

Term 1 Week 8 Issue 8 March 22nd 2024

Upcoming Dates

March

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)
Tues 30th & 1st May Parent Teacher Interviews

Birthdays



Happy birthday wishes are sent to the following student: Esther 27th March

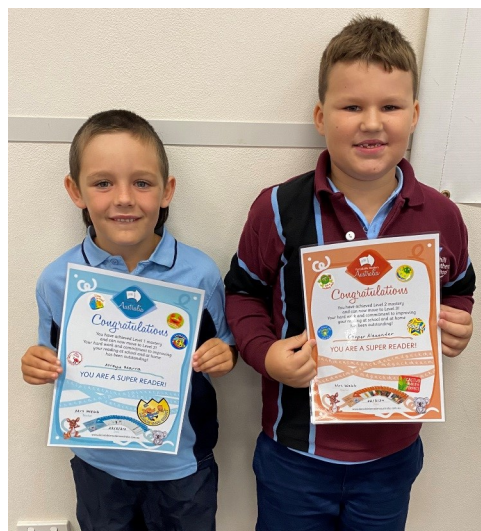
Students of the Week

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

Foundation/1: Ollie Year 2: Connor
Year 3/4: Sophie Year 5/6: Mia



Super Readers Award



Congratulations to the following students who were presented with Super Readers awards at assembly today:

Atreyu and Cooper

From the Principal

Exciting Partnership Announcement

Students, staff, parents/families and community members were informed today of an important and exciting announcement about our school, and about Lutheran education in the Wimmera.

In January 2025, Nhill Lutheran School will amalgamate with St Peters Lutheran School in Dimboola and Holy Trinity Lutheran College in Horsham, strengthening an existing partnership between the three Lutheran schools. The new school will be known as Wimmera Lutheran College, with each school continuing to have its own identity and site. We will be Wimmera Lutheran College, Nhill.

This arrangement will create efficiencies across many areas of school operations including governance, finance, and administration, and very importantly will create opportunities to expand the resources and offerings for our students to benefit their learning. Couple this with our new school building and there is much to look forward to.

A significant body of work has already happened to this point by the boards of each school and LEVNT, and there is much to do in the coming months, including the appointment of an Executive Principal, the creation of a consolidated Board and more. Our school will have an advisory committee to represent Nhill needs to the Board. Further communication and announcements will be made during the year as the process rolls out.

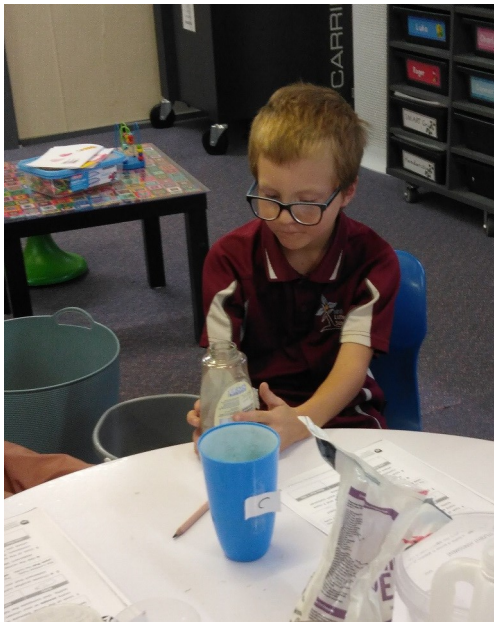
School families received an email today including a Question and Answer page. This provides a range of information about the amalgamation and what it might look like, however if there are further questions you are welcome to email me at principal@nls.vic.edu.au. If you did not see the Q and A page and email, and would like to read it, feel free to email admin@nls.vic.edu.au and ask for a copy.

Every blessing for your week.

