

## TOGETHER WE GROW

Lutheran 2 Mackay Street, Nhill 3418 P: 53 912 144 E: admin@nls.vic.edu.au Term 2 Week 2 Issue 12 May 5th 2023 **Foundation Class** Upcoming Dates Mrs Clark was teaching the Foundation students, they worked in groups to learn the fundamental maths skills required to using the Tues 9th P&F Meeting 8pm right sequence of numbers and the counting of objects then writing that number down. They were very proud of their team work. Tues 16th Board Meeting 7.30pm **Tues 30th** Year 1/2 Parent/Teacher Interviews **Birthdays** Happy birthday wishes are sent to the following student:

Henry 6th May



May

Wed 10th Little Desert Division Cross Country @ Horsham

Fri 12th Mother's Day chapel and activity morning 9am to 11.30am.

Wed 17th Golf Clinic Tues 23rd School Photos (Note No Playgroup Tuesday 23rd May) Wed 24th National Simultaneous Story Time Fri 26th Athletics Day Tues 30th to Fri 2nd June Year 5/6 Camp @ Anglesea

## June

Thurs 1st Year 1/2 Parent/Teacher Interviews Fri 2nd P&F's Donut Day fundraiser Mon 5th Incursion Sussing Out the Solar System Mon 12th King's Birthday public holiday Mon 19th Incursion Freestyle Dance Ministry Tues 20th School Board 7.30pm Fri 23rd Last Day Term 2 pick up 2.15pm

## Friday Assembly Dates at 2pm

12th May

9th June 23rd June

#### Year 3/4 camp

A group of intrepid adventurers departed on Wednesday morning for the Year 3/4 camp to Mount Gambier. We look forward to hearing their camp stories and experiences when they return.

#### Mother's Day chapel and morning tea

All mums and significant females are welcome to attend our Mother's Day chapel on Friday May 12 at 9am. A morning tea will be held also and there will be an opportunity to visit classrooms.

#### Uniforms

Winter uniform is to be worn from next Monday onwards. Hats are still needed. Being a Sunsmart school, we wear hats when the UV rating is 3 or above.

#### Year 1/2 parent-teacher interviews

These will be held on Tuesday May 30 and Thursday June 1 with Miss Schultz. Information will be distributed to 1/2 families.

#### Little Desert Cross Country

Eleven students will represent Nhill Lutheran School at the Little Desert Cross Country in Horsham next Wednesday and we wish them all the best.

Every blessing,

Damon Prenzler



## **Foundation Class**

The Foundation class experienced an art project that many of us may remember.....paper mache!

One of the comments a student made was "it's lots of fun, but very messy".

They are making a dog each, so had to blow up the balloon, then cover with torn up newspaper which is dipped into a clag and water mix.

It was a credit to Mrs Clark & Miss McLean as to how much the students got completed on their first day of the project, all having done 3 layers.

It will be great to see the finished project in the next week or two.

## **Devotional Thought**

## My shepherd

## The Lord is my shepherd, I lack nothing (Psalm 23:1). Read Psalm 23

This most well-known of psalms is both introduced and summarised in its first verse: The Lord is my shepherd, I lack nothing. This short, simple sentence holds profound and deep meaning – God is with me; I need nothing more.

Our Shepherd knows us better than we do ourselves. He knows we need rest and provides green pastures and still waters so that we may be restored. He looks after our spiritual wellbeing, guides us on the right paths, protects us from our enemies, provides us with sustenance and covers us with his goodness and love. The psalm ends with a promise of life with the Lord forever, but it is also very much about trust in Immanuel, God with us here and now.

A small flock of wild sheep lives near our home in the Adelaide Hills. They graze wherever they can. They are afraid of people, cars, wild dogs and foxes. Their fleece is unkempt, tangled with blackberry brambles and badly in need of shearing. Somehow they manage to find water during summer when the creek dries up and they survive through the dangers surrounding them. Above all, they evade every attempt to be taken to a safe place where they can be properly cared for and their needs met.

