

NLS Captains



NLS school captains for 2024... Barrett, Henry and Harper

Birthdays



Happy birthday wishes are sent to the following student:

Jessie 3rd Feb

First Day for the Foundation



Welcome to our new Foundation students of the school, Ollie, Ruth and Xavier.

From the Principal

Welcome to 2024! It has been wonderful to see the student's smiling faces after the holidays. I hope all families had an enjoyable Christmas/New Year. 2024 promises to be a special year for Nhill Lutheran School for many reasons, not least the construction of our new school building. When completed the new building will house all four classes, administration areas, a new kitchen, collaborative space and bathroom facilities. All going to plan, we will be moving in to the new building in the last half of Term Two. In the meantime, we get to enjoy seeing the action of excavators, big drills, cement cutters and more.

A special welcome to new students, families and staff joining our school community. I hope your time at NLS is blessed and enjoyable.

Welcome BBQ

A Welcome BBQ is being held next Friday, February 9, starting at 6pm. This is a wonderful opportunity to welcome new families to the school and welcome back returning families.

Education Sunday

All families are welcome to attend the Education Sunday service at 10am at the Lutheran Church. At this service the school staff and students receive a blessing and new teaching staff will be installed, a special practice for teachers in Lutheran Schools.

The NLS staff team

Nhill Lutheran School is blessed to have an experienced staff team who are committed to providing quality Christian education and care to our students. Each staff member is uniquely talented and shows a servant heart which has the best interests of the students at the core. A special welcome to Mrs Nat Harding who is teaching Auslan and Library to all classes. Nat is an old scholar of NLS and has previously taught at Holy Trinity Lutheran College.

Our teaching team

Mrs Kelsie Webb: Foundation/Yr 1

Miss Debbie Schultz: Year 2

Mrs Heidi Lees: Year 3/4

Mrs Jeanie Clark: Year 5/6 (Wednesday, Thursday)

Mrs Erin Alexander: Year 5/6 (Friday)

Mr Damon Prenzler: Year 5/6 (Monday, Tuesday)

Our specialist teachers

Mrs Nat Harding: Auslan, Library

Mrs Erin Alexander: The Arts (Music, Drama, Dance), Stephanie Alexander Kitchen Garden

Learning support

Ms Linda Rutherford

Miss Taela McLean

Both our Integration Aides are qualified and experienced in providing learning support for our students. Each has been trained in components of the Multilit program, which provides effective literacy instruction grounded in evidence based practice.

Wellbeing Officer

Mrs Karen Prenzler

Karen joined our team last year and has a background in teaching, community services, wellbeing roles and pastoral care. Karen assists students with wellbeing support, and is also available to assist families.

Administration Team

Mrs Lyn Fisher: Office Administrator

Mr Damon Prenzler: Principal

Playgroup Coordinator

Mrs Bel Rohde

Newsletter and Facebook

The newsletter is published weekly and is available via email, hard copy, and is placed on our website. Please read the newsletter as it contains important information about happenings at the school, as well as containing a calendar of upcoming events. The school Facebook page also shares information about the school.

Bible Presentations and Year 6 tops

At chapel next Friday, February 9, Foundation and Year 3 students will receive a new Bible, and Year 6 students will also receive their special polo shirts. Families are welcome to attend the chapel which starts at 9am.

Uniform

All students are expected to wear the new uniform items that have been introduced in recent years (polo shirts, blue shorts, skorts and pants) from the commencement of the 2024 school year. Thanks to funding received from the Wimmera Southern Mallee LLEN we are able to provide a \$10 discount for each student for uniform items.

Get 'Em Going Playgroup

We are thrilled to again provide the Get 'Em Going Playgroup to the community. Bel Rohde will be the coordinator, and brings with her training and experiences in children services. Playgroup will start on Tuesday February 13 at 9.30am, and it is open to all pre-school aged children. The cost is a gold coin donation. Access to the playgroup room (the multipurpose room) is via the rear stairs by the staff carpark. Please register interest by Monday February 12 on either 53912144 or admin@nls.vic.edu.au.

Volunteering at NLS

For all parents wishing to volunteer at school to help in the classroom, on camps or with other student activities this year, parents must bring the following to the front office: 1) a current Working with Children Check and; 2) a certificate of completion of one-hour Valuing Safe Community training session on-line within the past three years. As a school of the Lutheran Church of Australia (LCA), staff and volunteers are obliged to meet the requirements of the LCA Safe Place Policy. Valuing Safe Communities (VSC) is a program to comply with this expectation. This training is valid for three years. (more information below)

VSC Online Training Instructions

Go to <http://ilearn.alc.edu.au/course/view.php?id=170>. Follow the instructions. Use the Enrolment Key: VSC5_Volunt33r to gain access to the training. On-line training takes about 30-40 minutes. Certificates of completion will be generated at the end of the session. If you need any assistance, or would like to use a school computer to complete the training, please see Mrs Fisher at the front office.

Every blessing for your week.

Damon Prenzler

Nhill Lutheran School is committed to providing a child safe and child friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.

