

Term 1

Week 4

Issue 4

February 24th 2023

## Upcoming Dates



### February

**Foundation Free Wednesdays all February**

**Tues 28th** P&F Annual & General meeting 8pm

### March

**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

**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 @ MtGambier

**Assembly Dates for Term 1**

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

## Birthdays

Happy birthday wishes are sent to the following students:

Matilda P 27th February

Grace 28th February

Abby 3rd March



## Foundation



## From the Principal

An essential skill required more and more is the ability to be flexible and adapt to changes. Our students have definitely had to demonstrate adaptability over the past fortnight as swimming lessons sees our 'usual' timetable change quite a bit.

### Swimming Carnival

What a fantastic swimming carnival! Nhill Lutheran School students again showed tremendous sportsmanship in cheering and supporting all participants, regardless of which house team they represented. It really is a lovely quality our students show. A huge thank you to all helpers who assisted with the day, and it was great to see a large number of supporters attend. A special thank you to Mr Holt, Sports Coordinator, for organising the program and other bits and pieces, and to Mrs Alexander for her significant contribution. I also wish to thank Mrs Alexander and Bianca Borgelt for leading swimming lessons over the last fortnight, and helping our students feel more confident in the pool, and improve their skills. At the end of swimming carnival Lowan house was crowned winner, followed by Hindmarsh and Mallee. Congratulations Lowan! Some of our students will now have the opportunity to represent the school at higher level swimming.

### P&F

The Parents and Friends meet this Tuesday at 8pm and all are welcome. The P&F are great fundraisers and community builders in the school.

### Shrove Tuesday, Ash Wednesday and Lent

We are now in the Church season of Lent, a time of reflection and preparation for Easter. Pastor Carl led our Ash Wednesday chapel this week (despite a power outage). On Tuesday, Shrove Tuesday, our students enjoyed making and eating pancakes, an old tradition marking the last day before the commencement of Lent.

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 at the back of the newsletter.

**Preliminary Notice for Book Fair from 7/3/23 to 14/3/23 more info in next week's newsletter**

## Parents & Friends

Tuesday next week will be our first P&F meeting for the year! It would be great to see some new faces there. P&F meetings are open to all parents, it's a great way to be involved in the school community and meet new parents and families. At this meeting we will start to plan our events for the year so if you have any ideas we would love you to come along and share it! We will be electing our executive, it's always great to have new and changing faces on the executive, new people bring in new ideas and momentum. We would love to see as many parents as possible attend the meeting on Tuesday 28th at 8pm. We will meet at the school or if you can't make it to the school but would still like to attend zoom is always an option just let us know and we will send you a link.

## Devotional Thought

### *The wind blows where it wills*

The wind blows where it chooses ... you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit (John 3:8).

Read [John 2:23–3:15](#)

At the time of writing, it is very windy, in fact, gusty. Has been for a few days now. I don't really mind it, except when it is mixed in with droplets of rain, or it pushes the netting off my fruit trees! I know the wind is freshening the atmosphere, dispersing pollution, helping with pollination. I know there will be blissful days of calm to follow.

But I have no idea when that will be. Despite reading books on clouds and weather, I also have no idea where this wind is coming from, except somewhere vaguely from the west or south-west!!

As Christians filled with the Spirit, which we all are, we are told we are like this. We can be exuberantly gusty one day and blissfully calm the next. Probably all of us tend to one a bit more than the other. The great thing is both are valuable; both are worthwhile and both bring benefits.

As followers of Christ, it is good to be gusty: to blow the netting off some things which need to be freed up; to freshen our churches and communities; to help with pollination – some of us are called to plant seeds; some to water; some to help God give growth (see 1 Corinthians 3:5–9). We all have a role.

As followers of Christ, it is good to be blissfully calm: to be the calm in someone else's storm; to be still and know God; to wait for the still quiet voice (1 Kings 19:12).

Look forward to the wind blowing in ways you don't expect, from directions you don't expect, and at volumes both vast and small. And when that occurs, ask the Spirit to provide wisdom and understanding, and to enable you to live with grace and kindness, mercy and justice. Then the wind blowing where it wills will be a blessing.

**Creator God, thank you for examples and metaphors from our daily lives. Help us to be alert to the Spirit's quiet whisperings and rowdy gusts. Amen.**

## Worship News

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

9am at Jeparit

11am at Nhill

[NhillLutheranParishOnline.com](http://NhillLutheranParishOnline.com)



