



Upcoming Dates

NOV	Friday 1st	Pre-Foundation visit
	Saturday 2nd	Nhill Air Show
	Tuesday 5th	Walk to School activity: BBQ at 12 noon
	Tuesday 5th	P & F meeting—7 pm
	Wednesday 6th	Melbourne Symphony Orchestra—Horsham Town Hall
	Thursday 7th	Kinder visit all day
	Friday 8th	Pre-Foundation visit
	Monday 11th to Friday 15th	Year 5/6 camp to Melbourne

Students of the Week

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

Foundation: Maddison

Year 1: Erin

Year 2/3: Eden

Year 4/5/6: Giana



Birthdays

We wish the following student a very Happy Birthday:

Harrison Jupp: Saturday 2nd November

Also to Miss Shelton: Friday 1st November

And belated birthday wishes to:

Mrs Mason: Wednesday 30th October



From the Principal

Incredibly it is already the fourth week of Term 4! Time flies! At this time of year all students are encouraged to finish the year well, to keep their learning and behaviour standards high, and to enjoy the remainder of the year. We also think of the Year 6 students who are in their final weeks of primary schooling and wish them every blessing. Please keep an eye on the calendar as we have a number of events planned during the remainder of the term: excursion to Horsham to see the Melbourne Symphony Orchestra, Year 5/6 camp to Melbourne, F-2 excursion to Naracoorte, end of year graduation service and more.

Melbourne Symphony Orchestra – whole school excursion

Next Wednesday, November 6, the students will be attending a performance by the Melbourne Symphony Orchestra at Horsham Town Hall. We will be travelling by bus leaving school at 9.30am and return by the end of the school day. Our recess will be at May Park before the performance and lunch will be eaten in Horsham after the performance. Students will need their recess, lunch and drink bottle to take with them in a bag. Students are to wear their sports uniform.

Reformation Day – October 31

October 31 is acknowledged as Reformation Day, a significant date in the Lutheran Church. On October 31, 1517, Martin Luther nailed 95 statements on to the door of the church at Wittenberg in Germany. This act contributed to a snowballing effect that eventually saw the formation of the Lutheran Church. The Year 2/3 class will be leading Chapel tomorrow morning with the focus on Reformation Day.

Parenting Ideas

As parents are well aware, raising your children presents many challenges. Each child is different and has different needs. Nhill Lutheran School has recently become a

member of Parenting Ideas (www.parentingideas.com.au), a resource that assists parents and educators. Included with this newsletter is an article from Parenting Ideas which I hope you find useful – there are many other articles for parents on the website, along with blogs, webinars and online courses. You are encouraged to view this resource and I hope you find the articles and other content beneficial.

Looking ahead to 2020

In the coming weeks information will be shared about class compositions and staffing for 2020. We are finalising a few details and determining the best structure for our students and their learning. There are numerous considerations when determining classes including the size of the class, alignment with curriculum, teacher preferences and more.

Every blessing,

Damon Prenzler



Maintenance Roster

The purpose of this roster is to have a group of people available to fix any small maintenance issues that arise. If they occur in your month, you may be called upon to help.

November/December

Nathan Wheeler, Moody Tu, Don Oliver, Aaron Cramer, Alexander Jupp, Hamish Merrett, Glenn Fraser, Tom Curtis



Devotional Thought

A Wake-up Prayer

'But the tax collector stood at a distance and would not even raise his face to heaven, but beat on his breast and said, "God, have pity on me, a sinner!" I tell you,' said Jesus, 'the tax collector, and not the Pharisee, was in the right with God when he went home. For all who make themselves great will be humbled, and all who humble themselves will be made great.'

(verses 13,14)

Read [Luke 18:9-14](#)

To us who are often sure of our own goodness and quite able to despise everyone else for being weak, shameful and full of sin, Jesus gives a wake-up call. Indeed, he gives us a prayer which is more than a prayer. It is a constant confession of who we are and who we need to be: people of goodness and grace.

The prayer has been made famous by centuries of use. It is called, 'The Jesus Prayer'. The humble in heart pray. 'Jesus Christ, Son of God, have mercy on me a poor sinner'. The prayer is prayed over and over in time with the beat of the heart, and it serves as a constant confession of our sin and a reminder that every heartbeat is dependent on the mercy and grace of Jesus Christ, Lord of the living and the dead.

Pray the prayer today. It is in this confession and this reminder that Jesus raises us up to be co-rulers with him for all eternity.

Lord Jesus Christ, Son of God, have mercy on me a poor sinner.

