

Term 1 Week 2 Issue 2 February 9th 2024

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

Wed 21st: P&F AGM 7:30pm

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

Year 6 Top Presentation



Today the Year 6 students were presented with their final year top at Chapel, Henry (Henzo) and Harper (Harps) were excited to receive their tops. Barrett (Bazza) will receive his top next week.

Birthdays

Happy birthday wishes are sent to the following student: Seraph 14th Feb



Chapel Dates

Fridays 9am

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)

Assembly Dates

(after Friday Chapel in the morning)

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

1st Mar (Yr 2)

15th Mar (Yr 3/4)

22nd Mar (F/1)

From the Principal

The beginning of each school year is an important time for setting the tone for what follows, and it has been pleasing to see our students keen and ready to learn. The building progress continues to entertain the students and they enjoy seeing the various machines on the building site. As I write, trenches are being dug for pipes. Earlier this week concrete was poured into large holes as part of the foundation. By the end of the month, all going to plan, twenty separate sections of the new building will be delivered and pieced together, so we will get an idea of what the new building will look like.

Bible and Year 6 polo shirt Presentations

Foundation and Year 3 students received a new Bible this morning at Chapel. The Bibles are kindly provided by our Parents and Friends, and Mrs Jamie-lee Jupp presented the Bibles on behalf of the P&F. The Year 6 students received their special polo shirts at Chapel and we wish them God's blessings as they serve as leaders in the school.

Swimming

Swimming lessons commence next week. Parents/Caregivers are welcome to walk down to the pool and back with classes, just check with the class teacher.

Happy Families

Happy Families articles are included in our newsletters as a useful resource for families, and I hope you get value from them. Extra information is available on happyfamilies.com.au.

Our school also provides families with SchoolTV, where a range of helpful information is available including cybersafety, mental health, school survival, healthy body, positive parenting and more. To access SchoolTV: nhills.vic.schooltv.me.

Welcome BBQ

A reminder our annual Welcome BBQ is starting at 6pm this evening. This is a wonderful opportunity to welcome new families to the school and welcome back returning families.

Get 'Em Going Playgroup

Playgroup is starting next Tuesday, February 13, at 9.30am, and is open to all pre-school aged children. The cost is a gold coin donation. Mrs Bel Rohde is the playgroup coordinator. 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

What's Happening on The Building Site



Many families may have heard the name Derek when the children get home from school. So everyone can put a face to the name, this is Derek, he is the site manager.



The year 2 class this week went onsite. They had to go to the office and sign in, put on their safety gear on and then got to do some work! Now before anyone jumps up and down about child labour, this is actually part of their class learning. Later in the year they will be studying Sustainability in their unit of inquiry, so they were collecting some pavers that they will use as part of that project.

Foundation



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.

Prayer of the Week

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

- Sienna and her family
- Lawson and his family
- Miss Schultz and her family



Chapel Offerings

At today's Chapel \$12.85 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.



Bible Presentations



Today at Chapel our Year 3 students all received their next level Bible from the P&F Committee.



Also, at Chapel our Foundation students all received their next level Bible from the P&F.

Devotional Thought

A solitary place

Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed (Mark 1:35).

Read [Mark 1:29-39](#)

Do you feel the need to just keep going, keep doing? So much demanded of you, so much you demand of yourself. Not enough hours in the day to get everything done. Some days it seems like we just can't find a moment to be still. And then some of that exhaustive behaviour we bring on ourselves. If you're into social media, then you can easily get caught up in feeling the need for constant contact and continuous interaction, to the point that you can get edgy if no-one is responding to anything. Then there's the question only you can answer: What is it that is demanding so much of you?

Jesus had constant crowds following him, demanding his attention. He healed, he alleviated suffering, and the crowds demanded more and more of him. At the end of Mark chapter 1, we read 'Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to him from everywhere' (1:45b).

Jesus chose to find time to be alone. He chose to find time to spend with his Heavenly Father. He chose to find time to pray. He knew what the demands of the day ahead were going to be, so he chose to find a solitary place. He got up while it was still dark so that he could be still before the day began. To just be instead of having always to do. To draw strength. To stay focused. To hear from his Father and align with his will. Especially important for Jesus because what demanded so much of his energy was his ministry of bringing God's wholeness to as many as possible.

In that solitary place, Jesus received the sure hand of his Father on him for the day ahead. Is that what you need? So you can distinguish between what is important and what is just time-consuming. So you can align your day with God's will for you and for others. A solitary place. A God-place.

Father, if all gets a bit much sometimes. When I look for a place to set aside to tune in to you, be there. Be there and give me what I need for the day ahead. Amen.