Without trust in God we, like those sheep, are uncared for, living in the shadow of death and fearful about what may happen next. Instead of guidance from a good shepherd, we fall back on our own resources and have the potential to lead a ragged life, always wanting more and not knowing how or where to find it.

By trusting the Lord as our Shepherd we live with his promise, 'I am with you'. We know where our lives are going as we are refreshed, guided, protected and comforted in God's love. Nothing more is needed.

Dear God, we thank you that you shepherd us through our lives, during difficult times as well as times of peace. We want nothing more than to feel your goodness and love for each of us as we travel through life to live with you forever. Amen.

## Worship News

Please see below for this week's church service times: 5th Sun of Easter Nhill 9am Jeparit 11am



## Prayer of the Week



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

- Alyssa & Gus and their family
- Matilda & Mr Prenzler and their family
- Trinity, Zara & Lexie and their family
- Nelson & Luka and their family

## Chapel

The students will host Mother's Day Chapel next Friday, 9am in the multi – purpose room.

## **Chapel Offerings**

At today's Chapel \$1.20 was collected for the Maw Per Koh orphanage school in Myanmar. Please consider sending an offering each



## Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am to 11am.

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

Welcome back to Term 2 play group. What a wonderful morning. We painted with marbles and the children loved making different patterns. We enjoyed the musical instruments, the play dough, the magnet block trucks and building blocks and climbing through our red tunnel.













## SRC Hot Chocolates

Hot Chocolates will be available on **Monday's only** for the cooler months.

- Cost \$2 each
- Send the money
- Students place their orders on the slip of paper in their classroom tub
- 1.20pm enjoy a hot choc for lunch

## What has happened this week at NLS



Year 5/6 class were making marble runs on Thursday, there was tape, hot glue guns and lots of imagination and problem solving.

Staff only



Lots of fun and teamwork were in big measure with this activity for the senior students.



The Year 1/2 students were learning the fundamental skills of Mathematics. They were divided into groups, with one group using their ipads, another group working with objects and placing them into lots of 2, and the final group were using blocks onto grids to visualize the formation of the blocks.



The students are enjoying having Miss Schultz as their teacher.





## parenting \* ideas schools You to Know



567 tweens participated in my 2020 anonymous survey, and chose to answer the optional question, what is one thing you wished all adults knew about life as a tween?

If your child was asked that question, how do you think they would answer? They might tell you that a 10 year old shouldn't go to bed at the same time as a sibling who is 7, or that kids who don't like broccoli should never be made to eat it. This is the important stuff that characterises much of our tween's headspace! However, I wonder if we were to probe a little deeper, would there be one thing that your child wishes they could tell you, but can't quite manage to communicate? Do you think there is anything that they find difficult to talk about or perhaps even intentionally hide because of fear or shame?

Below I'll share the five of my top survey response that I hope give you insights into your tween's inner world.

#### Message 1: Life is Harder than You Realise

Tweens believed life was harder for them than their parents acknowledged, and they felt their challenges were minimised. Comments like these caught my attention: "It's not how they think it is. Everything is hard" and "I wish they knew how hard it is to get used to changes and that when we don't know what's happening more things are put on our plate". My concern is that if tweens don't feel understood now, where does that position us as they get older?

**Suggested response:** The tween years are a time of rapid developmental which can be overwhelming for our kids. What might seem small in their world, is big in theirs, so bring some patience to the table when talking about social and emotional challenges. Now is the time to validate your tween's feelings so they know you are by their side. I highly recommend regular one on one time as it indicates your willingness to invest into them.

#### Message 2: I am No Longer a Kid

Tweens voiced a strong desire to be taken more seriously by the world around them, and not to be overlooked or dismissed because of their age. I noticed that they felt like they had significant ideas to share, while only being recognised as children. That's quite a downgrade! My concern is if tweens don't have a meaningful place to contribute now, how will they build the confidence to make a more significant contribution as they get older?

**Suggested response:** A tween's developing self-esteem is hinged on their sense of competence and ability to handle life more independently. Now is a great time to invest into teaching your child practical skills, and giving them more meaningful responsibility at home. It is also a great time to ask your tween to help make family decisions as a way of validating their growing intelligence. Interestingly, tweens said they turned to people who were accessible, listened to them and were able to help them navigate life's challenges.

