

Swimming Program Has Started For 2024



Upcoming Dates

Feb

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

Term 2 starts: Mon 15th April

Chapel Dates

Fridays 9am

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)

1st Mar (Yr 2)

15th Mar (Yr 3/4)

22nd Mar (F/1)

From the Principal

Admirable qualities in learners include adaptability and flexibility, and our students have certainly shown both this week. Swimming lessons have altered our usual timetable, and the school closure day on Tuesday also changed our plans.

The closure of the school on Tuesday was due to the catastrophic fire conditions and, as a school in a bushfire risk zone, we followed directives to close. Safety of our community is imperative, and I thank all of our school community for their understanding. The school has emergency procedures that are reviewed regularly, including fire and evacuation procedures.

Ash Wednesday and Lent

On Wednesday our school gathered for a special Ash Wednesday chapel led by Pastor Carl. Ash Wednesday marks the start of the church season of Lent which lasts through to Easter.

Swimming

Swimming lessons are going well and a big thank you to Mrs Alexander and Mrs Lees for their instructing. Please note there is no swimming next Tuesday due to Nhill College rescheduling their carnival. Our swimming carnival is next Friday and further information will be distributed next week.

Welcome BBQ and Parents and Friends

It was great to see families at the Welcome BBQ last Friday. Thank you to the P&F for organising the evening.

The Parents and Friends are meeting next Wednesday at 7.30pm, and all parents are welcome to attend. At this meeting the executive roles will be chosen, with calls for nominations now open.

Get 'Em Going Playgroup

Unfortunately, due to the school closure day our first Get 'Em Going playgroup could not happen, but it will be happening next Tuesday, February 20 at 9.30am.

Visit from Colin Minke

On Monday we were visited by the new Executive Director of Lutheran Education Vic/NSW/Tas (LEVNT), Colin Minke. Colin is familiarising himself with the Lutheran schools in the region. He commented very positively about the appearance and feel of the school, as well as expressing excitement about the building project.

Building update

Next week promises to be an exciting week with sections of our new building being delivered to the school and craned in to place.

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.

More Swimming Program Photos



Reminder: there will be no swimming next Tuesday 20th Feb, plus our swim carnival is on Friday 23rd Feb. It will be great to see many spectators to encourage the students.

Students of the Week



Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation/1: Ruth

Year 2: Charlotte

Year 3/4: McKenzie

Year 5/6: Oakley

Prayer of the Week

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



- Harper C and her family
- Roger and his family
- Mrs Harding and her family

Worship News

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

Nhill 9am

Harvest Thanksgiving

Jeparit 11am

NhillLutheranParishOnline.com



Chapel Offerings

At today's Chapel \$8.60 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.



New Bear for 2024

2024 welcomes a new bear to NLS, the bear is awaiting a name which will be decided in the next week.

The bears job at the school is to be awarded to the students throughout the year at assembly, who follow the 5 school rules.



Devotional Thought

Gone camping

And I heard a loud voice from the throne saying, 'Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God' (Revelation 21:3).

Read [Revelation 21:1-8](#)

Perhaps you've heard that when the New Testament uses the word 'dwell', it means 'to tabernacle', referring back to the Old Testament where God's presence was with the Israelites in a (pretty large and fancy) tent that they carried with them while they were in the desert.

When I think of living in a tent, I think of my experiences camping: flimsy canvas walls, cold, uncomfortable floors, missing tent instructions and never the correct number of pegs. When I put it like that, I kind of wonder why I even go camping!

That doesn't seem like a very fitting place for the almighty God to dwell. But when you think about the state of the world, maybe it's not too far off from how it is.

I mean, that's how Jesus came into the world. Not in a mansion. But in a dirty feeding trough with some scrubby shepherds looking on (I'm pretty sure their lack of showering could rival mine after a week camping).

God pitches his tent amongst the uncertainties and flimsiness of our lives. He doesn't care if we've got a few tent pegs missing. He just wants to be with us.

And here, Revelation speaks to the *enormity* of God dwelling with us. This almighty Creator who sits on the throne of heaven, surrounded by the heavenly hosts, comes down into our falling-apart, flimsy world.

I think I've worked out why, despite the lack of convenience and comfort, I *do* like camping. It's because of the people. Stripped of your normal comforts and expectations of life, you can really appreciate the company and the pure joy of being alive, being present with those you love.

That's what it will be like when God establishes the new earth. The unimportant, unhealthy, unholy things of the world will be stripped away. And it will be just us and God, gone camping.

Lord, you dwell among us in our shabby, ramshackle lives. We ask you today to remind us of your presence. Help us to keep the hope of your full glory being revealed to all people so all will know you as their God. Show us how we can bring that hope to others here and now. Amen.

