

NLS Athletic Champions

On May 26th NLS held our athletics day, we had equal points for the girls champion on the day, Helena and Miss A (no photo).

The boys champion was Clayton. They were all presented with their trophies this week.



Birthdays

Happy birthday wishes are sent to the following students:

Mia 30th July

Clayton 30th July

Matilda Z 3rd August



Upcoming Dates



July

Fri 28th P&F Movie Night 6:30pm **FREE**

Mon 31st 100 days of Foundation

August

Fri 11th Pupil Free Day

Hockey 7's @ Hamilton

Thurs 17th Athletics @ Warracknabeal

Mon 21st - Fri 25th Book Week & Book Fair

Wed 23rd Dress Up Day- "favourite book" character

September

Fri 1st Father's Day Chapel and Footy Match

Tues 12th No Playgroup

Wed 13th Term 3 ends 3:15pm

Thurs 14th/ Fri 15th Staff PD Pupil Free

October

Mon 2nd Term 4 starts

Thurs 12th Year 2 Sleepover

Assembly Dates for Term 3

Note: change of time, now AM

Fri 4th August Fri 18th August Fri 1st Sept

(after Chapel in the morning)

From the Principal

Congratulations Hockey 7s team!

A huge congratulations to our Hockey 7s team for winning the Little Desert Hockey 7s tournament held at Dimboola yesterday. Consisting of our Year 5/6 students, the team each won an individual medal and the school presented with the winning shield. Additionally, our hockey team now travel to Hamilton on August 11 to compete in the Greater Western Region Final. Thank you to Mrs Alexander, Mrs Clark and parent helpers for assisting and supporting our students.

Movie Night

Thank you to our Parents and Friends for organising our Movie Night. The movie starts at 6.30pm in the multipurpose room. Popcorn will be provided and attendees are welcome to bring along blankets, pillows, and even wear pyjamas. As this is an out of school hours event all children are to be supervised by parents/guardians.

100 Days of Foundation

Our Foundation students reach an important milestone next Monday – their 100th day of school! Congratulations to the students and Miss Attiwill for this achievement. When I asked one Foundation student if they could count to 100 I received a very confident reply "I can count to 1000!"

Student Free Day – August 11

A reminder that Friday August 11 is a pupil free day due to the staff attending the LEVNT Western Hub Conference.

Chapel and assembly

Next week our Year 1/2 class will be leading chapel and continuing with our Animals in the Bible theme. We are coming to the end of our animal theme and have heard amazing stories and how animals were often used in strange and unusual ways for God's purposes. Our next chapel theme will focus on the Fruits of the Spirit and the 10 values of Lutheran schools. There is some overlap between the two and today our chapel focused on the fruit of joy.

Also, starting next week, we are trialling a different time for assemblies. Instead of a 2pm assembly time, we are now holding assembly after chapel in the morning.

"The Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." Galatians 5:22-23

Every blessing,

Damon Prenzler



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.

30th July What about the carer (Interview)

"I've become his carer and his protector. That role of changing from being a wife to that element of carer, that's massive. Sometimes I'm just terrified." Therese shares about adjusting from wife to carer. What are the challenges and how did she cope?

Worship News

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

Mission Festival
Jeparit 10am

NhillLutheranParishOnline.com



Prayer of the Week

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

- ◆ Maddy, Charlotte & Atreyu and their family
- ◆ Robbie & Jessie and their family
- ◆ Oakley & Koda and their family
- ◆ Savior & Seraph and their family



Chapel Offerings

At today's Chapel \$4.10 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.

Devotional Thought

Brekkie with Jesus Jesus said to them, 'Come and have breakfast' (John 21:12a).

Read [John 21:1-14](#)

Once a week, I lead a church hall full of zero- to five-year-olds and their carers in a ministry program for little children so they can get to know Jesus better. I love asking them what they had for breakfast – I've heard of some pretty quirky toddler brekkie combinations over the years!

Jesus cooked breakfast for the disciples at least one time, recorded in John's Gospel after his resurrection – and presumably on other occasions before the Easter events. He used what was available and commonplace for them at the time – fish baked on burning coals served with some bread. It sounds quite nice, although not the first thing I would choose to eat in the morning, but in order to have brekkie with Jesus, I'd say yes, please!

That's an incredibly detailed account of the menu on that morning when the resurrected Jesus once again appeared to the disciples. And there is more detail, like the exact number of fish caught in the net – 153. It's interesting to look at what is missing and left out of the story too. Why had the disciples returned to their fishing boats after the resurrected Jesus had appeared to them twice already, breathed the Holy Spirit on them and sent them out? Or why did they not recognise Jesus by his appearance, although he had already appeared to them twice since his death? They did, however, recognise Jesus by his actions, similar to the disciples recognising him in the action of breaking the bread in Emmaus (Luke 24:31).