## Prayer of the Week

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

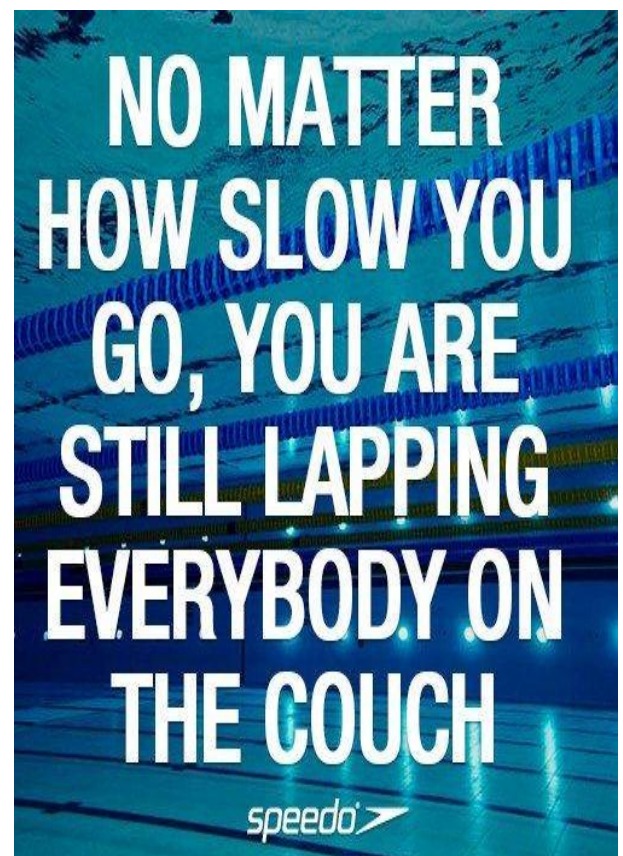


- ♦ Barrett and his family
- ♦ Harper & Miss Rutherford and their family
- ♦ Cooper & Abby and their family

## Chapel

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

Hosted by Year 3/4 class





## 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)

We had a great day at playgroup this week, again lots of families came to enjoy the morning. We decorated a picture vase with colourful paper, We had the building blocks out and the wooden toys.



### So Many Activities This Week





## What Has Happened This Week

Swimming lessons were enjoyed by the students on such hot days. Learning new skills and gaining confidence for the Swimming Carnival.



Because they are so full of themselves







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.

#### 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

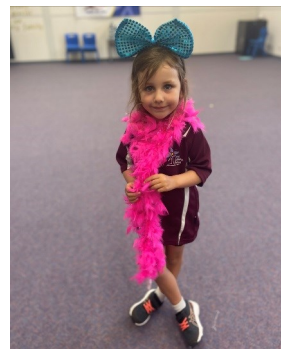
Rachel Tomlinson is a registered psychologist and the author of *Teaching Kids to be Kind* and *A Blue Kind of Day*. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert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



## **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.

### Lots of Fun was had at the Shrove Tuesday Dress-Up and Pancake Flipping Races







Swimming Carnival







Team Hindmarsh unofficial mascot.



The winners are LOWAN!



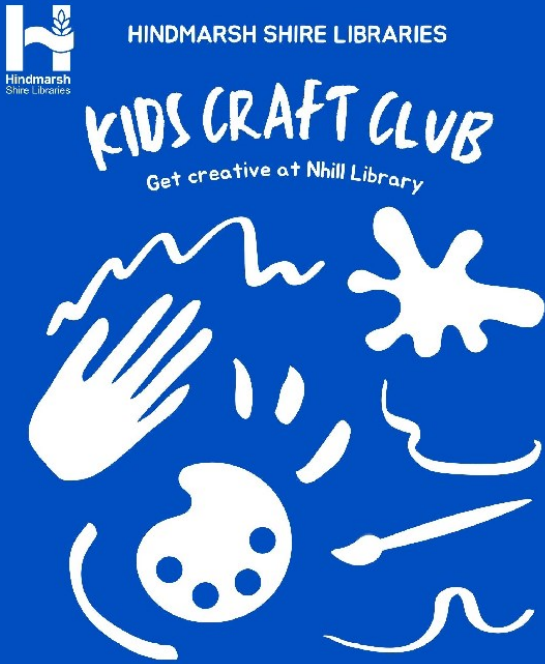
Well how lucky the students have been with their swimming program this year, with such warm weather each day to jump into the water. Today they had a lovely morning to show off their water skills and how much more confident they are in the water. There was a great number of spectators who came to support their loved ones in the water. The victorious team in 2023 was Lowan, It has been many years since they have won the swimming carnival. Congratulations to all the students who participated, they all contributed to their team score. What about that butterfly stroke, well done to the competitors, you need so much co-ordination to do that stroke.



## Lost and Found at the Swimming Carnival

**LOST**.....a watch at the pool on Friday.

**FOUND**.....blue skort at the pool.



**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](http://hindmarsh.vic.gov.au)



**Kids Camp 2023**  
Araluen Lutheran Camp  
April 12-14  
Cost: \$195 per/child  
Ages 9-12  
Registrations close March 31st

*the fruit of the spirit*

### Mr Holt's Riddle

Why do people dislike  
Babushka dolls?



Answer in the newsletter somewhere



**Hookin2 Hockey**

**Club:** Nhill & District Sporting Club  
& Yanac Hockey Club

**Where:** Davis Park, Nhill

**Dates & Days:** Wednesday 1st March for 6 weeks

**Time:** 3.45pm - 4.30pm      **Cost:** \$51



**Coordinator:** Helen Cannell  
**Contact:** 0419829272

**To Register go to:**  
<https://www.hockey.org.au>





## 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>

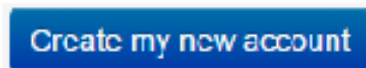
**Step 2:** Click on the button that looks like this.



Create new account

**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.



Create my new account

**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.