Lord Jesus Christ, Son of God, have mercy on me a poor sinner.

Lord Jesus Christ, Son of God, have mercy on me a poor sinner.



Worship News

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

Nhill: 9 am

Woorak: 11 am

Jeparit: 11 am

Church Office: 5391 1223



Prayer of the Week

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

- ◆ Jonas Beattie and his family
- ◆ Caleb Bedford and his family

Chapel

Chapel this week will be held in the Multi Purpose Room at 9am. It will be run by the Year 2/3 class. Parents and friends are always invited to join us and stay for morning tea and coffee.



Chapel Offering

At last week's Chapel \$34.45 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$1,019.35 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



Shoe lace tying

On Tuesday, Paul from the Athlete's Foot in Horsham visited to give shoe lace tying lessons to the Foundation and Year 1 class.



Uniforms

Could all parents and caregivers please take a moment to check the name tags on their child's uniform items? A number of hats jumpers have gone missing and it is possible that some students have picked up the wrong one.

Walk to school

The next Walk to School activity will occur on Tuesday the 5th November with a barbeque.

Thanks again to Gaby Castro and Hindmarsh Shire Council for their support.

Kindness Award

Congratulations to Bethel who was presented with the Kindness Award on Friday.



Get 'em Going Playgroup

Get 'Em Going Playgroup meets each Tuesday at 9.30 am. Each week children are 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



Nhill Show

More photos from the Nhill Show.



Athletic Champions

Congratulations to Chloe and Troye who received their Athletics trophies on Friday at assembly.



insights

Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

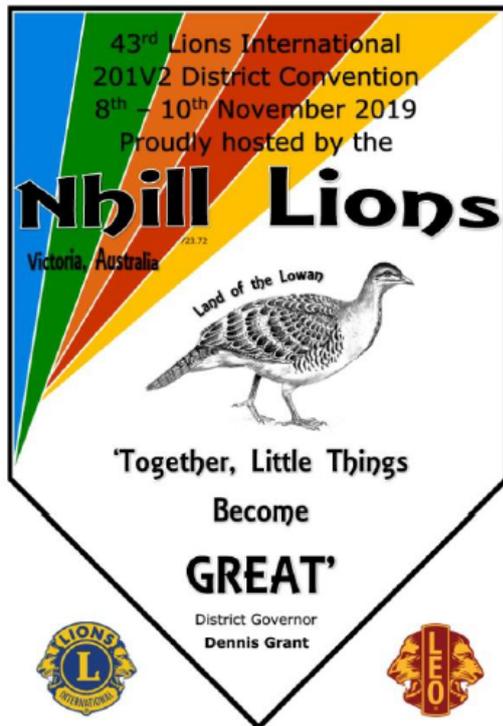
It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spooned Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.



DIABETES

Lions Members worldwide recently received the following message from Lions International President, Dr. Jung-Yui Choi:

Dear Lion

For far too many in your community, the first sign that something is wrong comes far too late.

Diabetes is now the 8th leading cause of death around the world, contributing to more than 5 million deaths per year. But it only takes small steps to prevent millions from developing type 2 diabetes.

Lions can make a difference. We raise awareness of diabetes to prevent friends and neighbours from developing this disease. There's no better time to get started than World Diabetes Day on November 14th.

Your community is counting on you. And so is the world.

International President

Dr. Jung-Yui Chou.

Australian Lions District V2, covering our western Victorian area, is conducting its Annual Convention in Nhill from Friday November 8th to Sunday November 10th at the Community Centre, Nelson Street, Nhill.

We invite members of the public to come along and learn more about diabetes and the terrible risks it poses to your health – heart, kidneys, eye sight, lower limb amputations. Undiagnosed, untreated diabetes will ultimately affect all these areas and more, resulting in the disastrous statistic of a death around the world every six seconds due to a diabetes related problem.

Don't be one of the estimated 500,000 Australians living with undiagnosed diabetes!

Between 10am and 2pm on Saturday 9th November, the Nhill Lions Club will be offering FREE BLOOD SCREENING CHECKS to check your potential risk factor regarding the onset of diabetes at the LIONS ANNUAL DISTRICT CONVENTION – Community Centre, Nelson Street, Nhill.

This check is known as an HbA1c test, giving a twelve week average blood glucose reading and the whole process, including completion of a simple assessment form, takes around ten minutes.

On completion of the test a Credentialed Diabetes Educator will be on hand to discuss results with you.

Please, take advantage of this opportunity to keep your health on track.
District Chairman, Diabetes Awareness, Lion Des Crowle.

