

Term 2 Week 4 Issue 12 May 10th 2024

Upcoming Dates

May

Mon 13th: Little Desert Cross Country
Sat 18th: P&F Quiz Night
Tues 21st: School Photos
Board Meeting
Wed 22nd: National Simultaneous Storytime
Fri 24th: NLS Athletics Day
Tues 28th: P&F Meeting
Fri 31st: Year 3/4 Artist Naomi Gallery Visit

June

Mon 3rd - Thurs 6th: Yr 5/6 Melbourne Camp
Fri 7th: Year 3/4 Artist Naomi Workshop
Mon 10th: Kings Birthday public holiday
Thurs 13th: Lightning Premiership
Tues 18th: Board Meeting
Tues 25th: Last Day Term 3.15pm
Wed 26th, Thurs 27th & Fri 28th: Staff PD Day
(pupil free days)

Chapel Dates

Fridays 9am

17th May Year 5/6

31st May Special Chapel

7th June Pastor Carl

14th June Year 2

21st June Year 3/4

Assembly Dates

(after Friday Chapel in the morning)

17th May F/1

31st May Year 2 (tbc)

14th June Year 3/4

Mother's Day Celebrated At NLS



More photos
in newsletter

Birthdays



Happy birthday wishes are sent to the following students and staff:

- Jackson 16th May
- Amber 16th May
- Mrs Harding 12th May

From the Principal

Mother's Day

Wishing all mothers a very happy Mother's Day. Mums are truly a special gift from God and thank you for your love and all you do. This morning we held a special chapel for Mother's Day, followed by a visit to classrooms, a look at the new school and a morning tea.

Building update

A very special milestone has been reached in our building project. Apart from a few minor finishing off items, the school is complete and ready to move into! Earlier this week, our students were delighted to use the water fountains for the first time. Next week, the new building will be open before and after school for people to come and have a look, so you are welcome to look around.

Over the next few weeks we will relocate into the new building, and are aiming for Friday May 31 as the first day we use the new building for our classes. On Thursday May 30, we will have a 'moving day' where the larger furniture items are moved, and we invite any parents/caregivers to help on this day – many hands make light work.

We thank God for his guiding hand over our building project, and pray this new facility will be a blessing for our students and the broader community for many years to come. An official opening for the building will be held later in the year.

Thank you Derek

With the completion of the building it is time to thank and farewell our site manager, and minor celebrity, Derek. Derek has been a joy to have as the person overseeing the project, and has endeared himself to students, staff, parents and IGA customers with his cheerful nature and personality. He even has a bear named after him! Today, we thanked Derek with a special BBQ, and we hope to see him again. Thank you Derek!

Cross Country

NLS has 11 students competing at the Little Desert cross country on Monday. All the best!

Quiz Night

A reminder about the upcoming Quiz Night on Saturday May 18. Further information is in the newsletter.

Athletics Day

Students are practising events for our upcoming Athletics Day on May 24. A program will be sent home before the day.

Staffing update

I am pleased to announce that Georgie Zikos will be the new F/1 teacher starting from the beginning of Term Three, replacing Kelsie Webb who will be on maternity leave. Georgie is currently teaching at St Michael's Lutheran Primary School in Hahndorf, SA, this being her fourth year there. We look forward to welcoming Georgie to Nhill Lutheran School.

Blessings,

Damon Prenzler

Prayer of the Week

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



- Ellie and her family
- Toleen and her family
- Darcy & Connor and their family
- Ruby & Freya and their family

Worship News

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

Ascension of Our Lord
Nhill 11am
Jeparit 9am
NhillLutheranParishOnline.com



Chapel Offerings

At today's Chapel \$75.90 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

12th May If I were a mum

What do you love about your mum? Listen to children and adults sharing their reflections on what makes a mum special.

19th May One Fool in Heaven, One Fool on Earth

Annette shares her lifechanging journey through the grief of losing her daughter, and how she found hope to keep moving forward.

26th May Finding Hope After Miscarriage

Hear Meagan and Nick bravely share about their experience of pain and grief, but also how they found support and hope through it all.

Devotional Thought

Praising God

Sing to the Lord a new song, for he has done marvellous things (Psalm 98:1a).

