

## Upcoming Dates

### Feb

Mon 26th & Tues 27th Year 6 Leadership Camp

Tues 27th NO PLAYGROUP TODAY

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

Fri 15th Nhill Cross Country Yr 3-6

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

### Chapel Dates

*Fridays 9am*

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)

## It's All Happening Now



The first module is in the air making it's way to the final destination. Now all this process only took 5 minutes, with all the workers knowing what their jobs were and getting on with it.

The students were all intrigued and got the bean bags and their ipads to witness the next new stage of the school. A memory that will stay with them for a long time.



## Birthdays

Happy birthday wishes are sent to the following student: Grace 28th Feb



## From the Principal

### **Building update**

It's been a very exciting week at Nhill Lutheran School with half of the modules being delivered and put in place. The trucks and cranes have provided plenty of entertainment and interest for our students, with many capturing images of the construction on their iPads or Chromebooks – memories that will hopefully last a long time. Some students even created a viewing area complete with outdoor beanbags. As an additional treat for our students, site manager Derek took the students for a special tour of the first section of the building – who knew the entire school could fit into the Principal's office?

The remaining sections of the new building will be delivered and put in place early to mid next week, and then the internal works can commence.

### **Swimming Carnival**

A big congratulations to all our students for their efforts in the 2024 swimming carnival. Despite having warm to hot days during our swimming lessons, the carnival day was on the cool side. Congratulations to Hindmarsh house for winning the carnival, and to Henry and Mia for winning the champion boy and girl trophy. As always with Nhill Lutheran School carnivals, the support and encouragement shown by the students was great.

Next Wednesday, some of our swimmers will represent the school at the Little Desert swimming in Horsham, and we wish them all the best.

### **Parents and Friends**

The P&F met for the first time this year on Wednesday. The P&F contribute to the school in many ways especially in fundraising and community building. All members of our school community are welcome to join the P&F or assist at events during the year. The 2024 P&F Committee is:

Chair: Jamie lee Jupp

Vice-chair: Gemma Cramer

Secretary: Maree Moll

Treasurer: Dimity Launer

Extra members: Alison Dahlenburg, Bianca Borgelt, Carol Case-Hassall, Jackie Rethus, Alicia Alexander.

### **Get 'Em Going Playgroup**

It was wonderful to have our Get 'Em Going playgroup start for the year, led by Bel Rohde. There was a pleasing turn out of children and parents/carers, and a lot of fun activities. The next playgroup is Tuesday March 5 at 9.30am. All pre-school aged children are welcome to attend.

### **Student Leaders and Leadership Camp**

Congratulations to the following students for being selected as their class SRC representative:

F/1: Ruth Lerhtoo, Ruby Broughton

2: Luka Rohde, Alyssa Pereira

3/4: Tom Warner, Helena Talor

5/6: Sophie Blackwood, Toleen Ali

These students will receive a badge at an upcoming assembly.

The 5/6 SRC students will join the Year 6 School Captains and Mr Prenzler at a Leadership Camp next Monday and Tuesday at Tandara, Halls Gap. Nhill Lutheran School will join with student leaders from five other Lutheran schools to learn more about leadership, with sessions led by Emma Graetz from Australian Lutheran College.

Every blessing for your week.

Damon Prenzler



## Year 2 Class



Connor, Luka, Alyssa, Charlotte and Zoe were all working together on a creative task.

A chocolate factory!

During free time, a few minutes each day..... This was not a "set" collaboration task for learning profiles, but showed it of their own accord. Collaboration, creativity and persistence. These are the type of learner profiles we want to see the students develop throughout their time at NLS.

## More Photos of The New Build







View from the front of school 22nd Feb.

The 8th module being put in place Thursday 22nd Feb.



Students are all in Mr Prenzler's office looking out to the foyer.

The students have had a chance to walk throughout some of the already placed modules, with the help of Derek explaining which each room is for.





## 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
- Ollie and his family
- Mrs Lees and her family

## Worship News

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

Wed 21st 7.30 @ Nhill

Nhill 11am  
Jeparit 9am  
Harvest Thanksgiving



NhillLutheranParishOnline.com

## Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at

[messagesofhope.org.au](http://messagesofhope.org.au) or on iTunes and Spotify.

