

Term 1

Week 5

Issue 5

March 3rd 2023

## Upcoming Dates



### March

- Tues 7th - 14th** Bookfair 3.30 to 4pm **(new)**
- Wed 8th** Wimmera Field Day (yr1-6) school excursion
- Mon 13th** Labour Day public holiday
- Wed 15th** Foundation first Wednesday
- 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
- Fri 24th** Auskick Clinic 10am to 12.20pm **(new)**
  
- Mon 27th to Tues 28th** Year 5/6 Leadership overnight camp @ Tandara
- 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 27th** Year 2 Sleepover @ School

### May

- 3rd to 5th** Year 3/4 Camp @ Mt Gambier

### Assembly Dates for Term 1

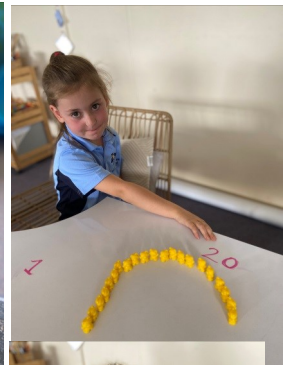
3/3/23, & 17/3/23

## Birthdays

Happy birthday wishes are sent to the following students:

Charlotte 4th March

Lucy 4th March



Foundation Class  
Learning  
Mathsskills.



## From the Principal

The students have demonstrated great transitioning skills as we change from swimming weeks to a more 'normal' timetable.

### Wimmera Field Days

Next Wednesday all students in Years 1-6 will venture to the Wimmera Field Days. This is a great learning opportunity for our students, and a day where they get to see and explore the world of agriculture and machinery. It's great to be able to attend the Field Days again after a two year absence.

### Swimming

Five students competed in the Black Ranges and Little Desert swimming in Horsham on Thursday. Congratulations to Mia Grover, Barrett Clark, Henry Zanker, Imogen Hedt and Matilda Prenzler for representing our school.

### School Board and P&F

At last week's *School Board* meeting elections for office bearers were held as required by the constitution. Janine Grover was elected Chair and Darryn Rethus will continue as Vice-Chair. There are some modifications required to the current constitution which is being acted on through LEVNT for approval. Until that stage, our current Chair, Matt Miller, will continue as interim Chair until such time Janine takes over. Matt will remain on the Board to provide guidance and support. Please congratulate Janine in taking on this important role, and thank Matt for his valuable contribution to Nhill Lutheran School over the past two years as Chair.

The *Parents and Friends* meeting on Tuesday had a good turnout. All positions on the committee have been filled which is fantastic. The 2023 committee is:

Chair: Jamie-Lee Jupp

Vice-Chair: Adelle Bone

Secretary: Maree Moll

Treasurer: Alicia Alexander

Members: Gemma Cramer, Carol Case-Hassall, Dimity Launer, Belinda Rohde, Jackie Rethus.

Plans are well underway for fundraising and community activities, so keep an eye out for those. I would like to especially acknowledge and thank Jackie Rethus for her efforts as Chair of the P&F in recent years. Jackie has led a resurgence of the P&F during and after Covid impacted years, which made planning fundraising and community building activities quite a challenge. Congratulations to Jamie-Lee Jupp for her Chair role, and to all members of the committee.

### How many donkeys?

This morning the Year 3/4 class shared the story of Jesus riding a donkey. The question 'how many donkeys?' was asked during the chapel. Our chapel theme is animals in the Bible, and next week the 5/6 class will lead Chapel. It's interesting to note how the animals God created are used in various Bible stories.

Every blessing for your week.

Damon Prenzler

## Volunteering at NLS

Volunteers at Lutheran Schools are to complete Valuing Safe Communities (VSC) training. An information page on how to enrol is provided, on the back page of the newsletter.

Also, this week emails were sent out to families that either have WWCC expiring in 2023, they have already expired or have not provided the school with their check details. The reason for the reminder is that the Government doesn't issue reminders to you. If you could put this on your 'to do list' and get the information to the school would be appreciated. Any questions please contact me. Thanks Lyn Fisher

## Devotional Thought

The King has come. Worship him!

When you pray, don't be like those show-offs who love to stand up and pray in the synagogues and on the street corners. They do this just to look good. I can assure you that they already have their reward (Matthew 6:5).

