

Term 2 Week 5 Issue 13 May 17th 2024

Upcoming Dates

May

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
Thurs 30th: Moving Day
Fri 31st: First Day in new school
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
P&F Annual Donut Day
Mon 10th: King's Birthday public holiday
Tues 11th: Freestyle Dance Ministry
Thurs 13th: Lightning Premiership
Tues 18th: Board Meeting
Tues 25th: Last Day Term 3.15pm
Wed 26th, Thurs 27th & Fri 28th: Staff PD Day

Chapel Dates

Fridays 9am

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)

31st May Year 2 (tbc)
14th June Year 3/4

Students of the Week

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

Foundation/1: Koda
Year 3/4: Abby

Year 2: Jackson
Year 5/6: Ellie



Derek The Bear

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



Birthdays



Happy birthday wishes are sent to the following students: Connor 19th May
Sophie B 24th May

From the Principal

Pentecost

This Sunday is Pentecost Sunday, sometimes known as the Christian Church's birthday. At Pentecost Jesus' disciples received the gift of the Holy Spirit which emboldened them to preach the Gospel, and grow the Christian church. As a child I was taught that the Holy Spirit is referred to as a helper, and helps people in their faith journeys. My prayer is for The Holy Spirit to help our community to come to know Jesus as their loving friend and Saviour.

Building update

The first item was placed in our new school building earlier this week. We wanted it to be something significant, a reminder of God's presence and of his love for us, so a cross was placed in the entrance of the new school. We thank God for his guiding hand in our building journey to this point, and pray for the relocation process to go well.

There are a few minor items that need to be finalised, but we can start moving items into the new building. This will happen over the next two weeks with the aim of being in and using the new spaces on Friday May 31. On Thursday May 30 (moving day) beginning at 9.15am, we are seeking the help of parent volunteers to help move some of the larger items such as desks. Even if you can only help for a short time that will be appreciated.

Cross Country

Congratulations to the eleven students who represented our school at the Little Desert Cross Country: Barrett, Toleen, Zara, Helena, Oakley, Clayton, Darcy, James, Sophie, Mckenzie and Savannah. A special acknowledgement of Sophie and Clayton who received ribbons for placing in their races.

Quiz Night

We are looking forward to the P&F Quiz Night on Saturday May 18, led by our special, odd-sock wearing quizmaster.

Athletics Day

Next Friday, May 24, is our Athletics Day. Students are to wear sports uniform that can be adorned with house colours. A program will be sent home prior to the day. The P&F will be supplying a fruit platter for the students, and hot food and drinks for all.

Blessings,
Damon Prenzler

Wellbeing Officer – Karen

Karen has been our Wellbeing Officer since Term 4 last year, a role shared with our friends at St Peters Dimboola. Karen's role is to assist students with their wellbeing by developing proactive strategies and practices, and also assisting students when things may not be going so well. Karen is at NLS on Wednesdays, and is also available to parents/caregivers who may wish to speak with her. She may be contacted at karen@spls.vic.edu.au



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.

Prayer of the Week

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



- Sophie B and her family
- Jessie and her family
- Sophie & Lucy and their family

Worship News

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

Pentecost Sunday
Nhill 9am
Jeparit 11am
NhillLutheranParishOnline.com



Chapel Offerings

At today's Chapel \$32.95 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.

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

Ignorance or unawareness?

One of them, when he saw he was healed, came back, praising God in a loud voice (Luke 17:15).

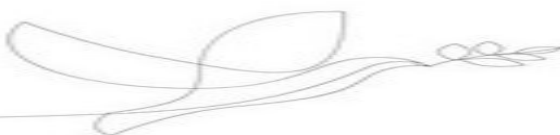
Read [Luke 17:11-19](#)

My daughter came home from school with glowing eyes. 'Mum, I had a real God moment today!' I was astonished. 'What happened?', I asked. She told me how she had to go to a room in an unfamiliar part of her large new school and quietly prayed in her head that God could help her find the way and that, next thing, an older student took notice of her and asked whether she needed assistance, and then ended up walking her all the way to where she needed to be. My daughter recognised God's help in that moment and said a quiet prayer of thanks to God. It made me think, how often have I been lost, literally and figuratively, and was gently pointed in the right direction or set on the right path again by God, but failed to recognise it? How often have I failed to give thanks to God when thanks was due? How often have I acted like the nine lepers who didn't return?

The story of these 10 lepers healed by Jesus gives me so much hope. You see, Jesus knew before he healed them all that not all of them would return to give thanks – and healed them anyway. Jesus knew Judas would end up betraying him – but he called, journeyed with and taught him anyway. Sometimes I'm ignorant towards God's goodness to me, but he lavishes blessings upon me regardless. Jesus also did it for the thief on the cross, the soldiers who crucified him, and Saul who persecuted the Christians before he became known as Paul: Jesus embraces, prays for and blesses those who are most unworthy of his love and grace. So radical, so unexpected. So Jesus.

