

Upcoming Dates

March

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

Mon 11th: Labour Day holiday
(no school)

Wed 13th to Fri 22nd: Naplan

Wed 13th: First Wednesday for Foundies

Fri 15th: Nhill Cross Country Yr 3-6

Tues 19th: Board Meeting

Mon 25th & Tues 26th: Parent Teacher
Interviews

Tues 26th: P&F Meeting 7.30pm

Wed 27th: F-2 Halls Gap Excursion

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

Fri 29th: Good Friday

April

Mon 15th: Term 2 starts

Tues 16th: Board meeting

Mon 22nd to 24th: Year 3/4 Camp

Thurs 25th: Anzac Day (no school)

Fri 26th: Pupil Free Day (Staff PD Day)

Chapel Dates

Fridays 9am

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)

Little Desert and Black Ranges Division



The school was represented at Horsham in the next division of swimming on Wednesday, by Helena, Savannah, Mia, Henry and Barrett. Congratulations for making it to this level and the effort you all put in on the day. A huge thanks to the parents for taking the students, your support is much appreciated.

Birthdays

Happy birthday wishes are sent to the following students:

Sienna 14th March

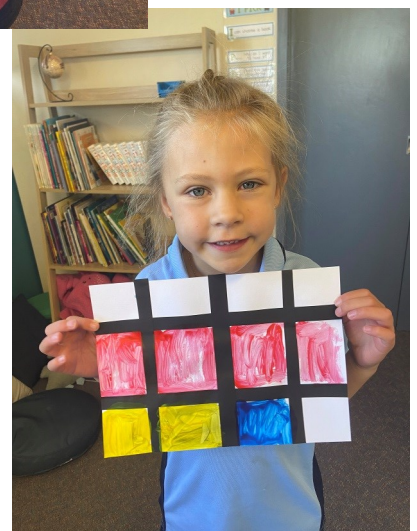
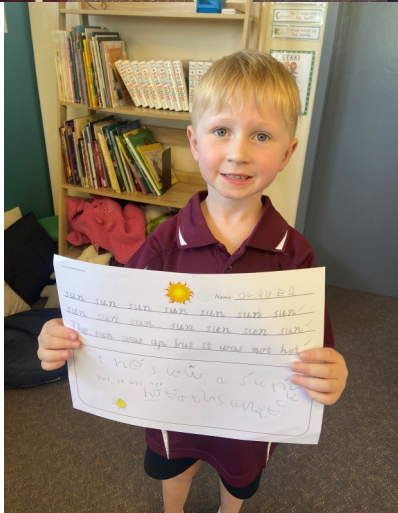
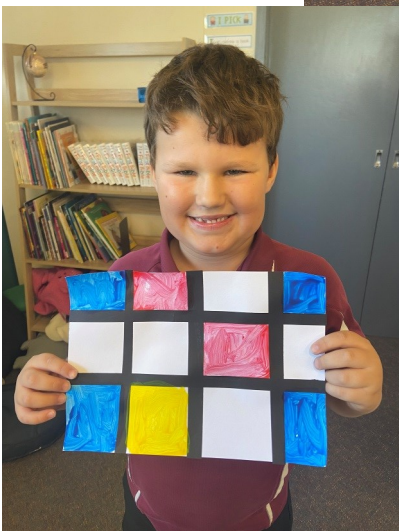
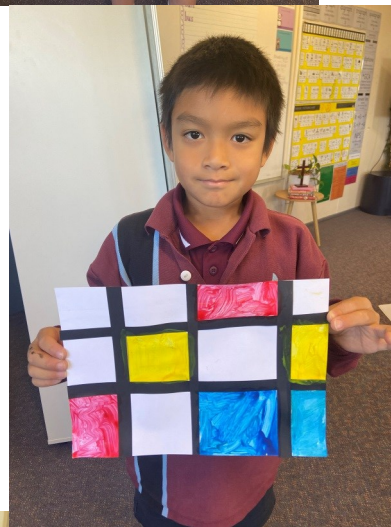
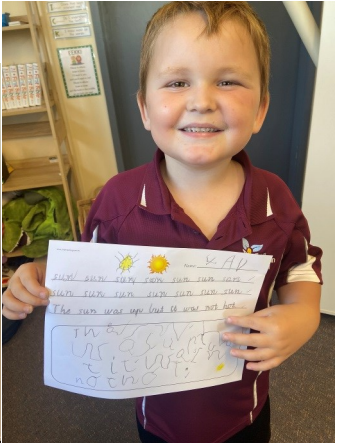
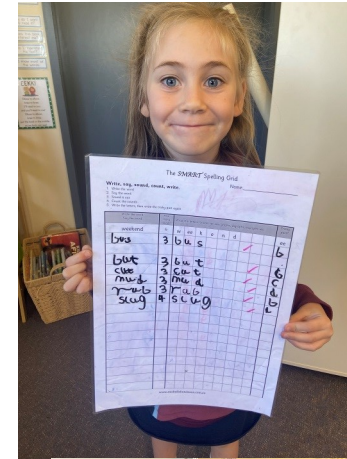
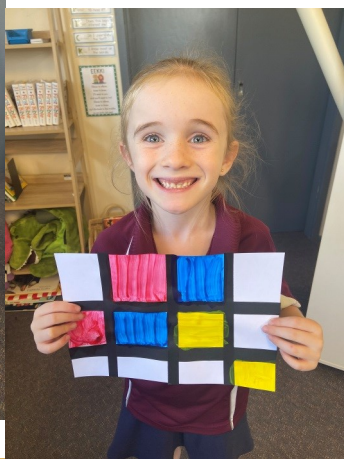
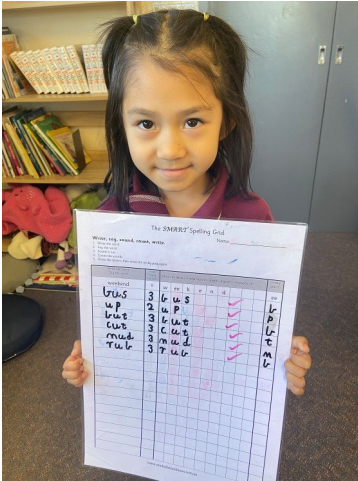
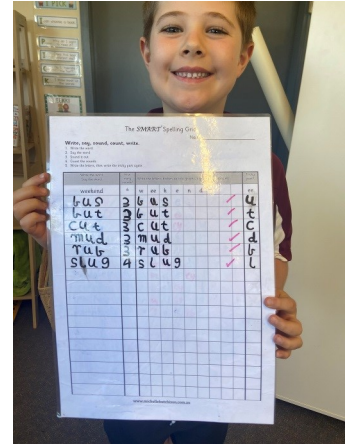
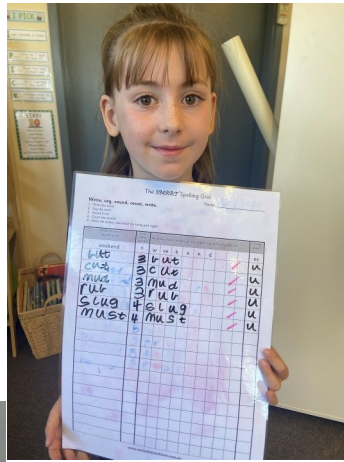
Ruby W 14th March