Upcoming Dates

Feb

Fri 9th: Welcome BBQ 6pm @ school (all welcome)

Mon 12th: Swimming starts for 2 weeks.

Tues 13th: Get ém Going Playgroup 9:30 to 11am

Wed 14th: Ash Wednesday Chapel (not Fri)

Tues 20th: Board Meeting

Fri 23rd: Swim Carnival

Mon 26th & Tues 27th Year 6 Leadership Camp

Wed 28th: Little Desert Swim Carnival

Mar

Tues 5th to Fri 15th: Book fair at school

Wed 6th: Wimmera Field Days Excursion Yr1 to Yr6

Mon 11th: Labour Day holiday (no school)

Wed 13th to Fri 22nd: Naplan

Tues 19th: Board Meeting

Mon 25th & Tues 26th: Parent Teacher Interviews

Wed 27th: F-2 Halls Gap Excursion

Thurs 28th: Last Day of Term 1 finish @ 2:15

Fri 29th: Good Friday

Assembly Dates

(after Friday Chapel in the morning)

9th Feb

16th Feb start 9am (Yr 5/6)

1st Mar (Yr 2)

15th Mar (Yr 3/4)

22nd Mar (F/1)

Chapel Dates

Fridays 9am

9th Feb Pastor Carl
(Bible presentation)

14th Feb Ash Wednesday

23rd No chapel

1st Mar (Yr 3/4)

8th Mar (Yr 5/6)

15th Mar (Yr 2)

22nd Mar (F/1)

Welcome New Teachers For 2024



Mrs Jeanie Clark



Mrs Heidi Lees



Mrs Natalie Harding

Worship News

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

Education Sunday
Nhill 10am

NhillLutheranParishOnline.com



Prayer of the Week

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

- Ruby B and her family
- Xander and his family
- Mrs Webb and her family



Chapel Offerings

♥ At today's Chapel \$ 4.60 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.

NLS at Australia Day



School Captain Harper and Mr Prenzler at the ceremony, Harper helped hand out flags to the attendees.

Devotional Thought

A seal on our foreheads

Then I heard the number of those who were sealed ... (Revelation 7:4).

Read [Revelation 7:1-8](#)

Which tribe are you? It's interesting to have met people in my life who have used this expression that they have 'found their tribe'. This expression is meant to indicate that a person has found other people with whom they are comfortable and with whom they share common interests. The way we spend our time and the people we generally spend our time with also reflects the sort of people we ourselves are and where our interests lie.

Jesus teaches the people in the Sermon on the Mount of those who are blessed and thirst for righteousness, and in 1 Corinthians 6:9, we read that we ought not be deceived, for the unrighteous shall not inherit the kingdom of God.

If we now reflect on today's reference regarding the 'seal on our foreheads', we may question, 'What is this "seal" that Revelation speaks of here?' Just like a seal on an envelope that closes the paper firmly together or 'sealing a deal', a binding agreement is made. Through baptism, God grants us his Holy Spirit as a promise that we are his forever and shall be saved on the last day. Daily repentance, living in the fruit of the Spirit (Galatians 5:22,23) and trusting in God's teaching through his word – these lifestyles witness to a living, faithful relationship with a heart for God, sealed for the day of our redemption. He has bought us with a price (1 Corinthians 6:20).

There are many different scholarly interpretations about the actual number mentioned in today's reading of 144,000, but ultimately, this number largely remains a mystery. The number may be literal, or it may represent the Christian church, a complete and very great number of those who are saved. The seal on our forehead identifies us as belonging to God the Father. We read in Genesis 22:17 that the descendants of Abraham will indeed be more 'numerous than the stars in the sky, and the grains on the beaches', so our full understanding and preoccupation with this number of 144,000 is largely irrelevant. What is important is that we continue to honour, praise and worship our God in our lives, trusting in his promises for us.

Holy Creator God, we worship you in spirit and in truth. Reassure us in your promises, trusting that we belong to you. Help us to live lives that reflect our belonging to 'your tribe: your family'. Keep us from fearing those things we do not fully understand, the mysteries that only you alone know. We ask for your mercy, upon our lives and those of our loved ones, and that one day, we may be joined together with you in our eternal home. In Jesus' name, we pray. Amen.

Engagement Congratulations to Miss McLean and Shannon



Taela and Shannon,
May your love shine brighter and your companionship
grow richer with each passing day.
Warmest blessings from the NLS community

Baby Joy

Mrs Webb and Dylan are expecting their first child in July

Kelsie and Dylan,
Your baby is a gift from God. May God bless you both.
We're praying for health and happiness for you and your
baby.
Warmest blessings from the NLS community



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.

4th February 50 Years of Loving (Interview)

Through the ups and downs of 50 years of marriage, Sue shares her secret to a long and fulfilling relationship.

11th February Language of Love (Interview)

Relationships are hard work sometimes. Often it comes down to communication. Julie and Chris share stories on relationship ups and downs and how understanding the way we show our love can help us to turn our relationships around.

18th February Fighting Fires (Interview)

Bushfires can be devastating. Even when you're well prepared, they have a way of surprising you! Hear stories of what it's like to survive a catastrophic bushfire. How do those on the fire-ground make sense of a natural disaster like a bushfire?