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 20th February



Due to circumstances playgroup has been delayed in starting for 2024. Bel Rohde is very excited to be able to provide a stimulating session for the pre-schoolers to encourage their learning through fun filled play.

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

What's Happening on The Building Site



A building update for all the students, staff and Pastor Carl happened on site this week. Derek had everyone's attention as he explained what is going to be the next stage of the project. Next week some modules should be arriving



Mmmm...is this Mr Prenzler doing the Nutbush, or the bus stop or the hustle dance on the site? ...No! he is explaining where the modules of the building will be placed. It is getting very close to having the area filled with a building.





Consequences

Picture this. You're at the playground having a picnic with some friends. Your child starts teasing one of the other kids and won't let them play with their ball.

"She needs a time-out," one friend mutters.

"Confiscate her ball" another advises.

"She needs to learn the consequences of her decisions," counsels another.

Consequences have become a buzzword lately in the parenting field. There is talk of 'natural' consequences, 'logical' consequences, 'applied' consequences, and 'imposed' consequences. Yet for all these labels, 99% of the time when people are talking about consequences, what they're really talking about is *punishment*.

As far as behaviour modification goes, we know that punishment works. But the real question is... "works" to do *what*?

Often a time-out or taking her ball away would be effective ways of stopping your child from teasing other kids. However, these actions are based on Behaviourist principles developed from studying pigeons and rats. They're effective... in the short term, and only for as long as we're willing to keep imposing the consequences.

Furthermore, what do you want the reasons to be for your child going along with what you've asked? If compliance is your only goal, then punishment makes sense. Of course, you would have to be there all the time to impose that punishment. If you want your child to do something because they want to do the right thing, deep down, then we need better approaches.

I don't think these tactics are the best way forward. In fact, I think that we can do 99% of our parenting without imposing consequences of any kind. There are two reasons for this. The first is that a lot of the time, natural consequences occur to teach our child the negative results of their behaviour without our intervention. If your child teases their friend, the natural consequence is that the other kid won't want to play anymore. Maybe all the other kids won't want to play with your child anymore, and they'll be lonely. By explaining the link between their actions and the consequence, you can reinforce the learning without shaming them. "I saw you teasing one of your friends at the playground today. Then all the kids didn't want to play with you anymore. You really looked unhappy when that happened."

However, we can't always rely on natural consequences. After all, the natural consequence of getting aggressive and throwing punches is that someone else will get hurt, and the natural consequence of riding a bike across the street without checking for cars first is that they could get run over.

When we're unable or unwilling to let our child experience the natural consequence of their actions, we need to try something else. Many people advocate for 'logical' consequences – that is, a consequence somehow logically linked to the behaviour. For example, taking the ball away would be a logical consequence for not sharing, while a time-out wouldn't be. However, both of these 'consequences' are really just punishments. Their goal is to deter the child from undesirable behaviour by imposing a penalty.

Which brings me to the second reason that consequences aren't necessary: we don't need to make our child feel worse for their behaviour to get better.

Instead, we want to explore, explain, and empower.

By **exploring**, we connect with our child and seek to understand the motivation behind their behaviour. Once they feel seen and heard, we can move to **explaining** what our expectations are. Most of the time our kids already know what we expect from them, so we don't need to lecture them. A short and simple explanation is all that's necessary. Then we can **empower** them to collaborate with us in finding solutions that work for everyone.

As a note, these steps only work when our children are capable of logic and reasoning. When emotions are high, those capabilities go out the window. So, if there are tears, angry voices, or other signs of big emotions, the first step is getting everyone back to a state of calm. To do that:

1. Focus on staying calm yourself. Emotions are contagious. If we're not focused, we'll end up catching their chaos rather than having them catch our calm. Breathe.
2. Describe what you see ("It looks like you're having a hard time right now").
3. Help to remove them from the challenging situation and ask them if they want some time alone or together while they calm down.

From there, we can move back to explore, explain, empower.

Here's what that looks like in action:

Explore – "I noticed you were really upset with your friend and didn't want to share your ball. Can you tell me how you were feeling?"

Explain – "It's ok to be upset, but it's not ok to tease people."

Empower – "How can you make things right with your friend again?"

Contrary to what anyone may say, our children rarely need to learn the consequences of their actions. They just need to be supported to choose better ones.



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.

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

PETER'S LUTHERAN SCHOOL
ST. PETER'S LUTHERAN SCHOOL
ST. DIMBOOLA, VIC

SAUSAGE SIZZLE FUNDRAISER

Sunday 17th March 2024
9am - 4pm

Come and support our wonderful small school by purchasing a delicious sausage from Bunnings, Horsham.

SAUSAGES \$3.50
DRINKS \$2.00