### 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.

## Devotional Thought

### Private practice

**Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven (Matthew 6:1).**

Read [Matthew 6:1-6,16-21](#)

I'm not generally a sports watcher, but this year, I really got into watching the tennis while the Australian Open was on. I was in awe of how naturally the pros seemed to pull off such high-level play. Things that, when I go out for a casual hit, require me to think carefully about my foot placement and timing of the swing, they seem to do with barely a conscious thought.

But the skills of these best-in-the-world tennis players on display on screens across the nation only come about because of how much practice they do in private.

The point of the practice is that the players don't have to *think* about what they're doing when it comes to the big games; it's just instinctive.

Jesus says a similar thing about spiritual practices (or disciplines). You practice them in private so that in public, you do not have to prove anything; it just comes naturally.

That way, when we're in front of other people, we're not trying to impress them. We don't need to. We can just be who we are, serving out of a love for God.

The things we practice spiritually aren't needed to prove to others or God how good we are. But we still need to practice them – because they just don't come naturally.

After getting inspired by watching the tennis and dusting off the old racquet, I've decided I'm not too interested in getting to the Australian Open. I think I'll spend more time practising what Jesus preached instead.

***Lord, you know our hearts and motivations. Sometimes, we don't always have the right reasons for the things we do in public. Help us to practise your words in private so that in public, we don't have anything to prove and can simply be serving out of our love for you. Amen.***

**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.**

## Get 'Em Going Playgroup (no playgroup 27th Feb)

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](mailto:admin@nls.vic.edu.au)



We had a lovely first morning for Get 'em Going Playgroup today.

We are learning all about colours this term, so we enjoyed some songs and experimenting with sticks through music and dance.

The children enjoyed using celery sticks to paint some fish, and learning to mould shapes with Playdough.

There was lots of climbing ,jumping and crawling skills explored with our obstacle course. Great to see some new faces and new friendships forming.





## Swimming Carnival



The annual NLS swim carnival winners were Hindmarsh...congratulations.

Although the weather was a bit cooler today, it was great to watch all the students participate in the swim carnival...we actually had 100% participation, so a HUGE congratulations goes to each student for their effort.

It was wonderful to see so many spectators cheer and encourage their family and friends.

2024 is the Inaugural year the school has awarded a Champion Boy and Girl, a congratulations goes to Henry and Mia.







Lowan Team

Mallee Team









## Low Effort, High Pay-off Parenting

Parents of today parent more intensively than any other generation of parents. Here's what I mean by that:

A thousand years ago, the question parents were asking wasn't "Will my kids enjoy these homemade protein balls?" Instead, it was, "How do I find food to feed my family?" (Although with the current cost of living crisis, maybe we're asking that a little more again today).

A couple of hundred years ago, the question wasn't "Will my 9-year-old like their book week costume?" It was, "Should I send my 9-year-old to work in the local coal mine?" Now today's parents ask, more than ever before, "How can I be a 'good' parent?"

Parenting entered the dictionary as a word in 1918. It's only been a touch over 100 years. But even then, the idea of parenting being something that we "do" only began to be emphasised from around the late 1970s. Before that, you were a parent (*noun*), but you weren't particularly focused on how you parented (*verb*).

Now, there are literally hundreds of parenting books on the shelves. Parenting is intense. Fetishised. Even competitive.

Research is telling us that many parents feel overwhelmed or even burnt out.

The good news is that we can scale back our efforts without it being detrimental to our kids. We can also make tiny adjustments that can have a big impact.

The Pareto Principle (better known as the 80/20 rule) is how this works... although I think after this we should start calling it the Parento Principle! This principle, first observed by the economist Vilfredo Pareto, states that 80% of the outcomes stem from only 20% of the effort. In other words, by focusing on a handful of low effort, high pay-off factors, we can prioritise our efforts and focus on what matters most.

### Here are a few simple swaps you can make

These require little to no extra time or planning, and that can maximise the impact we have as parents.

#### 1. Swap out the vague and uninspiring question "How was your day?"

- You know that they only ever grunt back "fine" anyway. Instead, swap in questions that invite them to really talk about their day. You can ask them to tell you two good things and one bad thing that happened that day. Or play a guessing game where you try to guess what each other's favourite moment of the day was.

