going Playgroup 9.30am

**Tues 21st** School Board 7.30pm

**Fri 24th** Swimming Carnival 9.30am to 12.30

### March

**Wed 8th** Wimmera Field Day whole school excursion

**Mon 13th** Labour Day public holiday

**Wed 15th to Fri 17th** Naplan for Year 3 and 5

**Mon 20th to Fri 24th** Naplan for Year 3 and 5

**Tues 21st** School Board 7.30pm

**Mon 27th to Tues 28th** Year 5/6 Leadership overnight camp @ Tindara

**Fri 31st** Foundation to Year 2 Roses Gap excursion

### April

**Tues 4th** Parent Teacher Interviews

**Wed 5th** Parent Teacher Interviews

**Thurs 6th** Last Day Term pick up 2.15pm

**Fri 7th** Good Friday

**Mon 24th** Pupil Free Day

**Tues 25th** Anzac Day public holiday

**Wed 26th** Students return for Term 2

**Thurs 24th** Year 2 Sleepover @ School

### May

**3rd to 5th** Year 3/4 Camp @ MtGambier

## Birthdays

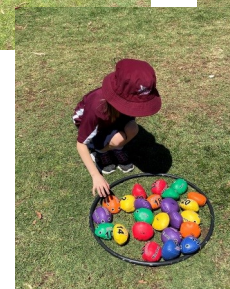
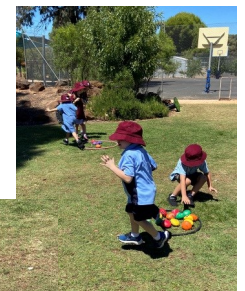
Happy birthday wishes are sent to the following student:

Seraph 14th February



## Learning something new everyday

The Foundation students are learning the skills to follow the instructions, follow the rules and waiting for their turn. Improvement was seen by all the students after playing the game numerous times. The important skill they took from it was just give anything new a go.



## From the Principal

Two weeks down and it has been great to see the establishment of learning and expectations happening. The beginning of each school year is important in setting the tone for what follows, and it is pleasing to see our students keen and switched on ready to learn.

### **Bible and Badge Presentations**

Foundation and Year 3 students received a new Bible this morning at Chapel. The Bibles are kindly provided by our Parents and Friends, and Mrs Jackie Rethus was able to present the Bibles to our students on behalf of the P&F.

The Year 6 student leaders received their badges at Chapel and we wish them God's blessings as they serve in their leadership roles:

School Captains: Chelsea and Imogen

Vice-Captains: Aaron and Matilda

Sport Captains: Trinity and Miss A

SRC: Savior and Nathan

### **Swimming**

Swimming lessons commence next week. Parents/Caregivers are welcome to walk down to the pool and back with classes, just check with the class teacher.

### **Parenting Ideas is now Happy Families**

In recent years we have published articles in our newsletter from Parenting Ideas. The articles contain useful information to help parents in a range of areas. Parenting Ideas is now Happy Families, and we will continue to include content from them in our newsletters. Additionally, extra information is available on [happyfamilies.com.au](http://happyfamilies.com.au).

Our school also provides families with SchoolTV, where a range of helpful information is available including cybersafety, mental health, school survival, healthy body, positive parenting and more. To access SchoolTV: [nhills.vic.schooltv.me](http://nhills.vic.schooltv.me).

### **Welcome BBQ**

A reminder our annual Welcome BBQ is starting at 6pm this evening. This is a wonderful opportunity to welcome new families to the school and welcome back returning families. Families are asked to provide a salad or sweet to share, unless you are a new family to Nhill Lutheran School.

Every blessing for your week.

Damon Prenzler

## Parent and Friends of NLS

The Parents and Friends (P&F) are a group of parents who meet a few times a term to organise fundraising to help purchase resources for the school and social events for the families of the school.

We try and keep our meeting short and a relaxed social evening.

The first P&F meeting for the year will be held at the school on February 28th at 8pm. All parents/guardians and friends of the school are invited to attend our meetings.