I wonder if those little kids and their adult carers in our church hall can recognise Jesus by the actions of the ministry team when we sing, dance and play together? I bet they do. I bet people also recognise Jesus by your actions when you show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These are the fruit of the same Spirit Jesus breathed on his disciples. This same Spirit has been poured out on you. Let your actions of love towards other people be accompanied by a prayer today that the Holy Spirit reveals the living God to them as they recognise Jesus in you.

Come, Holy Spirit, and fill me afresh this day. With your transformational power, fill the people around me today and let them recognise God's face, hands and feet through me and my actions so that your grace can be revealed to them. In Jesus' name. Amen.

Chapel

Year 1/2 will host Chapel Friday 4th August 9am in the multi – purpose room.



Year 5/6 Class Hockey 7's



Congratulations to the Year 5/6 students who participated in the Hockey 7's tournament at Dimboola on Thursday. The NLS team were supported by Rachel Clark and Mrs Alexander and two official cheer leaders on the day.

The weather stayed kind for them and they were victorious on the day bringing home the Little Desert Division Hockey 7's shield. The shield will be displayed for 12 months in the foyer to acknowledge the great team effort the students put in on the day.

They now head to Hamilton for the Greater Western Region Division on Friday 11th August. A





With 2 x 9 minutes halves for each of the 6 games played, we managed to have every player take the bench for either 2 or 3 halves. There wasn't a lot of time in between games for planning or rest, but the kids took it all in their stride and did well.

Game 1 vs St Peters Lutheran School Dimboola we had a 2-0 win, with Imogen and Chelsea scoring a goal each.

Game 2 vs St Malachy's, Edenhope we played a very even game with Henry able to score the winning goal right before the final siren, finishing with a 1-0 win.

Game 3 vs Balmoral we had a good run, with Chelsea scoring 2 goals in the first half and Nathan scoring one in the second, for a 3-0 win.

Game 4 vs St Pat's, Nhill was a fun match against our fellow Nhill school team, with Henry scoring two goals in the first half, Imogen scoring in the second followed by Henry with another. St Pat's were able to score one back in the last few minutes, for a 4-1 win to us.

Game 5 vs St Arnaud we knew was going to be fairly tough but the kids all still tried really hard and never dropped their heads. Nathan on the backline was under the pump but did a fantastic job saving several goals. As Mrs A said after the game our kids showed great sportsmanship including with their stick skills. This was a 9-0 loss but fortunately did not influence our overall result, or dampen any spirits.

Game 6 vs Birchip P-12 was going to be an even match up, and Birchip scored the first goal before Barrett was able to score one back. Birchip scored one in the second half to give us a 2-1 loss. Again, this didn't affect our overall result and it was good for the kids to play a really competitive game to finish the day.

Thanks to the support crew, including Bron who brought oranges and lollies for the team, and even bought some more oranges because the kids went through them so quickly! Bron also did the tech duties for us. Rachel provided great coaching skills for the players to achieve their best.

Great work to Mrs A for her umpiring, very professional, and for her general organisation of the kids and support on the day!



Premier Reading Challenge



Well done to the students who have completed the challenge so far for our school, just a reminder if you are wishing to participate in the challenge, it ends at the start of September.

The log in details for the students were sent home earlier in the year, if you have misplaced them please contact the school for them. Any questions please contact Kelsie Attiwill the Reading Challenge Co-Ordinator.

parenting  ideas
schools

Raising Kids Without Bribes



The Secret to Winning Their Cooperation

There's one type of statement that I try to avoid when I'm talking with my kids.

"If... then" statements.

You know the ones I mean.

If you eat all your vegetables, then you can have dessert.

If you are good at the shops, then I'll buy you a treat at the checkout.

If you behave when Grandma comes over, then we can watch TV when she leaves.

The problem with these statements is that they're essentially bribery. And bribery is just a threat in disguise. You might as well say "If you don't eat your vegetables, then you won't get any dessert".

Bribery, rewards, and punishment are an effective parenting tool... if your only goal is to secure immediate compliance.

That is, if you want your child to do what you say when you say it. Which probably sounds like exactly what you want.

However, when you think about it, immediate compliance probably isn't the real goal... at least, not most of the time (but sometimes it is. We all know it!)

What you really want for your child is moral internalisation.

That is, you want your child to understand the rules and the reasoning behind them so that they will do what is right *even when adults aren't around to tell them what to do*. Sounds better, right?

Moral internalisation requires a completely different set of tools. We can't rely on bribery, rewards, and punishments if we're aiming for moral internalisation.

However, moving away from the tool of "If... then..." statements isn't easy. This form of fear-based discipline is automatic for so many parents because it's such a simple formula to follow. It doesn't require much effort.

But if you're ready to expand your parenting toolbox, here's a few tools you can try:

Do it with them.