#### 2. Swap out the guilt you have for not spending time with your kids

- Swap out the guilt you have for not spending time with your kids while you are at work or attending to other responsibilities. Guilt without action doesn't help anyone. Instead, swap in 10 minutes of being completely present each day. Turn off your phone, put down the to-do list, and spend just 10 minutes completely engaged with your child.

#### 3. Swap out trying to enforce dozens of rules

- No one enjoys being micromanaged. Instead, swap in having a family meeting to determine a handful of general rules that address safety, respect, and other important values. Simple rules such as, "we don't hurt people or property" and "we choose to spend time together" can capture most situations, and determining how the rules apply supports your child's developing autonomy and competence.



#### 4. Swap out pressuring your child to do homework or study for a test

• They'll do much better educationally if their motivation for completing these tasks comes from within. Instead, swap in reading together in the evenings. Being exposed to lots of books is one of the most impactful things we can do as parents to support our children's learning.

#### 5. Swap out listening to music or sitting together in silence on your drives

• While singing along to Taylor Swift together can be bonding, there's something even better you can do on occasion. Instead, swap in having discussions about crucial topics. The car can often feel like a non-confrontational place to have discussions about what it means to be kind, how to approach bullying, and what consent means.

We don't need to parent harder. We need to parent smarter. By balancing efficiency and effectiveness, we can be the best parents we can be, without burning ourselves out in the



##### 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](http://happyfamilies.com.au).

### Student Representative Council



Congratulations to Alyssa, Helena, Tom, Toleen, Sophie, Seraph and Ruby (Luka was absent) who have been elected to represent the student's of the school . They will be able develop their leadership skills by identifying what is needed to make the school a better environment for everyone and do some fun activities throughout the year for enjoyment amongst the students.



## Year 5/6 Class Documented The Building Lift Using Their Chromebooks

### Part of the new school building 22/2/24



Some of the new building started coming at the start of the week. This is the new school building being put in place by a really tall crane. There were builders making sure it doesn't hit the other building.

By Sophie.

### Lifting the school

22/2/24



Today the builders have put more rooms to the school. It was noisy, but when they lifted the building up it made no noise.

By Clayton





The second lot of rooms just came in and are being put into place.

By

*Lawson*

*lynch*

The crane and building

22/2/24



Today the builders are putting in the classrooms. It looks really cool and I am very excited to move into the school.

As you can see the crane just finished putting in a part of the building.

By Harper Crouch





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>

## 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 Taylor Memorial BAREFOOT WATERSKI TOURNAMENT**  
*& Spectacular Night Jump*  
**2024**  
 Friday, February 23 & Saturday, February 24  
 7am-10pm

**Dimboola Recreation Reserve**  
 Come and see Australia and some of the world's best barefooters compete in slalom, trick and jump events, culminating in the spectacular 'Night Jump' on Friday & Saturday night for Australia's elite jumpers. Catering on-site both days. Licensed booth on Friday & Saturday.

**STRICTLY NO BYO**  
 Saturday program followed by charity auction\*, DJ and fireworks

\*All proceeds from auction go towards Wimmera Against Cancer in Kids and Rural Outreach Program.

**GUEST SPEAKERS**

**YOUNG SUPERSTAR** Archie Hanckel  
**WORLD CHAMPION** Gizella Halasz

**Interested in learning or developing barefoot water skiing?**

Come and listen to Gizella and Archie share their experiences. Gizella is a well renown 6 time World Champion and Archie at 11 years old is an upcoming superstar.

**THIS EVENT IS GENEROUSLY SUPPORTED BY:**

**Gizella continues her passion of barefoot waterskiing spending countless hours coaching children and running their business Barefoot Central.**

**Gizella Halasz**

- Won 6 Senior World Overall Titles along with multiple records at national and senior world level.
- Inducted in the Hall of Fame in 2018.
- Australian Open Overall Champion 6 times.
- Broke the World Trick record in the US in July 2000.
- Crowned World Champion in 2004.
- 10 world records with two of them still valid in tricks and slalom.