



# TOGETHER WE GROW

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Term 4 Week 5 Issue 33 7th November 2019



## Upcoming Dates

NOV	Thursday 7th	Kinder visit all day
	Friday 8th	Pre-Foundation visit
	Monday 11th	Remembrance Day
	Monday 11th to Friday 15th	Year 5/6 camp to Melbourne
	Friday 15th	Pre-Foundation visit
	Wednesday 20th	2020 Foundation class information session 7pm
	Friday 22nd	F/1/2 Naracoorte Caves excursion
	Friday 22nd	Pre-Foundation visit

## Students of the Week

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

Foundation: Shelley

Year 1: Kelsey

Year 2/3: Athina

Year 4/5/6: Archie



## Birthdays

We wish the following students a very Happy Birthday:

Liam Dickinson: Saturday 9th November

Annabella Zanker: Sunday 10th November



## From the Principal

### Generosity

On Tuesday after lunch I spoke to the students about generosity. We had just been the recipients of amazing generosity from Gaby and Matt from Hindmarsh Shire in the form of a BBQ lunch that was provided as part of the Walk to School program. In addition to the food, the school has also been provided with extra gifts for the students which will be distributed in the next week or so. Each student will receive a drink bottle and a hat. The top 30 students in the school who have walked the furthest as part of Walk to School will receive an IGA voucher. The top Walk to School student in each class will receive an extra drink bottle, and from these 4 students, one will be the recipient of a scooter. Such generosity! Thank you Gaby and Hindmarsh Shire.

### Scholarships and Awards

The School has the privilege of acknowledging particular students through the provision of awards and scholarships. These will be announced and presented at the End of Year Service and Graduation on Wednesday December 11.

*Maureen Reichelt Memorial Trophy* – this trophy is a prestigious award presented to one girl and one boy from any year level in the school. The citizenship qualities considered in making the selection include students who;

- Are well mannered, courteous, cooperative.
- Show respect for both staff and other students, and is highly respected within the school.
- Readily accepts responsibility and leadership within the School.
- Applies him/herself diligently to study.
- Readily participates in school activities.
- Is an ambassador for the school in the community.

*Scholarships* – The Nhill Lutheran Parents and Friends Association will be offering two scholarships for 2020 which will be determined by the staff. Students do not need to register their interest in the Academic Scholarships as all students will be eligible for consideration. The scholarships will apply to students who demonstrate excellence in academics, display excellent attitude and behaviour, and consistently strive for a high standard of learning. Both of these scholarships are to the value of \$300 each.

### Year 5/6 Camp

We wish the Year 5/6 students every blessing as they attend their camp to Melbourne next week. Miss Lindsay and Mr Prenzler will be accompanying them, with Mrs Mason providing bus transport on Monday and Friday. Miss Lindsay has prepared an amazing itinerary which includes a MCG tour, a dinner on Lygon Street, a Charlie and the Chocolate Factory performance 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

### Causing death

**David said to the messenger, 'Encourage Joab and tell him not to be upset, since you never can tell who will die in battle. Tell him to launch a stronger attack on the city and capture it.' When Bathsheba heard that her husband had been killed, she mourned for him. When the time of mourning was over, David had her brought to the palace; she became his wife and bore him a son. But the Lord was not pleased with what David had done.** (verses 25-27)

Read [2 Samuel 11:1-27](#)

The temptation for us in today's reading is to see David's devious plan and action and condemn it as if we were God. We are also tempted to note and condemn the evils of the world today: envy, greed, covetousness, adultery.

In our hasty judgments we fail to see that each time we act contrary to what pleases the Lord, when we use force to achieve our own ends, when we try to hide the self-indulgence that ignores the needs of others and idolises self, we too cause the death of innocent people.

God is not pleased with what we do. We need to turn to him for mercy. He is ready to forgive us, to restore us and to change our hearts.