Read [Psalm 98](#)

My wife and I spent over two years searching for a retirement village to move into once we admitted that our home of over 30 years was no longer meeting our needs. It feels like a miracle of timing and circumstances that led us to where we now live. The village facilities, the staff and other residents provide a wonderful environment to live in.

Yet, when a group of us residents get together, it is surprising how quickly we find ourselves complaining about things that are not perfect. Often, one of us has to speak up and remind us how we are all generally very happy with living here and wouldn't want to live elsewhere.

This is why the message of this psalm is so important. It invites us to look up from preoccupation with the issues facing us and instead see God at work – in our own lives and those around us. It might mean stopping talking about what irritates us and instead listening to what others around us are experiencing. It might mean asking God to help us to see what he is doing more clearly.

Never should we think that God needs our praises; instead, God has given us this gift of praising him as a way to keep us focused and balanced as we face challenges in life. As we see God at work loving, encouraging and healing people, and we acknowledge that our God's love is the prime mover behind these activities, our focus changes from ourselves to being part of the family team God is using to love, encourage and heal others.

One other thing the psalm brings out is how infectious praise is. It affects those around us and even possibly nature itself. As people see the joy permeating our being, they will want to know the source of this joy, too, and this gives us the opportunity to share the source of it with others – in a very natural way.

Awesome God, we praise you for all the wonderful things you are doing in our lives, in the lives of our family members and friends, and, of course, in the lives of the billions of people we know nothing about. As we become aware of all you are doing, help us too to burst into praise to you. Amen.

Mother's Day Celebrated At NLS





Term 2 Fees

The school fees for Term 2 were emailed last week, just a reminder that you may need to check your junk mail as they show up as "accounts".

If any assistance for organizing a payment plan please contact Principal Mr Prenzler (53 912 144) or the business manager Dennis Chow at HTLC (53 822 529)

School Photos Tues 21st May

The pre-order envelopes for the school photos were sent home with each student.

If you require a sibling photo there are forms at the office , please request one from the school.

The forms are due back with payment by no later than Monday 20th May.



NLS 2023 School Magazine

NLS families would have received their 2023 school magazine this week, this is a reminder that there are a few spare copies available for purchase for \$20 each from the school office. They may make a nice gift for someone special or have a copy for each sibling in the family.

Year 5/6 Camp

Reminder that the Year 5/6 camp permission and medical consent forms (2 individual forms) are available on SchoolStream, if you require a hard copy please contact the office.



Chaplaincy

Book Fair

Fri 17 May

12noon–9pm

Sat 18 May

9am– 12noon

Books \$1 Kid's books 50c Maroske Hall–Dimboola Rd

Farewell Sausage Sizzle For Derek





Managing Fatigue as a Parent



If you're a parent, I can almost guarantee you're tired. Parenthood and fatigue seem inseparable. Infants and toddlers amplify our tiredness, but regardless of their age, raising children is tiring. (The impact of COVID, economic insecurity, and general life stress from recent years exacerbate this feeling).

It's tempting to see our parental exhaustion as a moral failing. We are worse parents when we are tired. We parent better when we feel alive and vital. But life conspires against us.

We'll never beat fatigue completely. The daily grind combines with ageing to ensure we'll be tired every day. It just happens faster with kids than without them! But we misunderstand two things about this exhaustion.

The first is that much of our tiredness is firmly within our control; it comes down to choices (with the exception of parenting young children who genuinely require us at ALL hours and remove a lot of choice for attentive and involved parents).

The second is that we think we have no way around our fatigue, whereas the truth is that we may not have learned better strategies to reduce our exhaustion.

We're also afraid... of change. What if we make a change and we're less tired, but that change requires us to sacrifice something we really like in our lives?

If we do have more control than we realise, and if strategies do exist, then there is value in making the attempt to reduce fatigue. The following three solutions feel kind of sucky because they're so obvious, but they work.

Solution 1

Sleep: The Ultimate Recharge

Sleep is non-negotiable, but so many of us treat it like a luxury item. Get real about sleep (unless you are dealing with a baby or toddler) by:

- Switching off screens (no streaming, no socials, no games) at least 30 minutes before bed.
- Focusing on reading or connecting with your partner before sleep.
- Shooting for a solid 7+ hours each night (recognising some people need up to 9).
- Waking up early enough to be tired at night.
- Staying off the coffee, sweets, and alcohol, particularly in the afternoon and evening.

