

Term 2 Week 6 Issue 14 May 24th 2024

## Upcoming Dates

### May

Tues 28th: P&F Meeting

Thurs 30th: Moving Day

Fri 31st: First Day in new school

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  
(pupil free days)

### 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

## NLS Athletics Day Champion Girl & Boy



Congratulations to the Clayton the boy champion, and to Helena the girl champion today at our annual athletics day.

## From the Principal

### Building update, Moving Day

Various items are slowly making their way into the new school building. We are looking for helpers next Thursday morning around 9.15am, May 30, to assist with moving some of the larger items, so if you can help that will be appreciated. The school has one sack truck/trolley, so if anyone has one to use that will be helpful. The plan is to have 'moving day' next Thursday, and start using the new school on Friday. Pastor Carl will lead a special chapel on the Friday and you are all very welcome to attend.

### Quiz Night

Thank you to all who attended the P&F Quiz Night on Saturday, and thank you to our quizmaster, Mr Holt. It was a fun-filled night of trivia and games.

### Athletics Day

Congratulations to all students for their Athletics Day efforts today. It is a real joy, at Nhill Lutheran School sporting events, to hear the encouragement from the students towards other students. Some of our students will have the opportunity to represent our school at Little Desert Athletics later in the year. Congratulations to Hindmarsh house for being the overall winner, ahead of Lowan and Mallee. Well done to our champion boy and girl athletes, Clayton and Helena.

Blessings,

Damon Prenzler



Winning team

Hindmarsh



**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.**



## P&F Quiz Night



The P&F held a successful Quiz night last Saturday, it was enjoyed by over 100 participants. The competition between the teams was fierce, with the winners being the Prenzler/Dodd's Team. The second place getters were Janine's Team. The winning kids team was the Lynch's Team and the runner ups were Trinity and friends. Everyone enjoyed catching up with the quiz master extraordinaire— Marcus Holt.



## Prayer of the Week

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



- Tom & Zoe and their family
- Harrison & McKenzie and their family

## Worship News

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

Trinity Sunday  
Nhill 11am  
Jeparit 9am  
NhillLutheranParishOnline.com



## Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](http://messagesofhope.org.au) or on iTunes and Spotify.

### 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.

### 2nd June Waiting on God

Are there times when you've felt down and despondent – where you were desperate for encouragement? Robyn shares how she's coped with life's ups and downs, especially in her relationship with her son and his drug addiction.

### 9th June Walking together with depression

Vicki Rochow, a counsellor and mum, shares her experiences of walking alongside her children's depression as well as her own.

## Devotional Thought

### Prayer

It is written, my house shall be a house of prayer (Luke 19:46a).

Read [Luke 19:41-48](#)

Our devotion text for today highlights three main points. Firstly, Jesus' sorrow regarding the state of Jerusalem and the apparent lack of peace. Secondly, the suffering that is to come upon the people. And, thirdly, the sacredness of peaceful prayer in the temple.

Jesus is weeping, the second time an account of such deep sorrow being felt by the Son of Man. As he rides on the colt, in his triumphant entry into Jerusalem, Jesus is weeping over a city full of people: people who, on this day, spread their cloaks as he processes into the city, shouting, 'Blessed is the King who comes in the name of the Lord!' (Luke 19:38). But he also knows that beyond this time, the people will soon betray him, reject him and shout, 'Crucify him'. (Jesus is weeping over them.)

Every day, Jesus was teaching at the temple, and he saw what was happening. He made it clear that the temple was a house of prayer (verse 46), and there was no room in this place for business transactions. As we live our lives and journey in this world, we often get caught up in the 'everyday business' of our lives. It's easy to forget that Jesus is also king over our finances, work matters and other 'business' activities.

We can remember to ask him in prayer for all that we need. In the gospel story, Jesus speaks with his disciples about paying the temple tax. He instructs them to, 'Go to the sea and cast a hook; take the first fish that comes up; and when you open its mouth, you will find a coin; take that and give it to them for you and me' (Matthew 17:23-27). All worries relating to life can be taken to God in prayer.

As it is written in the gospel, 'For where two or three are gathered in my name, there am I with them' (Matthew 18:20). We are reminded that prayer is a gift to us – a way to unburden all our cares and worries to God. May this assurance be close to hearts in all matters.

***God of love and truth, please teach us to pray. Lord, remind us that you are there with us when we gather in prayer. Teach us to be grateful and to praise you at all times. Help us to seek you when we worry or doubt and to acknowledge prayer as a gift of communicating with you, Lord. Lord, save us from our disbelief. In your holy name, we pray. Amen.***



## 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".

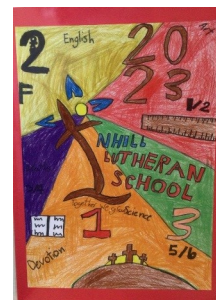
If any assistance for organizing a payment plan please contact Principal Mr Prenzler ( 53 912 144 ) or the business manager Dennis Chow at HTLC ( 53 822 529 )

## 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.

## 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.



## 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.

## Get 'Em Going Playgroup Returns 28th May



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](mailto:admin@nls.vic.edu.au)



## NLS Athletics Day





# Technology Giants & Our Kids



Google, X (formally Twitter), Meta (the parent company of Facebook, Instagram, and Whatsapp) and other big tech companies do not care about you or your kids. They don't care about bad actors, scammers, paedophiles, abusers, bullies, or anything that could impact their bottom line.