Read [Matthew 6:1-6, 16-21](#)

Who would have thought the Bible knew anything about social media? The God of the Bible knows about the human heart – about posing for Instagram and air-brushing pictures for Facebook. In today's passage, we read that people in Jesus' day were posers, too. When we pose for the audience, we already have our reward.

There is something addictive about knowing that someone knows you are doing a good thing-, especially if it looks like you don't want them to know! How glad we are when it just slips out, and we are seen in a good light. It boils down to our desire to be worshipped. We want to be loved, accepted, valued. We want our bodies to be adored, our actions to be commended and our kids to win awards.

God's word tells us about a different way – a private way of being before God.

Every time we say the Lord's prayer, we pray, 'Your kingdom come'. God's kingdom is his reign and rule. What does that mean in a fallen world except that our fallenness is undone by the presence of our Redeemer? Unless God sets us free to worship (honour) him, we seek to be honoured in the eyes of others, or honour others instead of God; all in a vain attempt to reinvent ourselves.

Our hearts are not fulfilled until they are filled by him. Anything else leaves us empty. When we see that his kingdom has come, we have no desire for the foolish things that we once needed. We can laugh at our frailties and imperfections. We can spend time alone before God – being the children of God and doing the things of God without needing an audience to applaud us.

***Dear Father, teach us the truths of your kingdom. Our righteousness does not exceed that of the scribes and the Pharisees. We have nothing to boast of before anyone – especially not before you. But you are our righteousness. You have begun to reign and by your presence as Redeemer, you have undone our fallenness. May your kingdom come. Amen***

## Worship News

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

9am at Nhill

11am at Jeparit

NhillLutheranParishOnline.com



## Prayer of the Week

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

- ◆ Jed and his family
- ◆ Mia and her family
- ◆ Imogen & Savannah and their family



## Chapel

The next Chapel will be on Friday 10/3/23 at 9am in the Multi Purpose Room.

Hosted by Year 5/6 class



**WRONG**  
is **WRONG**,  
even if *everyone*  
is doing it.

**RIGHT**  
is **RIGHT**,  
even if *no one*  
is doing it.

## Chapel Offerings

At today's Chapel \$6.50 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.

# What Has Happened This Week

## Get 'Em Going Playgroup

Get 'Em Going Playgroup will be 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:

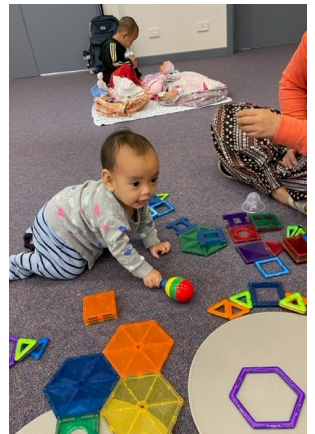
- A water bottle / Fruit snack / Gold coin donation

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

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

A fun filled morning at play-group. We wished Lewis a happy 3rd birthday and enjoyed singing happy birthday. His mum Jamie-lee bought some cup cakes and party hats. We pasted feathers on our yellow ducks, played musical instruments and danced. We had blocks and cars and puzzles and we climbed and jumped on the trampoline. Everyone had a great time.

Thanks  
Mrs Leitch



Answer: Because pepper makes them sneeze



## What Has Happened This Week

### Little Desert & Black Ranges Division Swimming at Horsham



Matilda



Mia



Imogen

Nhill 11 year old girls freestyle relay team, combined swimmers from the College, St Patrick's and Lutheran Schools.

A thank you to Tracey bell for organizing the team and getting permission to combine the Schools so the students could compete. Well done to all competitors.



Barrett and Henry

The NLS students all competed in individual freestyle events for their age group and Henry also competed in the Breaststroke event. Great effort!



Challenges are the pathway to growth. When our children habitually avoid challenges, their learning stalls. When they learn to understand, value, and embrace challenge, their learning accelerates. So, helping our children develop a healthy relationship with challenge becomes one of the most important ways we can help them become better learners.

## How does your child respond to a challenge?

Does your child avoid a challenge, seeking their “path of least resistance” in learning?

Or do they select the challenges they know they can do?

Looking like they are working hard, but secretly avoiding mistakes by not taking on anything too challenging?

Maybe your child takes on challenges because the teacher tells them to. They follow the teacher’s instructions and are led through challenging tasks.