F/1 Class Creating A Geographic Art Piece



F/1 Class Proud of Their Work



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

We had a lovely morning in Get 'Em Going this morning, enjoying some music time, and learning rhythm with tapping sticks to the songs.

Our colour today was green, so the children explored this with green Playdough, making a green sheep using curled up paper and reading the green sheep book. The obstacle course this week provided lots of fun along with the animal farm set.

Looking forward to next week where we learn all about the colour yellow!



Prayer of the Week

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



- Henry & Matilda and their family
- Helena and her family
- Mrs Clark and her family

Worship News

Please see below for this week's church service times: 4th Sun in Lent Nhill 11am

Jeparit 9am

Wed 13th Lenten Reflection 7.30pm @ Jeparit

NhillLutheranParishOnline.com



Chapel Offerings

At today's Chapel \$31.25 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.

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.

17th March **Easter-Reflection and Hope** (discussion)

Tania, Jo and Valdis share their reflections on what Easter means for them and the real reason we celebrate. Hear their insights into a time of reflection and hope.

Devotional Thought

Switching off

At daybreak, Jesus went out to a solitary place (Luke 4:42a).

Read [Luke 4:38-44](#)

These certainly seem like busy times for Jesus. It's the third day in a row that we have read about Jesus healing people. He has done some amazing things – casting out spirits, healing people of a range of illnesses, teaching crowds of people, being driven out of town. And remember, he is truly human and truly divine.

Today, he's taking some time out. Such a human thing to do.

How often don't we speak and hear the words 'I'm so busy ...'? As an allegedly retired person, it's not unusual to hear fellow retirees saying things like 'I've never been busier'. I see our children and grandchildren hurtling from one activity to another. We are so busy doing things.

Have you thought about what it means to just be – not doing anything, just being? The psalmist says, 'Be still and know that I am God' (Psalm 46:10), which has been used as the basis for a reflective song featuring the words: 'Be still and know that I am God; I am the Lord that healeth thee; Commit thy way unto the Lord' (James Daniel, 'Be still and know that I am God', *All Together Now*, Lutheran Publishing House, Adelaide 1980).

Taking time to *be* rather than constantly *doing* things allows us to recharge our batteries, renew our energy and re-centre our thinking. We can reconnect with God and allow God's spirit to fill our hearts and revive our flagging spirits. And what a bonus if that quiet time is taken in a place that is enhanced by God's beautiful creation, and time is allowed to just be in God's presence.

Where is your solitary place? It's not so easy to find such places in these days of internet access and mobile phones. In fact, FOMO (fear of missing out) is now a recognised 'thing'. I wonder whether our enforced busyness and distraction by our modern devices is causing us to have less space in our hearts for hearing what God is saying to us. And, if you'll pardon the pun, switching off is becoming more difficult.

