

Term 2

Week 5

Issue 15

May 26th 2023

Upcoming Dates



May

Tues 30th to Fri 2nd June Year 5/6 Camp @ Anglesea

Tues 30th Year 1/2 Parent/Teacher Interviews

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

Wed 7th F-2 Excursion to St Pauls Lutheran Church

Mon 12th King's Birthday public holiday

Tues 13th School Board 7.30pm
(change of date)

Thurs 15th Lightning Premierships

Mon 19th Incursion Freestyle Dance Ministry

Tues 20th P&F meeting 8pm (change of date)

Fri 23rd Last Day Term 2 pick up 2.15pm

Friday Assembly Dates at 2pm

9th June

23rd June

NLS Athletics Boy/Girl Champions

Today we held our athletics sports, with great participation and sportsmanship from the students. We are very grateful for the parents/caregivers who helped out at various events or with age groups, a huge thanks to the P&F for the fruit and cooking the BBQ and homemade soup.

The Athletic Day Champions were Clayton (boys) and equal points for girls Miss A and Helena . Congratulations to you all.



Rapid Antigen Tests

If anyone needs RAT tests please come to the school and take as many as you need, they are in the foyer, please help yourself.

2022 Yearbook

The 2022 Nhill Lutheran School Yearbook has been sent home to each family, we have 9 copies that are still available at the school office. You may like to give one as a gift or purchase a book for each child in the family at a cost of \$20 each, only while copies are available.

From the Principal

Year 5/6 Camp

Next week the 5/6 students venture to Anglesea for a 4 day/3 night camp, accompanied by Ms Rutherford and Mr Prenzler. Planned activities include Sovereign Hill, surfing and body boarding, the Live Wire park, rocky road making and more. We look forward to hearing about their adventures.

Uniform

Winter uniform is now to be worn and clothing items may be purchased from the school. With winter arriving and the weather becoming colder school jackets and beanies are becoming increasingly popular. The school requests that, if a jacket or beanie is worn, it be the school uniform item. Thank you.

Pentecost

This Sunday is Pentecost Sunday where Christians around the world remember the story of the disciples receiving the gift of the Holy Spirit. The Year 1/2 class will be sharing the Pentecost story at Chapel next Friday.

Every blessing,

Damon Prenzler

P&F Committee Defib Has Arrived



The donation of the Defibrillator and cabinet from the P&F Committee has arrived, we are going to place it at the front entrance. This will be a great asset for the school and the whole community, although we hope never to have to use it. Thank you for all the fundraising efforts from previous years that have contributed to being able to purchase such a valuable piece of equipment.

Pictured: Principal Damon Prenzler, P&F Chair Jamie-lee Jupp and P&F Secretary Maree Moll.

Worship News

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

Pentecost Sunday

Nhill 11am

Jeparit 9am

NhillLutheranParishOnline.com



Prayer of the Week

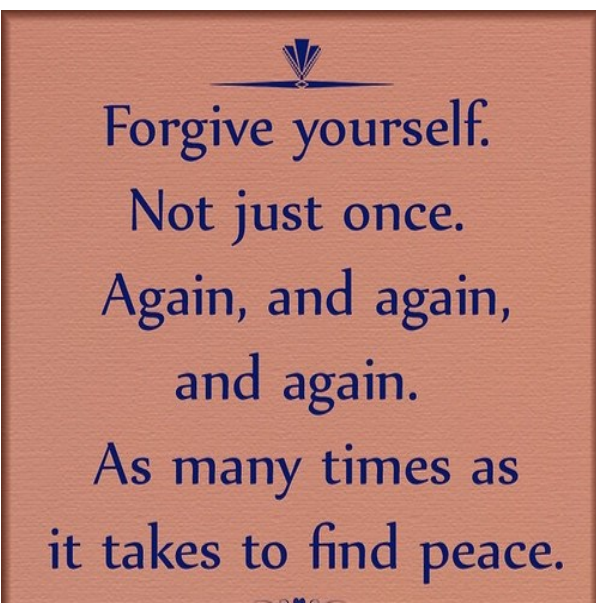
Each week we pray for someone in our School Community. This week we pray for.....

- ◆ Mrs Alexander, Esther & Cooper and their family
- ◆ Sienna and her family
- ◆ Miss Schultz and her family
- ◆ Mrs Crouch and her family



Chapel

The Year 1/2 class will host Pentecost Chapel next Friday, 9am in the multi – purpose room.