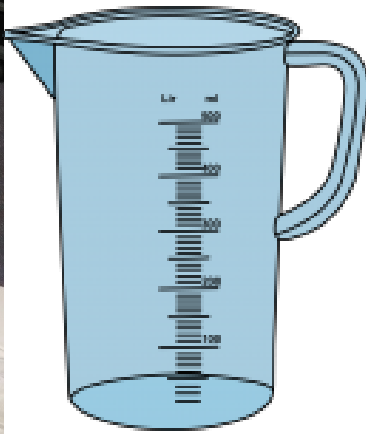
Damon Prenzler



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.



Year 2 Class

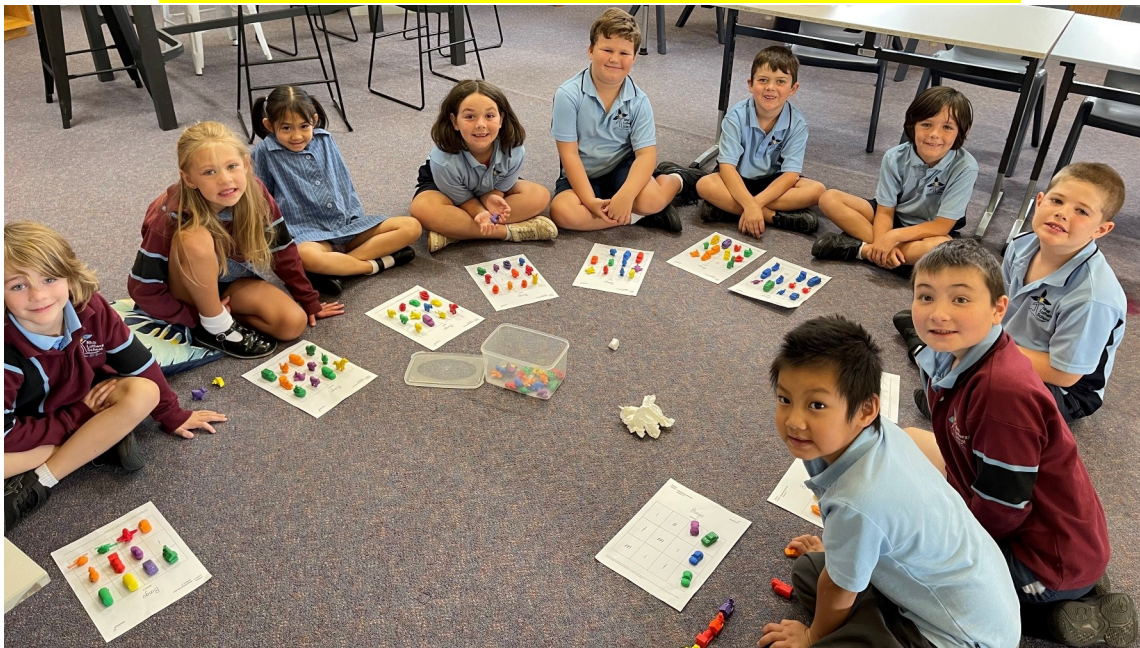


Measurement of capacity and volume activities in Maths.

Estimating and comparing amounts bigger and smaller than a litre.



Multilit Program at NLS



Supporting student Learning at NLS. Our students, under the guidance of Ms Rutherford and Miss McLean, were excited to begin Minilit and ReadingTutor Program intervention this term. Minilit and RTP are evidence based literacy programs, focusing on developing and extending letter/sound relationships, forming words, reading and comprehension strategies. Students have regular sessions to practice their new skills in an interactive and fun environment.

What Has Happened at NLS This Week



On Friday, the students had a very exciting morning after chapel & assembly they visited the new school build, to check out the progress of the workers and to be able to in visage where they will be doing their learning in the near future.

The excitement did not stop there for the Foundation, Year 1 and 2 classes, as Gus had his dog visit and provide enjoyment for everyone. Simba made a great impression and he thoroughly lapped up the attention.



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 great morning in Get 'Em Going today. It was our last session for the term so we enjoyed some Easter activities!