It's time to pack up the toys, but instead of yelling out "If these toys don't get picked up, then I'm throwing them away", try getting down on the ground with them and working as a team. Our kids want to be involved in our world. So, if we're doing something, and we invite them to join in, chances are that they'll say yes, even for something as routine as tidying up the toys.

Make it fun.

Kids love to play! In fact, it's been demonstrated that kids learn things much easier and quicker if play is involved. So next time you're at the shops, see if you can make a scavenger hunt. Challenge them to find the biggest capsicum, or maybe you can set the timer and see how quickly you can make it down each aisle. There are so many ways to make even simple tasks fun.

Collaborate to find win/win solutions.

When we talk with our kids and value their input, we can often find compromises that work for everyone. That might go like this: "I really would like you to eat some vegetables at dinner time. What vegetables would you like us to cook today?"

Explain the reason for a rule.

When you let your child know why you would like them to behave a certain way, and set up expectations in advance, they're much more empowered to behave the way you would like them to. By explaining to them, for example, that Grandma doesn't like loud noises, so we need to be a bit quieter when she's visiting, you're setting them up for success. It can also be a good idea to plan contingencies in advance for if expectations aren't being met. For example, "if you're having a hard time being quiet when Grandma is here, you can go outside for a bit to get some of your energy out before you come back in."

Be proactive.

Asking your child to be well behaved at the shops when they're hungry is just not going to happen. Likewise, your child just isn't going to be as helpful when it comes to packing up the toys if they're tired after a long day. Try shifting the timing for these activities, reducing your expectations, or making it easier to meet your expectations by setting up the environment for success.

Stick firmly to loving limits.

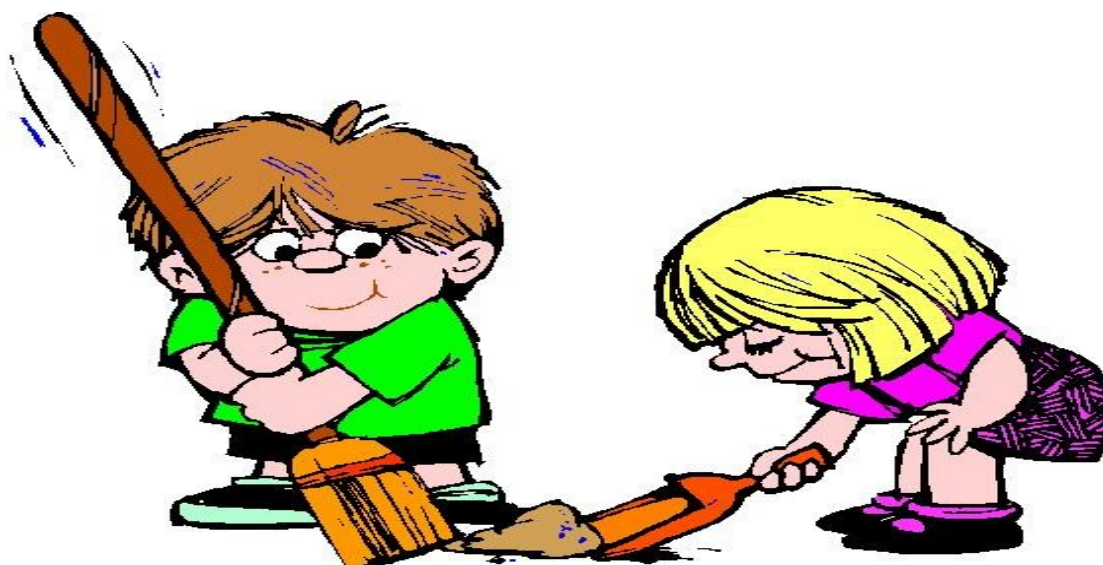
They're getting rowdy in the store. Carry them out calmly, explaining that we can go back when they're ready to use walking feet and quiet voices.

Getting out of the habit of using bribery to control our kids isn't easy. It requires trusting that internalising morals is better, which is hard when we've been conditioned to believe that good children are compliant children. It



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 7 books about families and parenting.



FREE *Movie Night* FREE



Friday 28th July 6.30pm
@ NLS multipurpose
room

- Popcorn provided.
- BYO comfy seats, blankets, and water
- Wearing of Pyjamas is welcome.



Please note all children need to be supervised as this is an out of school hours event.

Proudly brought to you by the NLS P&F

YANAC HOCKEY CLUB

QUIZ NIGHT

Saturday 29th of July
Yanac Hall

Maggi's Pizza
\$20 Adults
\$10 Secondary
\$5 Primary

6 PM Pizza
7 PM Quiz

Quiz Entry
\$5

BYO Drinks and Nibbles
RSVP to Erin 0429773853 by Saturday 22nd of July