#### Message 3: You are Missing Stuff

Although it broke my heart, I was not surprised to hear tweens emphasise that their parents were missing stuff. When I walk through a primary school playground, I am often shocked at the 'teenage-like' themes I hear. I know that parents have no idea of the real content of these conversations and the pressures kids are under to engage in them. Comments like 'you think we are okay, but we aren't' and 'there's a lot more bad things out there than they think' expressed a real cry for support. My concern is, if we don't keep our eyes open, we may not see those things that are most important.

**Suggested response:** When your tween comes home with questions that are difficult to answer, be prepared to give them a thoughtful and comprehensive response. You may intentionally delay your response to allow yourself some preparation time, but never sidestep it. Remember, if you are not the source someone else will be; and that your language opens the way for theirs. You can initiate some of these conversations with quality resources that represent your family values.

#### Message 4: We Might Always Disagree about Screens

Technology was a central theme of tweens' frustration. PS: Feelings are often mutual! Emphasis was placed on parents' alleged lack of understanding of how central technology was to tweens' social status and life. As adults, we know there are some very real and legitimate reasons why we say no to screen time. For this reason, I'd like to suggest that we might always have different views about technology. My concern is, if we don't take the lead, tween's natural desire to charge ahead may lead them into dangerous waters.

**Suggested response:** When it comes to technology crystal clear agreements are absolutely essential. Technology has to be set up in order to last the rockiest of the teenage years. While gaming and group messaging is very common amongst tweens, it is easy to say "yes" to tech without appropriate accountability. Please now that what is easy to say yes to now can quickly become your worst nightmare if you are not in charge. For more specific thoughts on this please see me blog – How to Set Up Social Media Well.

#### Message 5: It's Time to Start Knocking

When tweens begin to need more privacy, most parents respect and welcome it as a sign of growing up. However, when they begin to desire space from adult supervision, it poses a new range of dilemmas. While our tweens are pushing for all the trimmings that come with growing up, such as catching a bus on their own or shopping alone with friends, their limited life experience leaves them vulnerable. My concern is that if we are not willing to enter into age-appropriate negotiations as they grow, they may begin to hide unsafe behaviour.

Suggested response: Tweens are usually looking to be given more grown-up privileges and responsibilities as an



## **AUTHOR Michelle Mitchell**

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle uses her experience to write and

Reminder: Zooper Doopers will not be available until Term 4

# Messages of hope

**Beneath the Stress** 

7<sup>th</sup> May

Listen to Messages of Hope and invite others to do the same. Download or listen online at

messagesofhope.org.au.or on iTunes and Spotify.

#### (Discussion)

How would a stress free life look to you? Listen to Celia, her friend Janine who is a mother of 3, and stress counsellor Anna, about why it's so hard to get beyond the stress.

## 14<sup>th</sup> May Unlocking Ability (Interview)

How do you parent a child with a rare generic disorder? Chris shares her journey with her daughter Rachel and the hope that helps them.

## 21<sup>st</sup> May One Foot in Heaven (Interview)

Annette's daughter was tragically killed in a car accident and shares her journey of grief, forgiveness and the hope that keeps her going.

## 28<sup>th</sup> May Losing Mike but Keeping Hope (Interview)

Mike was receiving treatment for a brain tumour but after 3 years there was a sudden and dramatic change. Listen to Jen and her daughter Allie as they share their journey of losing Mike but keeping hope.

## Badminton Season

Nhill Badminton Association Inc. invite new and seasoned players from year 7 and above to join us for a come

and try night. Thursday 11th May at the Lowan Sports

Centre at 7.30 PM. Come and try for some laughs!!

A few club racquets available for use. Competition will commence 18th May for the school term.

Registration forms for all intending players are due on the 11th May and will be will available at the come and try night.

For further information please contact Tricia Alexander 0407364833 or Carolyn Blackwood 0418307844