Just a thought – maybe we can learn from Martin Luther, who allegedly said: 'I have so much to do (today) that I shall spend the first three hours in prayer.'

Healing Lord, when you were busiest, you took time out for rest and reflection. Help us to be able to switch off and to do the same. 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.

AFL Kick Clinic At Davis Park



All the Year 3 to 6 students had the opportunity to join the other Nhill schools to participate in the AFL SuperKick Clinic on Thursday. They learnt skills that would be of benefit for their football game. The students enjoyed the morning, but all returned back to school very hot.



When My Child Won't Listen

One of the most common complaints I hear from parents about their children is that, “The kids just won’t listen.” But guess what. They are listening. They’re just not complying! You’ll typically find that a handful of standard answers permeate the Internet and parenting advice books when it comes to this topic. Let’s acknowledge them first, because they can be helpful.

1. Keep it simple

Short sentences are easier to process than long lectures. Keep your statements and requests simple, clear, and direct.

2. Get on your child’s level

Making eye contact, smiling, and ensuring your child has heard you always improves the likelihood that your child will act.

3. Repeat it back

Ask your child to tell you what you told them. If you ask them to pick up the wet towels from the bathroom floor and they’re not responsive, ask them, “What did I say just then?” and wait for them to tell you.

4. Speak more quietly

Speaking louder (yelling) won’t draw them to you and it’s unlikely to encourage them to want to listen to you. Try speaking softly. They’ll open their ears, lean in, and listen carefully.

5. Gentle touch

A soft touch on the arm, a squeeze or a hug, or an arm across the shoulder... These gentle touches can be enough to act as a circuit-breaker so your child can pay attention to what you’re asking and help move things along.

6. Drop the don’t

Say what you want. If you tell your child what not to do (such as “don’t hit the stick against the wall”) It requires more effort on the part of your child to redirect their energies. Now they have to stop doing the thing that’s bothering you and think of something to do instead.

7. Find a way to say “yes”

When you have to say “no”, spin it into a “yes”. If you’re asked, “Can we stay at the park longer?” you can say, “You bet. We’ll have a longer stay at the park on the weekend when we come back with your friends.” If they plead, “Can we please have ice-cream”, respond with “You sure love ice-cream. We’ll have ice-cream on Friday night with our movie like always.” Your yes is usually going to be a “not now,” but if you phrase it right, it goes down a treat.

If we want to be even better parents, the five suggestions in this next section will help us take it to a whole new level:

The fancier answers

1. Keep it simple

When you ask your child to do something, consider the connection. Connection means feeling seen, heard, and valued. Do your children feel like you see them as more than a convenient way to get something done? Trying to command without connection - like yelling between rooms - is a lousy way to have your kids pay attention and usually won't lead to anything resembling compliance. (It's not realistic to expect that you'll "connect" every time something needs doing. But maybe we can connect more than we currently are)?

2. Timing

If your child is in the middle of something their listening and compliance will be way down. This doesn't mean we shouldn't ask our children to be involved in helping when they're doing something. That's not realistic. But when we're sensitive to their priorities, things go better. Consider statements like, "When that episode is done, please turn off the tv."

3. Capability

We expect too little of our children physically and we expect too much of our children emotionally. Demanding they "calm down" or "stop it" might be more than they can manage. But asking them to clear the table will typically not be too much. Consider their developmental capability, emotionally and physically, before issuing edicts.

4. Context

Your child might be perfectly capable of going to bed on time most nights, but on a sleepover night (or some other major event), the context changes. Demanding perfect behaviour at a funeral might make sense and be a sign of respect, but if they're grieving and confused, or if all of their cousins are there and they're excited, we might need to adjust our expectations. Requiring our children to listen to us the same way in every context is to expect our children to act like robots. Be mindful of context.

5. Gentle reminders

Call your child by name. Look at them and quietly remind them of the issue that's requiring focus. The fewer words you use the better. Two is ideal. For example, "Your bedroom," "Your stinky socks," "The dishes," and so on. Say please, and smile kindly.

The advanced answers

There are even better answers, but space won't allow me to describe them here. You can find the entire list in my brand new book, *The Parenting Revolution*. As a sneak peek, remember to be involved with your children when they have something to do. Be patient and give them a chance to act before cajoling them again, make it fun, and consider how much connection is happening compared to correction and direction. Lastly, remember it's totally reasonable and acceptable for parents to expect their kids to help out around the house. These ideas (and the extras in my book) will help change the game.



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.

Wimmera Field Days Experience

On Wednesday, the Year 1 to Year 6 students had a great day at the Wimmera Field Days. They got to experience many various things, having a snake wrapped around their necks, checking out machinery, patting scaly or fluffy animals, enjoying ice-cream, laser tag, picking up freebies like the fluoro vests (now they might be able to help with the new build!) and driving a V8 on the racetrack (keep those eyes on the road).









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



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

