

Term 1 Week 5 Issue 5 March 1st 2024

Upcoming Dates

Mar

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

Wed 6th: Wimmera Field Days Excursion
Yr1 to Yr6

NOTE NEW DATE Little Desert & Black
Ranges Swimming at Horsham

Thurs 7th: Superkick for Yr 3-6

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

Fri 29th: Good Friday

Term 2 starts: Mon 15th April

Chapel Dates

Fridays 9am

8th Mar (Yr 5/6)

15th Mar (Yr 2)

22nd Mar (F/1)



Assembly Dates

(after Friday Chapel
in the morning)

15th Mar (Yr 3/4)

22nd Mar (F/1)

Year 5/6 Leadership Camp

Henry, Barrett, Sophie and Toleen, as part of their leadership roles at NLS, participated in a Lutheran School Leadership Camp in Tandara at Halls Gap. They were rewarded with the traditional trip to the ice cream shop before making their way home.



Birthdays

Happy birthday wishes are sent to the following
students: Abby 3rd March

Charlotte 4th March

Lucy 4th March



From the Principal

Thank you to all families for your understanding in regards to the school closure day on Wednesday. I appreciate closing the school is a disruption for many, but we must follow government and departmental directives when it relates to catastrophic conditions.

Building update and chapel

An exciting milestone was reached this week with the last of the building sections craned in to place. Work has now started on the inside and we have been visited by a host of tradespeople including carpenters, plumbers and electricians.

Our chapel theme of 'building' continued this morning, with the Year 3/4 class presenting the story of Noah building his ark. In previous chapels students have heard about the wise and foolish builders, and Jesus being the cornerstone.

Little Desert Swimming and Wimmera Field Days

The Little Desert swimming has been postponed to next Wednesday, March 6, due to the school closure day. This happens to be the same day as the Wimmera Field Days excursion.

Nhill Lutheran School Board

The Board of Nhill Lutheran School oversees the governance of our school, a very important and increasingly complex area, and has met for the first time this year. At the end of last year we thanked and farewelled Matt Miller for serving as our Chair, and this year we welcome Rachel Boyce as our incoming Chair for 2024. Rachel is familiar with Nhill having visited relatives at Ni Ni Well for many years when she was a child. Rachel has served in Lutheran schools for many years and was recently Principal of Good Shepherd Lutheran College in the Northern Territory. She lives in the Top End and is the current Deputy Director of the Association of Independent Schools NT. We thank and welcome back returning Board members: Janine Grover, Darryn Rethus, Casey Hiscock, Karen Koning, Michelle Pipkorn, Pastor Carl Thiele (consultant), Neil Leek (consultant), Damon Prenzler (consultant), and Lyn Fisher (minute secretary).

Leadership Camp

Earlier this week I had the pleasure of accompanying four of our student leaders to Tandara Camp in Halls Gap for an overnight leadership camp. Henry, Barrett, Sophie and Toleen joined with students from five other Lutheran schools, and learnt about the 4 S's of leadership from Emma Graetz from Australian Lutheran College.

Business Manager

Dennis Chew has been appointed as the new Business Manager for the three Wimmera Lutheran Schools. Dennis will commence in around a month, taking over from Neil Leek who has served as interim Business Manager since late last year. Welcome Dennis and thank you Neil.

Every blessing for your week.

Damon Prenzler

Lost Property From The Swimming Carnival



Please come and pick up the items or they will be donated to charity.

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 Photos of The New Build



All the pieces of the jigsaw have safely arrived, and on Tuesday morning they were lifted into place. Now it will be the final touches that are needed with the cladding and interior.





A New Arrival

Congratulations to.....

Mrs Jess Crouch, Ben and Bobby on the safe arrival of Ted James, 6lb born on 27th February.

Your days will be blessed with all the things that babies do and your hearts will be filled with so much joy and love.

All our Love,

Nhill Lutheran School Community.

Students of the Week

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

Foundation/1: Xavier

Year 2: Jessie

Year 3/4: Savannah

Year 5/6: Zara



Derek The Bear

Congratulations to Sophie M for receiving Derek the bear at assembly today. We hope you both enjoy your time together.



Get 'Em Going Playgroup

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



Prayer of the Week

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


- Esther & Cooper and their family
- Savannah and her family
- Ms Rutherford and her family

Worship News

Please see below for this week's church service times:
3rd Sun in Lent
Nhill 10am
AGM to follow
NhillLutheranParishOnline.com



Chapel Offerings

At today's Chapel \$29.05 was collected for the Maw Per Koh orphanage school in Myanmar. Please consider sending an offering each Friday morning as the children there rely 

Messages of hope

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.

3rd March Welcoming People (interview)

What is it really like to move to a foreign country? Hear Sarah and Liam's journey as missionaries and how that shaped their view of being welcoming in Australia.

10th March Belonging (interview)

Rika shares her reflections of moving to Australia from Japan. Hear her story of loneliness and isolation to being welcomed into a community with a sense of belonging.

Devotional Thought

Being the parents of the Messiah

Everyone who heard him was amazed at his understanding and his answers (Luke 2:47).