What are you thanking God for right now?

Gracious Jesus, you are gracious, loving and compassionate even when you know I don't deserve it. Grant me the strength and guidance of your Holy Spirit to act graciously, lovingly and compassionately towards others, and to give thanks to you in all circumstances. Amen.



Combined Division Cross Country @ Nhill Race Course



A combined level of Cross Country was held at the Nhill Racecourse on Monday this week. The West Wimmera region was the next level that our 11 students competed in. Clayton and Sophie both came 3rd in

their respective age groups. With their times they recorded, they were then ranked with the Little Desert region competitors. Sophie's time ranked her 3rd in that division as well, which means she has qualified for the next level Greater Western Region, which will be held in Warrnambool Monday 27th May. Congratulations to all the students from NLS, it was great to see so many of our students competing and representing our school with such pride.

We wish Sophie all the best at the next level.



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.

Many envelopes are to be returned.

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

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

NLS 2023 School Magazine



NLS families would have received their 2023 school magazine recently, 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.

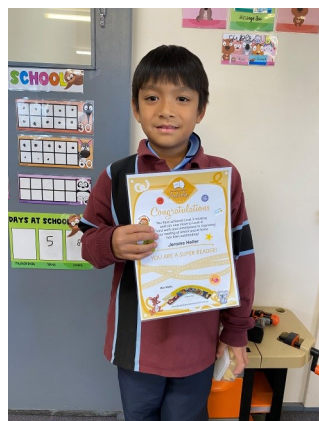
P&F Donut Day Forms

A reminder that the order forms and volunteer forms must be returned in the next few weeks, this will allow the P&F to be able forward plan for the day.

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.

Super Readers Award



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



Family Goal Setting



When I look at people who achieve the most in life, they often have goals.

Why?

Goals energise. Goals create clarity and focus. Goals offer opportunity; things happen to enable success when you set a goal.

But there are some problems with goals.

The **first problem** is that they won't necessarily make you happy. Chasing the wrong kinds of goals (extrinsic) versus the right kinds of goals (intrinsic) is a sure-fire way to decrease your happiness, even while achieving the amazing.

The **second problem** is that goals often feel controlling. Rigid. And when we fail, we feel incompetent, and the self-castigation commences.

The **third problem** is that many of our goals involve other people. If they're not 'buying' the vision—if they're not all-in on the goal—not only is the goal unachievable, but relationships rupture.

The **fourth problem**—and perhaps the most challenging—is that many goals don't lend themselves to actually being goals. Having a happy family is hard to nail down into the SMART goal formula.

- How do you get specific on what happy means?
- How do you measure happiness in your family? And when?
- Is happiness all the time even achievable? Realistic?
- What about the time element? Happiness today isn't happiness forever.

There is no doubt that goals help us achieve. Evidence overwhelmingly supports this. But success with goal-setting, especially in family life, is more about a combination of knowing what you want and then *building the system to underpin it*.

Three things will sustain success in family goal setting and system building:

1. Start from the bottom up

Facilitate this through regular family meetings and asking questions like, "What's going well? What needs improvement? What should be our focus?" By asking these questions, we empower children to contribute to family goal-setting.

2. Build a plan together

Two steps here. First, if you know you want more kindness (or better/more regular holidays), ask "how" and make the plan as simple as you can.

Next, track progress. This must be non-punitive. It's not a reward system. Rewards feel controlling. Instead, make the accountability easy and fun with regular check-ins. In our family, we have a weekly 15-minute family meeting to discuss progress, reassess plans, and stay aligned.

3. Focus on being together

To a child, LOVE is spelled T-I-M-E. Systems will be followed and goals achieved when children feel involved, connected, and engaged *with you* as you follow the plan or system. If the goal is to climb a mountain, training together will be more effective than training alone. If the goal is more fun as a family, time on bikes or playing board games will be more effective than time spent in bedrooms.

When children actively participate in goal setting and experience autonomy, involvement with you, and moments of success and achievement, motivation is high, systems succeed, and your family is more likely to achieve.



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 great morning in Get 'em Going today. Our focus animal being the monkey!

The children enjoyed singing songs about monkeys with teddies. We also continued to practice our listening skills using shakers to the beat of the music.

Today's story was a touch and feel book about a monkey, learning about different textures and new words. There was also lots of fun to be had on the obstacle course today; practising their balancing, jumping and crawling skills!

There will be NO playgroup next week due to school photos. But we look forward to seeing you the following week where we begin a new topic all about Australian animals.



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