The children made their own Easter bonnet hats, decorating with stickers and stamps. We had an Easter egg hunt and read the book 'Spots first Easter'.

They enjoyed exploring the rice tub and making spaghetti with the Playdough!

It's great to see so many of the children remembering their colours this term through various songs and games.

Look forward to seeing you next Term after the Easter holidays.



Prayer of the Week

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



- Grace & Xavier and their family
- Jerome and his family
- Mrs Rohde, Nelson & Luka and their family

Worship News

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

Palm Sunday

Nhill 11am

Jeparit 9am

NhillLutheranParishOnline.com



Chapel Offerings



At today's Chapel \$8.75 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.

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.

24th March Easter a time of hope (Richard Fox)

What does Easter offer us in times of crisis? Listen to Richard share about Easter and where there is hope for us all.

31st March The God of Easter (John Henderson)

For a lot of people Easter is about having a long weekend and time off to have fun with family and friends. But what is the real story of Easter? John Henderson talks about the life and death of Jesus and what that means for us.

Devotional Thought

Seeds and new life ... a grain of wheat must fall to the ground and die to make many seeds (John 12:24).

Read [John 12:20-33](#)

I'm a gardener. I have lots of packets of seeds. Some are beyond their use-by date, but most are still viable. If I leave them in the packet, they are of no use to me or anyone else. But if I plant them in the ground, invariably, they produce ... flowers, vegetables and even trees.

Jesus paints an interesting picture when he talks about his death. He compares himself to a grain of wheat – a seed if you like. I once read about someone who asked: What if Jesus had not risen but had stayed dead? It is a hypothetical question because there are so many eyewitness accounts of him alive again, both in the Bible and historians of his time.

But if Jesus had not come back to life ... well, life would not have the meaning it does. We'd still be living under the law, trying to please God and win his favour. We wouldn't know about grace nor understand it. Forgiveness would be even harder to grasp and practice than it is now! But like a grain of wheat that dies and then brings forth many seeds, so Jesus' death led to resurrection, with many positive results ... many seeds being sown. Life and hope and peace for each one of us.

When I plant a seed and it sprouts, it is always a miracle to me; it reminds me of resurrection. How did that tiny seed become a carrot, a zucchini, a tomato? But it did, and we can enjoy the produce. If I let the plant grow long enough, it will produce many seeds. (In fact, expert gardeners will tell you the best plants are the self-sown ones!)

Each time I see a new plant, it reminds me of resurrection, possibility, hope and future. When we die, who knows what will truly happen? But it seems to me we will be like Jesus; we will come to life again, knowing life, hope and peace. It will be a miracle. It will be a resurrection. We will be children of light (John 12:36).

Creator God, Master Gardener, help us to die to ourselves and have new life in you. Through Christ, the one who was lifted up for us! Amen.



F/1 and Year 3/4 - Sweet Flags

Researching about countries and their flags was a sweet treat this week, in the year 3/4 the F/1 class. The students chose a country and then decorated a biscuit in the design and colours of the flag.

The Year 3/4 class with their sweet flags.





The Foundation and Year 1 class with their sweet flags.





Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they're not quite there but believe they can do it, they'll go for it. But if they're incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don't do well... *because they can't!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child's skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let's break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it's a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It's recognising things didn't work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/ Disconnected? Tired? Stressed? Sick? Overstimulated?

2. Say what you see. If you can name it, you can tame it.

3. Ask if they want you with them or if they want space.

4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.



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>

Harmony Day At NLS





Harmony Day was celebrated with classroom activities that had the focus on the theme of "Everyone Belongs".

The free sausage went down a treat with many students going back for extra helpings, thanks to the SRC for providing lunch.

Wonder do we consider the sausage in bread as Australia's cultural food?



We are blessed at NLS to have so many diverse origins within our school.