If you are interested in making a bit more of a commitment to the P&F we are looking for new members to join our executive. Our 2023 executive will be elected at the February 28th meeting. At this stage we will be looking for new extra members and a new President, all other positions will also be declared vacant at the meeting; vice chair, secretary and treasurer. If you are interested in any position on the P&F or more information about P&F please contact Jackie Rethus or Maree Moll.

We are looking forward to welcoming everyone back to our school community on Friday the 10th of February at the welcome BBQ.

Jackie Rethus

## Devotional Thought

For a brief moment I abandoned you,  
but with deep compassion I will bring  
you back (Isaiah 54:7).

[Read Isaiah 54:1-17](#)

In 1970, Joni Mitchell released the song *Big Yellow Taxi*, which included the cliché 'you don't know what you've got 'til it's gone'. Everyone has experienced profound loss after something we have taken for granted is removed from our life. It could be a graduation, where the school that felt like such a pain then seems now like a place of growth and love. It could be a relationship where a continued focus on a few annoying things blinded one party to the deep love and joy of the partnership.

When God's people were taken to Babylon, they thought God had abandoned them. The truth, of course, was that they abandoned God a long time before, and the exile was the natural consequence of rejecting Yahweh. Judah had become unloving toward God and didn't see the blessing that came from the covenant. It was in this exile that God's people clearly saw what they had lost. They had time to 'think about what they had done', so to speak, and they wanted to be reunited with God.

In response, we see our God's incredible love on display. Not only did God return them to Judah, but he blessed them so much that they needed to enlarge the places of their tents to accommodate everything that the Lord would give them. If only they had remained faithful in the first place, they could have avoided the horror of exile. God blessed them with new love.

Do we take our relationship with God for granted? How long has it been since we took the time to number his blessings in our life? When was the last time we told another person how much God means to us? Let's not empty our relationship with God of its joy and power. In praise and thanksgiving, we acknowledge our special place in his heart.

***Lord God, thank you for your faithfulness to us. As we see your actions in our lives, may we give thanks and praise for your great love. Amen.***

## Chapel

The next Chapel will be on Friday  
17/2/23 at 9am in the Multi Purpose  
Room .

Hosted by Mr Prenzler



## Worship News

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

9am at Jeparit

11am at Nhill

NhillLutheranParishOnline.com



## Prayer of the Week

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

- ◆ Miss Attiwill and her family
- ◆ Ruby B and her family
- ◆ Toleen and her family



## Chapel Offerings

At today's Chapel \$27.80 was collected for the  
Maw Per Koh orphanage school in Myanmar.  
Please consider sending an offering each Friday  
morning as the children there rely on our help.

## Get 'Em Going

Exciting news for the pre-school aged chil-  
dren and their caregivers of Nhill, Mrs Chris-  
tina Leitch will be coordinating the session.

Get 'Em Going Playgroup will start again this  
coming week for Term 1 meeting each  
Tuesday at 9.30am. Each week children will  
be given the opportunity to participate in  
physical, social and mental stimulating  
activities to assist in preparing them for their  
learning journey ahead.

Please bring along the following:

- A water bottle
- Fruit snack
- Gold coin donation

If you have any questions or would like more  
information on the program please see Mrs  
Fisher at the front office.

53 912 144 or [admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au)



# What Has Happened This Week

Our Year 6 students were presented with their leadership badges today at Chapel, the School is in for a wonderful year with these students leading the other cohort of students to a productive and respectful 2023





What Has Happened This Week continued...more photos on back page



The Foundation and Year 3 students were presented with their Bible by the Chair of the P&F, Mrs Jackie Rethus.





# parenting ideas schools **Starting the year right**

If you're like most parents, you really wanted to start things off well, but it's been a little rocky. Getting back into a routine, being on time, sorting out school lunches... it's a bit tricky. Best laid plans haven't quite been as smooth as you might have liked. To dial in your morning and evening routines, I'm going to suggest a few principles to help.

## Get clear on what 'getting it right' actually means.

You might know what you want the morning to look like. But is it clear to you? Can you write it down? Can you put it on the fridge? Can you explain it to your kids and help them to buy into why it matters? Clearly explaining what you want and why is going to be a critical first step.