Devotional Thought

This is eternal life

This is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent (John 17:3).

Read [John 17:1-11](#)

Jesus was with his disciples after supper and at a time when his betrayal and arrest were imminent. After declaring to his disciples, 'In the world you have tribulation but take courage; I have overcome the world' (John 16:33), the disciples were likely feeling helpless, vulnerable, and uncertain.

At this time, although Jesus was acutely aware of what was about to happen to him, his priority was to pray. He prayed for himself and the success of his mission (John 17:1-13), for the protection of his disciples as they fulfilled their purpose (John 17:13-19), and for the generations of believers who would follow him because of his disciples' ministry (John 17:20-26).

But here, I turn specifically to verse three, where Jesus prays and teaches. He gives us hope and tells us precisely what eternal life is ... to know the only true God and Jesus Christ. He prays that we are in relationship with him. This means that eternal life is available here and now, and Jesus' prayer is that we know a personal relationship with him and our Father.

For those who anticipate that eternal life is something to be granted after our resurrection, knowing that it is available now will be unexpected good news. For some, the question might be how to be in relationship with God here and now. Talk and listen. Talk to Jesus about what you are experiencing. Ask the Holy Spirit to show you what God the Father wants you to know. Talk to Jesus about who you are (even though he is all-knowing). Talk to him about how you are feeling. Talk to him when things are going well. Talk to him when things are not going well. Just as you would talk with your loved ones on earth, talk to Jesus. Say good morning to him. Talk to him about your day. In this way, you will know him – and by knowing him, your eternal life starts now.

For those who already know eternal life and relationship, share your experience with others. Show them what you have experienced. Show them that although they might be lonely, they are never alone. Show them that when they desire deep and meaningful relationships, access to this depth and meaning is available now in relationship with the only true God and Jesus Christ. Show them by your words and actions that eternal life is available to all who accept Jesus as their personal Saviour.

Father God, thank you that eternal life is a life that is lived in an intimate personal relationship with you. Jesus, thank you for understanding all the thoughts, feelings, anguishes and challenges that come from my humanness because you were simultaneously fully man and fully God. Thank you that I can have a personal relationship with you. To you be the glory, great things you have done. In Jesus' awesome name, I pray. Amen.

Foundation Class



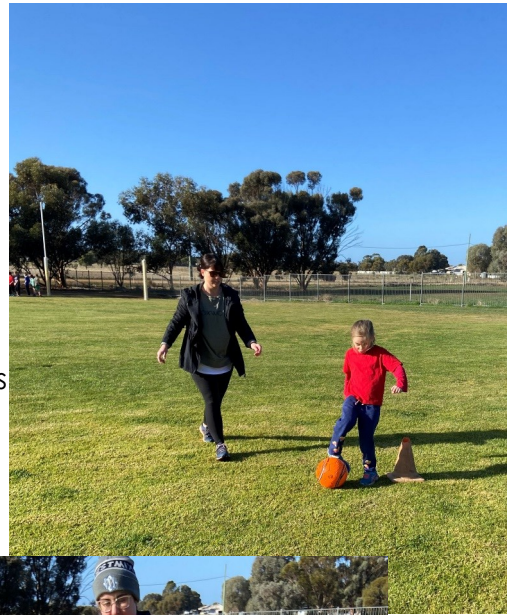
The Foundation class began making paper mache dogs a few weeks ago, so each week they complete another stage of the project, and this week they finished the project. The dogs come in all shapes and sizes and all different colours, some have pointy ears others have floppy ears or round ears. The students can now understand that not all activities start and finish on the same day. They are all very proud of their achievement, they can be found in the foyer on display.

NLS Athletics Day





The 2023
Winners are
HINDMARSH
Congratulations



mates

MENTORING PROGRAM

WIMMERA
SOUTHERN
MALLEE
LLEN



24 hours to change a life!
You can make a difference



VOLUNTEER

Can you spare 1 hour a fortnight to visit a young person in their school? For more information on how you can help, please come along to our Information Session.