Perhaps your child takes on challenges because they need to. They have something they want to achieve, a goal in mind. Their relationship with challenge is born out of necessity so they can reach their goal. But imagine if your child embraced challenges. In the spirit of John F. Kennedy when he said, “we do these things, not because they are easy, but because they are hard!” Imagine if when they were given the choice of doing something hard, or something easy, they’d choose the more challenging task, because they understood that challenge is the pathway to growth.

## Becoming a Skilful Learner

How our children respond to challenges is a key element of what I call Learnership™ – the skill of learning.

Learnership is a skill developed over time. It helps our children (and us) to get more out of every learning opportunity. Most importantly, Learnership is something we can teach our children that helps them to thrive both in school and life.

As parents we can help our children on the path to becoming better learners, by helping them develop a healthier and more productive relationship with challenge.

## Comfort Zone V’s Learning Zone. What’s the Difference?

The first step in helping your child develop a healthy relationship with challenge is to teach them the difference between their Comfort Zone and their Learning Zone.

We’ve all heard that we need to get outside our comfort zone and challenge ourselves, but how many of our children truly understand what that means?

For many people, getting outside their comfort zone means trying something new. But something new, isn’t always something challenging. Very often “new” is simply an “easy thing we haven’t done yet”. There is little struggle involved in this type of challenge, it comes with a great deal of certainty, and confidence that we’ll succeed. These challenges feel more like a task. They keep us busy, but they don’t help us get better. These types of challenges are in our Comfort Zone.

To be truly challenged our children need to stretch themselves beyond their current abilities. These types of challenge feel like a problem. Unlike a task where the path to completion is easily recognised, the solution to this challenge is not immediately apparent. They leave us feeling uncertain, and they involve struggle. The challenge feels “hard”. When our child feels like this, it’s a good sign they are in their Learning Zone.

Being in your Learning Zone feels uncomfortable. When our children find themselves in the Learning Zone, their first reaction is often to get out of it. Suddenly anything else seems like a more attractive option. They look for distractions, seek out easy options or adopt any number of avoidance strategies.

## Struggle is temporary

It’s important to help our children recognise that the feeling of struggle and discomfort that comes with being in their Learning Zone is temporary. It passes. Many children believe if they are struggling now, then the next step in learning will involve even more struggle. They believe that the further they go, the more uncomfortable they’ll feel. So naturally, they turn away from further struggle.

The reality is that effort is the currency of growth, and struggle is the price we pay for that growth. The reward is that what we

## Parenting for more skilful learners

As parents we have an important role in helping our children become more skilful learners. This begins by helping them develop a healthy relationship with challenge. By teaching them that effort is the cost of growth, and normalising the struggle that comes from being in their Learning Zone, we help them become “comfortably uncomfortable” with challenge, and put them on



### James Anderson

James Anderson is an international speaker, author and educator. In an educational landscape focused on teachers, James' work focuses on learners. His signature work defines Learnership™ – the skill of learning.

He answers the question: What does it mean to be a skilful learner? For further information visit [jamesanderson.com.au](http://jamesanderson.com.au). You can also listen to James and Dr Justin Coulson discuss Learnership™ on the Happy Families podcast episode #529 (The Growth Mindset) and #559 (How to Create Skillful Learners).



Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](http://messagesofhope.org.au) or on iTunes and Spotify.

### 5<sup>th</sup> March Smashing Plates Part 1 (Interview)

“I thought the anger in me would blow up a building.” Listen to the story of one woman’s journey of healing from anger.

### 12<sup>th</sup> March Smashing Plates Part 2 (Interview)

Listen as Chris shares the key things that freed her from the trauma of her past.

### 19<sup>th</sup> March Why Not Me? (Discussion)

What questions do you ask when you see, or experience, suffering? Listen as Richard, Celia and Noel share their thoughts and experiences on suffering and where to find hope to get through difficult times.

### 26<sup>th</sup> March Endless Love (Suffering) (Pastor Noel Due)

When things are at their worst, is there still a place for love? Listen to Noel Due as he tells the true story of Geoff and his life changing experience in a Japanese prison camp.

### Students of the Week

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

Foundation: Cooper A      Yr 1/2: Roger

Yr 3/4: Mia      Yr 5/6: Savior

### Bananas the Monkey

Congratulations to Mis A for receiving Bananas the Monkey at assembly today. We hope you both enjoy your time together.