For more information:

Nhill Convention Publicity Officer – Lion Lesley Gordon 0419 135 132

Nhill Convention Secretary – Lion Shirley Blackwood 0409 140 341

ALWS Gifts of Grace

Today you will receive a Gifts of Grace brochure from Australian Lutheran World Service.

Please consider purchasing gifts for your family and friends. The gifts help disadvantaged people throughout the world.



Gifts of Grace

NEW ALWS Gifts of Grace out NOW!

- 8 gifts under \$10
- every gift is **tax-deductible**
- first 500 orders receive beautiful **tea towel gift!**

alws.org.au/grace | 1300 763 407

 Australian Lutheran World Service

 LUTHERAN CHURCH OF AUSTRALIA where love comes to life



NHILL AIR SHOW

Celebrating the centenary of aviation in Nhill

SATURDAY NOVEMBER 2nd 2019

Amazing aerobatics,
skydiving,
vintage planes and jets.

Bouncing castle,
face painting,
paper plane competition,
and lots more for kids.

COST:

Adults \$30, Family \$70, Children \$10

Book online to beat the queues.

GATES OPEN 9AM

Flying display 11am -4pm

Paul Bennet Airshows are renowned in Australia and overseas. Some of Australia's best aerobatic pilots are coming to Nhill!

DON'T MISS OUT!

Be a pilot for a day! Try flying a plane in a flight simulator.

Have a ride in a Tiger Moth or helicopter or jump out of a plane and go sky-diving!

Market and food stalls,
Vintage cars & trucks



Contact: Jenny 0417 014 278
or Rob 0428 911 387
Email: nhillairshow19@gmail.com
www.nhillairshow.com.au
Facebook: Nhill Airshow

Back in 1919 aeroplanes had only just been invented! So imagine the excitement when people heard that one would be coming to Nhill! An excited crowd lined the Nhill racecourse to watch a small plane emerge from the clouds. A few brave people had joy flights over the town while others watched in amazement! Now 100 years later, *be a part of history once more*, and join the celebrations at the Nhill Airshow on November 2nd.

NHILL LIONS COMMUNITY CHRISTMAS MARKET

Jaypex Park

Nhill, Victoria

Sunday

17th November

2019

9 am - 1 pm



Contact Kerrie - 0401 246 811 or Lesley - 0419 135 132
Email: NhillLionsCommunityMarket@gmail.com

Facebook: www.facebook.com/NhillLionsCommunityMarket/



WIMMERA
REGIONAL LIBRARY
CORPORATION

your local library



WIMMERA
REGIONAL LIBRARY
CORPORATION

your local library

Rhymetime at Nhill Library

5 Clarence Street—5391 1684

Wednesday mornings at 9.30am

6 week program starting on

October 16th

- Enjoy rhymes, songs and stories
- For 0-3 years but all pre-schoolers are welcome
- Each session runs for approx. 30 minutes
- Join the Free 1000 Books before School Program



Nhill parkrun, Jaypex Park
Every Saturday morning, 8.00am

5km walk or run or a bit of both

No experience necessary

Register at www.parkrun.com.au

Further details on www.facebook.com/nhillparkrun

Be part of the fun

**TOTALLY
FREE**



By Five Hindmarsh and West Wimmera proudly present a FREE Community Event

Monday 11th November 2019

Child Development and Behavior Parent information Sessions
with

Dr. Billy Garvey

Pediatrician and Senior Fellow, Royal Children's Hospital

Workshop 1: 1.00-3.00 pm
Nhill Football Club

Workshop 2: 6.30—8.30pm
Nhill Football Club

To register visit:

<https://www.trybooking.com/BGDW1>

or

Phone: **Holly** Ph. 5392 2494

An opportunity to find out more about child developmental and behavioural topics: when to be concerned, what to do if you do have concerns and where to find information.

Refreshments will be served.

Also suitable as a general information session for those who provide support or support plans as part of their role.

Please call your local primary school or P-12 for a FREE bus to the evening workshop



Workshops are interactive with plenty of time for questions. Billy will cover:

Child development,
Child behaviour,
Autism,
ADHD,
Sleep,
Toileting,
Attachment and
Trauma.

- Billy has 15+ years experience working with children
- Senior Fellow in the Centre for Community Child Health at Royal Children's Hospital (RCH) Melbourne.
- Expert reviewer for the Raising Children's Network
- Contributes to the RCH Clinical Practice Guidelines and a reviewer for academic paediatric journals.



West Wimmera Health Service