Read Luke 2:41-52

Jesus' miraculous inception and birth involved angels and shepherds. In those early days, not only was he prophesied over (see yesterday's reading), but wise men came bearing gifts. Wow – and, of course, this was followed by a hasty escape to Egypt so that the mad king couldn't kill Jesus. Being the parents of the Messiah was no easy mission!

Luke tells us that even though Jesus' parents lived in Galilee, they took the young Jesus to Jerusalem every year for Passover. Surely the Messiah should be brought to the City of David and spend time in the temple. When better to do that than during the most holy time of Passover? And now that Jesus was 12 years old, they lost him! They have misplaced God's promised Messiah. Imagine how they felt ... As many commentators point out, Mary probably assumed that Jesus was travelling with Joseph and the men, and Joseph assumed he was travelling with Mary and the women and children. However, Jesus was in his Father's house, back in Jerusalem.

I know that awful feeling of looking down and not seeing the child who was with me mere moments ago: the panicked prayers sent to my Heavenly Father, followed by the praise upon finding the missing child. Many things that God calls us to have scary times – be it a parent, a grandparent, a sibling, a child, a spouse, an employee or an employer. But be assured, Jesus is where he is meant to be. Our Risen Lord Jesus is at the right hand of the Father. He is in the bread and the wine. Jesus has promised to be with us and to never leave us. While we may think we have lost sight of Jesus, he is always holding on to us!

Gracious Father, you never lose track of me, though I often fail you. Thank you for your forgiveness, mercy and faithfulness. Through your Holy Spirit, keep my eyes focused on the cross and all that your dear Son has done for me. I ask this in his mighty name. Amen.



Year 5/6 Leadership Camp Photos



The Bear's Name Is DEREK!



Sophie had the privilege to tell Derek he has a bear named after him. It was an overwhelming popular choice amongst the students.



When your child is angry, have you ever tried telling them to just “calm down?”

I bet it worked! I’m entirely confident that they smiled at you angelically and said something like, “Thank you for your wisdom! You are right; I do just need to calm down.”

Just kidding!

In fact, if they’re anything like my own kids, they may have yelled back, “I don’t want to calm down!” before storming off to their room and slamming the door behind them.

When it comes to dealing with big emotions like anger, it never helps to tell our children to just “calm down.” Yet anger isn’t the only emotion that we try to dismiss.

How often have we accompanied our kid to their first day of school, to the first training session for soccer, or to a piano recital and said something like, “Don’t worry! You’ll do fine?”

We might believe that we’re being reassuring. After all, these words are coming from a place of kindness and compassion. Yet they are unlikely to do anything to address the worries and anxieties our kids are experiencing.

The difference between anger and worry is that worry is often a hidden emotion. We may say “don’t worry”, and unlike saying “calm down”, it might seem to work. Our child may smile back at us as they walk into school or their piano recital. They might even seem less nervous the next time. Yet on the inside, they’re thinking something like, “My parent doesn’t understand me... I can’t talk to my parent about my worries...I don’t have anyone to help me...”

So if saying “don’t worry” doesn’t cut it, what should we be doing instead?

1. Be proactive

Often, the biggest worry kids have is the fear of the unknown. We can greatly diminish the anxiety our kids are likely to feel by talking to them about what to expect. If they’re starting at a new school, that could mean introducing them to their teacher in advance, showing them where the bathrooms are, and deciding where you will meet at pick up time. If they’re preparing for their piano recital, it can help to talk about the schedule for the day, how many people are expected to be there, and what they need to bring alone. Whenever there is a big event on the horizon, it really pays to help our kids visualise what that event will look like.

2. Provide emotional support in the moment.

If it looks like your child is getting nervous, telling them not to worry only invalidates their feelings. Instead, you can say something like, “It looks like you’re feeling a bit worried about something. Would you like to talk to me about it?” Then wait. Silence is a powerful form of communication; it tells our kids that we’re listening. Make sure not to jump in and try to solve their problems when they do start talking. Just listen and provide a sounding board as they work their way to their own solutions.

3. Help them address persistent worry

Some kids are more prone to anxiety than others. Importantly, worry and anxiety do not always look like worry and anxiety. It can often present as frequent stomach aches, trouble sleeping, or irritability. If you’re not sure what is driving your child’s behaviour, but there have been recent changes in your child’s life or a big event coming up, worry may be part of the problem. It can be useful to talk to them in age-appropriate terms about the purpose of worry – that worry is like a messenger telling us that something might go wrong, and we can use our worry to help us make good choices and stay safe. Books like *The Worrysaurus* by Rachel Bright and *What If?* by Lynn Jenkins can also serve as a springboard for discussion.

Worry is just like any other emotion. We can’t stop our kids from feeling it by telling them to just calm down, relax, or get over it. Like with all emotions, the best thing we can do is to be patient and support our kids as the emotion runs its course.



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>

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

PLAY FOR KICKS

Superkick is next level fun for 8 to 12 year olds who are new to footy, or want to continue to grow their skill levels.

DAVIS PARK RESERVE

7/3/2024 10:00AM

David Kennedy
david.j.kennedy@afl.com.au

AFL Superkick

PETER'S LUTHERAN SCHOOL
ST-DIMBOOLA-TOWN

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

BUNNINGS warehouse

St Peter's Lutheran School
Grow in Grace.