## SRC Members Announced at Assembly

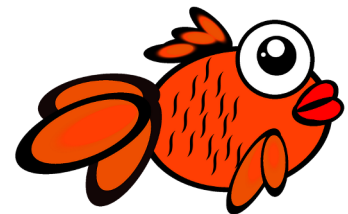
The following students were elected by their classmates to represent them on the Student Representative Council, congratulations to

Zara  
Savannah  
Connor  
Matilda  
Koda  
Cooper



Mr Holt's Riddle

Why do fish live in salt water?



**Kids Camp 2023** Araluen Lutheran Camp  
Lutheran Camp, Anglesea

**Araluen Lutheran Camp**  
April 12-14

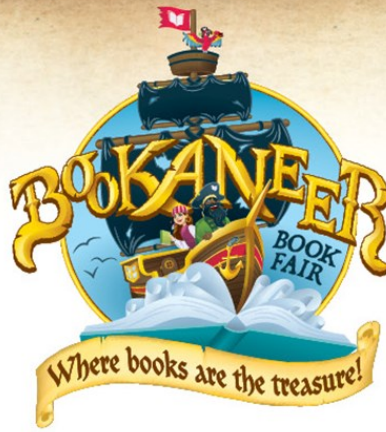
**Cost: \$195 per/child**

**Ages 9-12**

**Registrations close March 31st**

the fruit of the spirit





Dear Parents & Caregivers,

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- **Support our school's Book Fair. Allow your children to choose their own books to read.**

The theme of our Scholastic Book Fair is **Dino-Mite**, where we hope you will **Stomp, Chomp and Read!** It's a fun reading event that brings books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates: 7th to 14th March

Shopping hours: 3.30pm to 4pm

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.

Sincerely,

Mrs Lyn Fisher



## How to enrol complete online Valuing Safe Communities training

Lutheran schools seek to ensure that each member of the school community enjoys a positive, safe, healthy and respectful place of learning. To meet this expectation staff and volunteers of schools of the Lutheran Church of Australia (LCA), and early childhood services are obliged to meet the requirements of the 'LCA Standards of Ethical Behaviour' and related LCA policies. Valuing Safe Communities (VSC) is a school specific training program developed to comply with this expectation.

This handout provides information about how staff can complete the Valuing Safe Communities training. Please note that to participate in this course, there is a two-stage process which is required to ensure the integrity and safety of the training content. The first stage is registering on the training system: iLearn (Stage 1) and the second stage is enrolling in the training module (Stage 2).

### Stage 1 *Note: If you have already registered through iLearn before and have a username and password then skip straight to Stage 2*

**Step 1:** Visit the following website according to your training requirements:

**Volunteer and relief staff** <http://vscvolandrs.lutheran.edu.au>

**Initial module** <http://vscinitial.lutheran.edu.au>

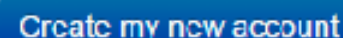
**Refresher module** <http://vscrefresher.lutheran.edu.au>



**Step 2:** Click on the button that looks like this.

**Step 3:** Complete the registration form, including the fields under the title 'Valuing Safe Communities'. If the fields are hidden, click on the title ('Valuing Safe Communities') to reveal them, otherwise select your school.

**Step 4:** Click on the button that looks like this.



**Step 5:** Check your inbox for an email from 'iLearn Support' <ilearnsupport@alc.edu.au> Subject: iLearn – Australian Lutheran College: account confirmation

If you can't see it in your inbox, check your junk or spam folder. Please note that delivery times vary and it may take from a few minutes to a few hours to receive this confirmation email. Click on the **confirmation link** contained in the email.

**Step 6:** After you click the confirmation link in the email, iLearn opens to confirm your registration.

### Stage 2

**Step 7:** Once you have registered OR if you have registered previously with 'iLearn', visit the following website according to your training requirements:

**Volunteer and relief staff** <http://vscvolandrs.lutheran.edu.au>

**Initial module** <http://vscinitial.lutheran.edu.au>

**Refresher module** <http://vscrefresher.lutheran.edu.au>

**Step 8:** Log in to 'iLearn' entering your username and password.

**Step 9:** Enter the Enrolment Key provided in your email, or available from your school VSC trainer (If an 'enrolment key' field is not visible then click on the name of the training module under enrolment options)

**Step 10:** Commence the training by following the online prompts. Once the training is completed you will receive an electronic copy of a certificate. **You can print a copy for your records and your completion date will be saved in the system.**

If you require any help during this process, please email [ilearnsupport@alc.edu.au](mailto:ilearnsupport@alc.edu.au)

Thank you for taking part in this important training.