Whether the students are the current generation or maybe the 2nd, 3rd or 4th generation to have arrived in Australia to make it our home, we are very lucky to share this wonderful country and this lovely school.



Year 2 Class Releasing the Monarch Butterfly



Miss Schultz has brought a lovely tradition to our school with finding the Monarch butterfly bush (swan plant), bringing in the branches and leaves into the class and placing them inside the glass enclosure where the students are able to observe the crystalis develop and then the butterfly hatches. The students then help release it into the wild and this time were lucky enough to be able to watch it warm up on the pavers before it fluttered away.



WEEK 1

APRIL 2024 SCHOOL HOLIDAY PROGRAM

WEEK 2



MONDAY 1 APRIL



Easter Monday
Public Holiday



TUESDAY 2 APRIL

Cooking with Sharon
Nhill Memorial Community Centre
10am-11.30am



WEDNESDAY 3 APRIL

Level Up Gaming
Dimboola Library
12pm-4pm



THURSDAY 4 APRIL

CJ Puppet Show
Nhill Memorial Community Centre
10am-11am

Dimboola Library
2pm-3pm



Crafty Art with Danelle
Nhill Library
2pm-3pm

FRIDAY 5 APRIL



STEAM with Jo
Rainbow Library
10am-11am

STEAM =
Science, Technology,
Engineering, Arts and
Math

Cooking with Sharon
Rainbow Library
2pm-3.30pm



scan to register



REGISTER NOW!

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision.

MONDAY 8 APRIL



STEAM with Jo
Jeparit Library
10am-11am

Cooking with Sharon
Jeparit Library
2pm-3.30pm



TUESDAY 9 APRIL

Crafty Art with Danelle
Dimboola Library
10am-11am



Cooking with Sharon
Dimboola Library
2pm-3.30pm



WEDNESDAY 10 APRIL

Crafty Art with Danelle
Jeparit Library
10am-11am



STEAM with Jo
Nhill Library
10am-11am

THURSDAY 11 APRIL



Movie: Kung Fu Panda 4
Nhill Cinema
1pm - 3pm
Free Popcorn and Water provided



FRIDAY 12 APRIL



Crafty Art with Danelle
Rainbow Library
10am - 11am

STEAM with Jo
Dimboola Library
2pm-3pm



For more information visit
www.hindmarsh.vic.gov.au/events,
call 03 5391 4444
or email youth@hindmarsh.vic.gov.au.

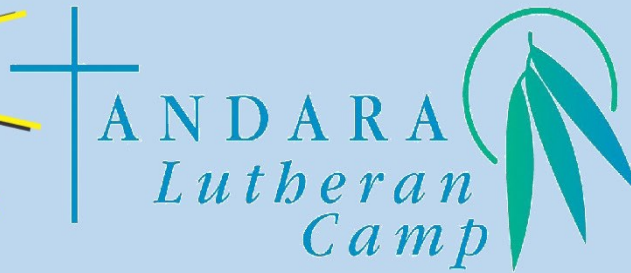


Hindmarsh Shire Council
Hindmarsh Shire Libraries
Hindmarsh Shire Youth Council



@hsyouthcouncil
@hindmarshshirelibraries





Kids Camp 2024

When: 3rd-5th April 2024

Where: Tandara Lutheran Camp

Cost: \$195

Ages 9-12

Theme: Living in the 10 commandments

Registration link:

<https://book.venue.life/tandara/register/kids-camp-2024>

Registrations close Thursday 28th March 5pm





All Roads and Skies Lead To Nhill



Kids Activities



Vintage Displays



Nhill Airshow 2024



Tim's Toasties



Crafter's Fair



Food & Drink



Aerial Displays

Celebrating Aviation, Heritage and Community

Saturday 13th April 2024

Tickets on sale now!

www.nhillairshow.com.au

Nhill Airshow

- Book online for discounted prices.
- Have you entered the colouring competition in the Weekly Advertiser?
- More details on the Nhill Airshow website.