Solution 2

Diet: Fueling the Body

Quick, sugary snacks and convenience foods exacerbate fatigue (and inflammation). It sounds boring, but:

- Minimise drinking anything other than water (and drink plenty of it).
- Increase your vegetable intake for snacks and at meals.
- Grab a handful of nuts rather than sweets when you need a snack.
- Prep well-loved, nutritious meals in batches on the weekend to minimise stress on busy nights.
- Set up a routine where you have the same meals each week or fortnight to minimise cognitive load. Eg: Monday is Mediterranean, Tuesday is Tacos (Mexican), Wednesday is a one-pot solution, Thursday is Pizza, Friday is Fish, Saturday is BBQ, and Sunday is leftovers (or a roast).

Solution 3

Attention Management: Be Present

Multi-tasking is both exhausting and inefficient. Focus on one thing. Do it well. Be present. Engage. When complete, move on.

Your energy flows where your attention goes. Putting attention on too many things pushes energy in too many directions. Be clear on your focus. Direct your energy. Watch your productivity increase while your exhaustion drops.

Parenting requirements shift from moment to moment, day to day, and week to week. But improved sleep habits, better systems, and clearer focus will increase your balance and allow you more time and energy to spend on what (and who) matters most—your family.



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.

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

Note...No Playgroup Tuesday 21st May



We had a lovely morning today at Get 'em Going for our Mother's Day morning tea!

It was so great to have some grannies join us too!

The children did a fabulous job making their mums a special gift for Sunday. Which we hope their mums will enjoy.

The children had lots of fun singing and dancing with ribbons today. They are also learning great listening skills with our action songs using shaker eggs the last few weeks. The obstacle course was great fun, exploring ladders, hurdles, tunnels and textured mats.

Next week is our last week focusing on zoo animals! Our focus animal being the monkey!





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>



**COMPLETE
OUR SURVEY
FOR YOUR
CHANCE TO
WIN!**

YOUR SMILE CAN TELL A STORY ABOUT YOUR OVERALL HEALTH!

Partnering with La Trobe University, West Wimmera Health Service is conducting a quick and anonymous Oral Health Survey to find out more about oral health across our service area.

Take just 10–15 mins to share your insights on oral health. It's a window into your general health too!

As a thank you, choose to enter for a chance to win one of three \$100 grocery vouchers!

Don't miss this chance to shape the future of oral health in your community.

For more info and to complete the survey, scan the code:



**WEST
WIMMERA
HEALTH
SERVICE**



**LA TROBE
UNIVERSITY**

**Violet Vines Marshman Centre
for Rural Health Research**

**FREE 4-week
online program!**

**Does your 3 - 12 year old child have
sleep problems or bedtime difficulties?**

You may be
eligible to
participate in:

**Lights Out Online
Program**

The Lights Out Online Program is offered as
part of a trial through Griffith University.

Parents will be randomly placed in a program
that will start either:

- as soon as possible or
- after 3 months wait

Parents will be required to:

- complete 1 online session weekly for
4 weeks
- complete 4 surveys over 6 months
 1. an eligibility survey
 2. a registration survey
 - 3 & 4. follow up surveys

**Learn strategies to
manage:**

- Trouble falling asleep
- Unwanted co-sleeping
- Bedtime resistance
- Night-time fears
- Oppositional behaviour
- Night-time tantrums,
including crying, calling
out and getting out of bed

**Receive a \$20
gift card after
completing the 3rd
and 4th survey**

**THANK
YOU!**



To find out more visit: tinyurl.com/lightsoutonlineprogram

 <https://www.facebook.com/lightsoutsleep>

 lightsoutonline@griffith.edu.au





NLS P&F QUIZ NIGHT 2024

Tables of 8 people, can be worked out on the night.

May 18 | 7:00 PM

Nhill Lutheran School Multipurpose room

BYO nibbles and sealable drinks

Adults \$10

Kids \$5

Prizes for Adults and Kids tables

Special Guest QUIZMASTER!

Enquiries/bookings contact Jackie 0491 707 699