25th February After the Firestorm (Interview)

Hear from people who have lived through a major fire event, their stories and how they coped after the fires.

Get 'Em Going Playgroup Starts Tuesday 13th February

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

Lunch Time Entertainment

On Thursday the school had workers digging the foundation holes for the new building, it provided much excitement and entertainment at lunch for all the students.



2024 Term Dates



Term One: January 30 – March 28

Term Three: July 15 – September 20

Student Free Days: Sept 6th

Term Two: April 15 – June 25.

*Student Free Days: April 26
and June 26-28.*

Term Four: October 7 – December 12

Student Free Days: Dec 13th



Anxiety in our young people is at an all-time high. It has been rising for decades, and since COVID the numbers have exploded.

Why the huge rise?

Social media is the common scapegoat. There are good reasons to blame Facebook, Instagram, Snapchat, and TikTok, but they are not the most convincing reason. A majority of kids use social media (and screens) at surprisingly high levels with no mental health difficulties.

No. It's not social media. Or friendship issues. Or a lack of outside play. Or not enough physical activity. They all contribute to anxiety. They always have. But they don't explain the huge rise. What does?

Parenting. For two reasons:

1. Parents are more invested in their children, and as investment in children goes up (emotionally and financially), so do expectations - and those expectations are generally unrealistic. And...
2. Parents with high expectations are often overly critical of their children (which leads to lower resilience and increased anxiety), and they are more controlling of their children.

These parenting practices make sense if you believe we live in a world that is an increasingly competitive, dog-eat-dog, zero-sum world. Taking control is the only option to assure success in an environment like this.

But it's wrong. And it's creating anxious kids. Let's add a third challenge here as well:

Parents become anxious about their children's anxiety, which feeds control, which amplifies anxiety (theirs and ours). We're uncomfortable with our children's emotional discomfort which leads us to try to stop them feeling uncomfortable and exacerbates anxiety about anxiety.

Our children need more models and less judges. Solutions require a reset of our parenting practice. Less control and criticism. More empathic exploring and ebullient empowering.

"But what have they got to worry about?"

It can be easy to look at our children's lives and think that they've got it made, especially if they're being raised in a significantly improved situation than yours was. But their anxious responses may not be as excessive as you think. This is due to the very real result of "worry stacking".

Over time, small, even seemingly insignificant worries or concerns can accumulate and build upon each other, ultimately creating a larger and more overwhelming sense of anxiety or stress than the sum of their parts. (And considering how much we're cramming into our kids' lives now, is it any wonder?)

By learning how to effectively manage each worry as they arise, our kids can keep the stack from growing too high and maintain a sense of control over their anxiety. This is essentially like hitting the "reset" button on their nervous system. How to push the "reset" button

A healthy reset requires relationship and connection, a feeling of competence and capability, and a real sense of control.

In addition, we can teach our children about regulating anxieties and worries. It's essential to process worries, reset between challenges, and ensure concerns don't accumulate.

1. Balance the body

Recognise the physical sensations of anxiety. Where does your child feel it? Is it in their chest, shoulders, or stomach? Somewhere else? Identifying these sensations helps manage them effectively.

Rather than saying, "I am feeling anxious," which can intensify anxiety, have your child say, "I'm beginning to notice anxiety in my chest." This simple shift in language helps create distance from the anxiety and it's processed more effectively.

Deep breathing is a powerful tool for regulating emotions. Try box breathing (Inhale, 2, 3, 4. Hold, 2, 3, 4. Exhale, 2, 3, 4. Hold, 2, 3, 4.) A splash of cold water, or a brief cold plunge or a cold shower can help with a reset and refocus on the here and now.

Nature is an anxiety balm. Touch the grass. Breathe fresh air. See the sky. Soak in the sun.

2. Re-calibrate cognitions

The mind magnifies threats when we're anxious. Remember, thoughts are thoughts, not facts. Challenge unhelpful, unkind, or unproductive thoughts. Question assumptions and beliefs that amplify anxiety.

3. Create capacity

Your child can't control the curriculum, can't trash the timetable, can't end exams, and can't save the planet. But they can hug their parent, can be present, can breathe, can play or run or be active, can cook dinner with you, can wrestle with you on the carpet, can read a book. They can study, can call a friend, can help someone struggling.... There is so much they CAN do. They just need help seeing it.

Unhealthy anxiety is embedded in our culture. But it doesn't have to be embedded in yours. Or your child's. Let go of control. Recentre, rebalance, rethink, and recreate. And trust that things will work out. They almost always do.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. 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 9 books about families and parenting. For further details visit happyfamilies.com.au.



Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible information from trusted sources with practical strategies to help alleviate some of the challenges being faced by young people today.

Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

This award-winning resource helps families build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It will assist you in starting those conversations on topics that can sometimes be awkward or difficult to tackle.

Parents and caregivers are the greatest influence on a young person's life and SchoolTV focuses on empowering confident parenting.

Explore SchoolTV today - <https://nhills.vic.schooltv.me>

Out 'N' About at NLS