The three schools in Nhill will be holding a combined:-

Information Session

for anyone interested in
becoming a
mates mentor

Date - Monday 19th June

12noon - 2pm

At Nhill College

Check in at reception

All welcome

For more information contact:

Kerri Nichols

Email: mates@llen.com.au

Ph: 0408 810 123



As a psychiatrist working with young parents, it became clear that one of the most important jobs I had was to find ways to help people connect with each other when emotions were running high. So often in my own conversations with them, I would see how well a parent could bring wisdom and clarity to challenging situations that were going on in relationships with their partner or children. But I also saw that there were times when, away from our sessions and in the heat of the moment, they would be unable to think clearly or would be triggered into lashing out in anger.

What was also clear was that the more often these painful experiences of disconnection occurred, the more likely it was that they would recur. This is no accident. It relates to a process called *neuroplasticity*, a term which refers to the way the brain is always reshaping and rewiring itself according to how we think and behave.

We now know that in the first two years of life, before language skills are present, memories of difficult experiences are laid down in what is called *implicit memory*. These memories are not attached to a logical story line - that can only happen when children have language skills and can make meaning of their experience.

For young babies, tiredness, hunger and physical discomfort are often the reasons they become distressed. But what is less well recognised, is that babies are hardwired to detect emotional disconnection and are powerfully caught up in the emotional reactions of those around them.

Decades ago, Ed Tronick, a professor of child psychology, demonstrated this in what is now called the “still face experiment” which you can [see here in a short video](#).

As humans we retain a lifelong sensitivity to the emotions of those around us.

When we are triggered into strong reactions of anger, fear, or shame, emotions are amplified by their connections to parts of the brain that store *implicit* memories. This is why, even in relationships with people we know well and trust, from time to time, confusing and distressing disconnections are inevitable.

So, what can be done about this very human vulnerability?

The way this is done however, is not intuitive. Left to its own devices, when we are feeling out of our comfort zone, our brains usually direct us into either distraction or unhelpful behaviours like over eating. Mindfulness practices have been shown to powerfully harness the brain’s capacity to rewire itself. However, when most people think of mindfulness, they imagine sitting quietly and following a guided meditation, or trying to bring a more focussed awareness to simple activities such as eating a meal. While this can be helpful, it doesn’t really tackle the challenge of what happens when the brain gets hijacked by strong emotion.

To bring about this sort of radical change, we need to find ways to expose ourselves to the very situations that trigger us, but in ways that we can actively recruit the parts of our brain which enable us to remain steady and wise.

Imagination is a powerful way to start this process. The way our brains work, is that even imagining a particular situation, activates areas of the brain that are brought into action when the activity is actually happening.

When doing this exercise, it is important to not take on anything too distressing and set yourself a fixed period of time – only a few minutes. Getting overwhelmed with emotion is not the aim.

Let's say that you want to develop the capacity to not react with anger when your children are arguing. Choose a time when you will not be interrupted. Sitting or lying down, bring yourself into the moment by connecting as best you can to sounds around you or to sensations in your body. When you are feeling a sense of calm, bring to mind a recent memory of when the children were fighting and you became angry. You don't need to dwell on the image, just connect with it for as long as it takes for you to feel a bit caught up. Can you feel the reaction in your body? Where is it located? Use this spot as an anchor to gently redirect your attention to, away from the image and any intrusive thoughts.

Gently but firmly, again and again, redirect the focus of your attention in this way. This is a bit like working out in the gym. If you use this way of getting into the driver's seat of your brain and setting small challenges of reconnecting to challenging situations, it won't take long before you begin to feel a greater sense of being grounded when difficult situations arise.

Next time difficult situation arises, with greater awareness of what is happening, slow



AUTHOR Diana Korevaar

Diana has worked as a perinatal psychiatrist for over 20 years. She has specialised in mindfulness training, the management of trauma and teaching methods of building emotional resilience. She wrote a book on how to use mindfulness techniques in parenting and relationships ("Mindfulness for Mums and Dads") and



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.

28th 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.

Position Vacant



Nhill Lutheran School

Classroom Teacher Contract for Term 3 and 4 for 2023 (with potential to be ongoing)

Nhill Lutheran School is seeking applicants for a passionate and innovative teacher. The successful applicants should be willing to support the Christian ethos of the school.

*For a job description please email
principal@nls.vic.edu.au with the subject line of
'Classroom Teacher Position'*

Applications can be sent to principal@nls.vic.edu.au or
2 Mackay St, Nhill 3418

Applications close: Friday 2nd June 2023
Position commences Monday 10th July 2023