After surveying 27 of the biggest names in tech, the e-Safety Commissioner's Office found that, *"Many companies weren't even using available tools and technologies to detect child sexual exploitation and abuse material, let alone detecting grooming or live streamed child abuse. What's more, there were no real barriers to stop users creating new accounts and reoffending."*

Zuckerberg, Sandberg, Musk and all of the other executives at these big tech companies are culpable. There's no denying that.

But the real culprits are the politicians who are failing to act. We're dealing with it at an Australian level where we just pass the buck to the USA, and in the USA it's an exercise in cynicism. It's not just the platforms. It's the politicians too – who are ironically trying to create a gotcha moment that will go viral on the very platform they're trying to catch out with their "gotcha" moments.

When X and Google plainly ignore our e-Safety Commissioners warnings and even fines, we are going nowhere fast. Until feckless politicians legislate, we're not going to see change.

We could fix so many of these problems so easily. Claims of complexity are overblown. We have rules around when kids can drive, drink alcohol, finish school... The online world doesn't have to be any different. But our politicians won't age-gate tech at all – not even pornography (where the Federal Albanese government walked away from an e-Safety Commissioner recommendation for an age-gate trial last year).

**The bottom line: there are no benefits to the world or to our children's lives from social media at the young ages they're given access.**

Meta won't implement safety measures to stop our kids from seeing pro-anorexia content. They won't implement basic procedures to block IP addresses from known scammers and paedophiles. They won't remove explicit content that messes up our kids. And the list goes on. The mendacity of this company is astonishing. They speak with such duplicity. They weaponise their armies of PR people and effectively scrub the negative realities of their product because at the end of the day, it's all about the money. The politicians, the shareholders, the economy... they'll let profitability rule over the wellbeing of our kids.

## So what's the upshot?

We have government legislation and organisations to protect our environment and our industrial relationships. But 'big tech' are immune. They can't be touched. Their balance sheets are bigger than that of several countries in the world, and governments won't go near them.

Cigarettes require warnings. They highlight that smoking them can kill you. But there's nothing like that for tech.

And that means that as parents we have to pick up the pieces and take individual responsibility since we have ineffective elected officials who care more about kow-towing to mendacious, duplicitous tech billionaires than helping our kids. Their focus is on prosperity over protection and ironically, society is the poorer for it.

## What can parents and carers do?

1. Be across your kids' tech. Keep them off it as long as you can. But when you do give them the go ahead, be aware of who they're talking to and what they're viewing.
2. Be firm on screens never being allowed in bathrooms and bedrooms. It's just not safe.
3. Have regular and consistent conversations with your kids about the risks that come with their tech, and invite them to share what's going on with their friends and tech. Be up front and describe "capping," "sextortion," and so on. Don't water it down or they won't understand the seriousness of it.
4. Make sure they know they can come to you if anything happens that's concerning.
5. Use resources from the e-Safety Commissioner and the Australian Centre To Counter Child Exploitation so you know what's going on.

And finally, hope that tech executives grow a conscience or that politicians grow a spine and start doing something at a society-wide level for the wellbeing of our kids (but don't hold your breath).



**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](https://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>





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:



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

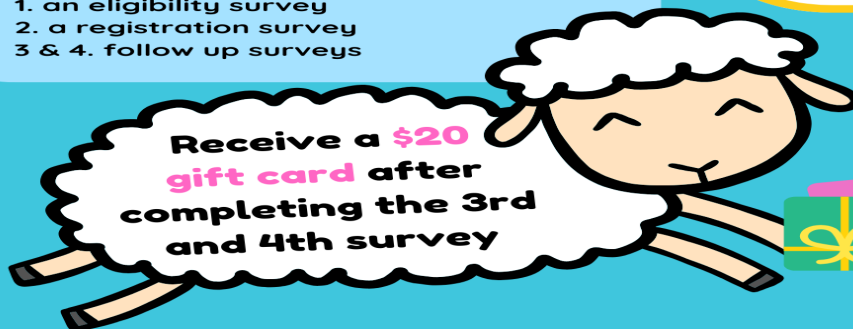
Parents will be required to:

- 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/lightsonlineprogram](https://tinyurl.com/lightsonlineprogram)

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

[lightsonline@griffith.edu.au](mailto:lightsonline@griffith.edu.au)



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