## Set up a system.

Author, James Clear, says that "you do not rise to the level of your goals. You fall to the level of your systems." So what does your system look like for making things happen? Can you create a system that will facilitate

## Workshop it.

Setting up a system when you're a parent is pretty easy. But bringing the family along can be trickier. By having a meeting and developing the system with input from your kids, you get to be clear, establish the system, and create buy-in. Ask your children to make suggestions and design the morning based on their ideas. Fashion it with your expert knowledge. And watch the results improve because your children have been part of it. Involvement is a central success pillar when it comes to developing a system that works in any family.

## Curate competence.

The real secret to successful routines is helping the kids become self-sufficient. It takes time, but teaching them to toast their bread or crumpets, fry or scramble some egg, or organise their cereal or yogurt, or even blend a smoothie means that there is less friction with your routine. They feel good about doing what needs to be done because they know how to do it. And while it's slow at first, it becomes wonderfully efficient over time.

## Support autonomy.

Kids love to have choices. They appreciate being able to make their own decisions. Support them in that while ensuring they know what the guidelines and boundaries are for making things happen well. Here are the golden rules of a magic morning (from a dad of six who has talked with thousands of parents about getting this right):

1. Your morning begins the night before. Get the prep done for tomorrow at bedtime so uniforms are ready, bags are packed, and library books or sports gear is sorted.
2. Create margin by waking up a little early, and getting the kids up (gently) a little early too. Room to breathe makes everything work better.

In spite of your best efforts, things will go pear-shaped now and then. When this happens, stay calm (remember: emotions are contagious), don't sweat the small stuff, be flexible for the morning... but get it back on track the next day by having a calm conversation in the evening, reinforcing the system, and working together on making it work.

Whether it's magic mornings or excellent evenings, the process is the same.



## AUTHOR

### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine'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 [hap-](#)

## **12<sup>th</sup> February Reconciling Relationship Conflict (Interview)**

***“If I would have known these things earlier, I’d think I’d still be married.”*** Listen to Paul Kerber who has worked in reconciliation. Despite some of the most difficult scenarios, there is hope for your relationships.

## **19<sup>th</sup> February Living Amongst Floods (Interview)**

***“For us to be caught in the floods, the biggest thing was that we couldn’t leave.”*** Listen to Charmaine share her story about being trapped in the NSW floods.

## **26<sup>th</sup> February Comfort for Tragedy (Interview)**

What do you do when you receive a phone call that there is a bushfire in your area? Richard shares how bushfires affected his family and the community he grew up in.



**Kids Camp 2023**   
Lutheran Camp, Anglesea

**Araluen Lutheran Camp**  
**April 12-14**

**Cost : \$195 per/child**

**Ages 9-12**

**Registrations close March 31st**

*the fruit of the spirit*

The poster features a vibrant image of children playing beach volleyball on a sandy beach under a clear blue sky. A woman is also visible, interacting with the children. The text is overlaid in bright yellow and blue colors.







**HINDMARSH SHIRE LIBRARIES**

**KIDS CRAFT CLUB**  
Get creative at Nhill Library

3rd Wednesday of the month,  
during school terms, from 3:30pm.  
FREE for all school aged children.

Contact Nhill Library | 5391 4449 | hindmarsh.vic.gov.au

CHAMPIONS LEAGUE BASKETBALL AUSTRALIA

**WHO'S READY FOR**

**3X3**

Horsham Rural City Council urban rural balance

CLB 3x3 AUS

**BASKETBALL**

**CLB3X3 HORSHAM**

**OUTDOOR NETBALL COURTS - PARK DVE HORSHAM**

FRIDAY 17TH FEB 2023	SATURDAY 18TH FEB 2023	SUNDAY 19TH FEB 2023
FREE COME N TRY 3X3 SESSIONS 4PM-6PM	OPENS SOCIAL & ELITE ALL GENDERS, ALL SKILL LEVELS FROM 12PM ONWARDS \$150 PER TEAM	JUNIORS U13'S / U15'S / U18'S FROM 10AM ONWARDS \$120 PER TEAM

Prize Money / Prizes / Food & Beverage / Music / 3 point shoot outs / FIBA3X3 Ranking Points

SCAN QR CODE TO REGISTER:



play.fiba3x3



THE HORSHAM TIMES