Worship News

Please see below for this week's church service times:
Transfiguration
Nhill 11am
Jeparit 9am



NhillLutheranParishOnline.com

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.



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>

Get 'Em Going Playgroup Starts This 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.

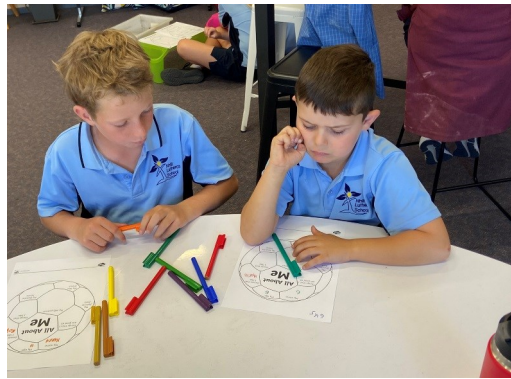
Please bring along the following:

- 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

F/1 and Yr 5/6 Buddy Time

This week we had the Year 5/6 class spend time with their buddies in the Foundation/Year 1 class, they all worked on creating a secret handshake, and spent some time enjoying activities together. The buddy system helps to make the younger students feel confident and encourages the older students to develop their leadership skills.





Play is Declining, and so is Mental Health

In primary school it was bike rides, cubby houses, climbing trees, playing marbles, jumping on the trampoline, and being outside – always outside... and it was almost always with my best buddies: Andy Lucas, Ben and Jay Walter, Richard and Ian Duddy (I've never done a shoutout to my old buddies before...but here it is, after so many years).

In my teens, it was ultra - long bike rides (of 50 kms or more – that was a lot for a 15-year-old who wasn't a cyclist), surfing, skateboarding, and exploring the bush in the mountain behind my house.

I was lucky to grow up in the 80s.

It was probably the last decade where kids had the sort of freedom that I had. With every decade since, research shows that children have become more restricted, more structured, and less able to play and explore in their neighbourhoods away from adults. It's well documented that the amount of time available to kids for free play is declining.

Unfortunately, that's not the only thing that has changed since the 80s.

In 1980, less than 10 in 100,000 teen boys died by suicide, and for girls it was only 2 in 100,000.

By 2000, it had increased to 13 in 100,000 for teen boys and 6 in 100,000 for teen girls.

While in 2020, the number of suicides among teen girls remained steady, for our teen boys it jumped again to 17 in every 100,000.

Behind those stark numbers is the equally alarming doubling in the prevalence of anxiety and depression in our teens and young adults over the last 15 years.

Why?

Screens are the most commonly-blamed culprit. While the scientists behind this argument make a compelling argument, there are alternative explanations. One is that parents are more controlling than ever before. A related idea is that children don't get to play anymore.

I'm not the only one who believes that the decline in free play is a contributing cause. Kids are constantly being pulled away from the opportunity to engage in real life, physical (and outdoor) play because:

- Screen-based activities entice kids away from the outdoors.
- Parental concerns about safety leads to restricted opportunities for independent exploration.
- Many children find their afternoons and weekends filled with structured activities such as organised sport and extracurricular activities, leaving little time for unstructured play.
- The focus on academic achievement and structured learning means that most of our kids' time is spent either in school, doing homework, or engaging in other adult-directed activities, dramatically limiting the time available for free play.

The problem with reducing play time is that play is a direct source of happiness for our children. Studies show that kids prefer outdoor play with friends to screen based activities, and outdoor play is consistently ranked by parents as the activity that makes their kids the happiest – *if we can get them to do it!*

What exactly is it about play that has such a big impact on wellbeing?

Play satisfies all of our basic psychological needs. By definition, play is self-directed. Play is the vehicle through which kids build skills. Play is how children make friends.

As parents, how can we give our children the freedom to play?

1. Strengthen autonomy – allow our kids more choice in how they spend their time. Cut back on structured extracurriculars to enable them more time for free play. Move away from adult-directed activities to unsupervised play (as developmentally appropriate).
2. Build competence – set up the environment with equipment for open ended play. Open Ended toys build competence because there is no right way to use them, and the materials can be modified to meet the level of play that your child is ready for.
3. Relatedness – build a community of people your kid can play with easily. Things like introducing your family to other families in the neighbourhood is a great start.

Giving our kids an idyllic childhood with freedom to play and explore isn't just good for them now. It helps them build the resilience they need for healthy adulthood too.



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.

Cooking With The Year 2's



This week for the cooking classes the students filled the school with the aroma of toasties, they were all proud of their culinary skills.

School Stream

Just a reminder that there have been some changes with the school stream reporting app. to make it easier for parents/caregivers to use.



The regular used forms have been moved to their own folders, they are; Absence Reporting & Bus