***In your mercy forgive me, Lord, every use of power to achieve my own ends. Encourage me to be ready at all times to do what pleases you in the battle of life. I thank you that you cover my sin and give me victory through Jesus Christ. Amen.***



## Worship News

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

Nhill: 11 am

Woorak: 11 am

Jeparit: 9 am

Church Office: 5391 1223



## Prayer of the Week

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

- ◆ Sophie Blackwood and her family
- ◆ Chelsea and Oliver Bone and their family

## Chapel

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



## Chapel Offering

At last week's Chapel \$27.90 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$1,047.25 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



## 2020 Fee structure and bursaries

The fee structure for 2020 is listed below. Tuition fees have increased by 5% from 2019, with the Composite Fee remaining the same. Students enrolled in Prep (Foundation) automatically receive a fee remission for the Term 1 tuition fee.

Child 1	\$1338.00 per year
Child 2	\$1137.00 per year
Child 3	\$1137.00 per year
Child 4	No Charge

Composite Fee per child: \$250.00 per year

Fee assistance is available to current Nhill Lutheran families who may be experiencing financial hardship. Information regarding specific bursaries and amounts will be provided in the coming weeks. All requests are treated as confidential and will be left to the discretion of the Principal. Families will be notified at the start of the year if they have been successful in securing a bursary. We realise that financial situations change and fluctuate, therefore bursaries are reviewed and offered on an annual basis.



## Maw Per Koh appeal

Recently we received news and photos from the Maw Per Koh orphanage, who we help through our chapel donations.

They really appreciate our support, however their funds are running low and they may struggle to keep going through January when there will be no chapels.

If you feel you are able, it would be much appreciated if students could donate a little bit extra over the next few weeks to help them keep going.



## Walk to school barbeque

The students totally enjoyed the barbeque and games provided by the Hindmarsh Shire Council. A huge thank you to Gaby Castro and Matt Sherwell for their help.



## 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

## 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.



## Horsham excursion

Yesterday all of the students visited the Horsham Town Hall for the presentation of "Carnival of Dangerous Creatures" by the Melbourne Symphony Orchestra.

The excursion also included some play time at two of Horsham's parks.



# insights



## Four reasons why your child or teen may be anxious

by Michael Grose

*Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.*

There are four main reasons your child may be experiencing anxiety.

### 1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups – it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

### 2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.



### 3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

**4. Your child focuses too much on the future**

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party or who’s picking them up from school at the end of the day. Worriers are future oriented, anxious about things that haven’t happened yet. These type-A anxious types don’t know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.



There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid’s lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.



**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 *Spoonfed 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.

We're a Parenting Ideas school [parentingideas.com.au/schools](http://parentingideas.com.au/schools)

2020 Term dates

Term 1	29 January—27 March Staff PD days Jan 22-24, 28
Term 2	14 April—19 June Staff PD week June 22-26
Term 3	13 July—18 September
Term 4	5 October—11 December

Integration Aide

Nhill Lutheran School is seeking to employ another Integration Aide to join our team and provide learning support for our students. This position will commence at the beginning of the 2020 school year. Advertisements will appear in the Wimmera Mail with applications closing on November 27. Further information is available from the school.

**NHILL LIONS COMMUNITY**  
**CHRISTMAS MARKET**



**Jaypex Park**

Nhill, Victoria

**Sunday**

**17<sup>th</sup> November**

**2019**

**9 am - 1 pm**



Contact Kerrie - 0401 246 811 or Lesley - 0419 135 132  
 Email: [NhillLionsCommunityMarket@gmail.com](mailto:NhillLionsCommunityMarket@gmail.com)

Facebook: [www.facebook.com/NhillLionsCommunityMarket/](https://www.facebook.com/NhillLionsCommunityMarket/)



**Rhymetime at Nhill Library**

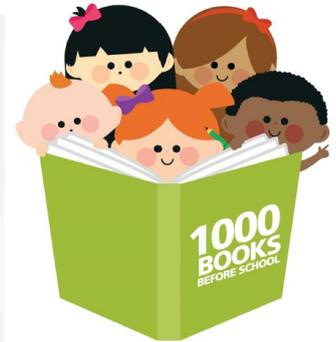
5 Clarence Street—5391 1684

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](http://www.parkrun.com.au)  
 Further details on [www.facebook.com/nhillparkrun](https://www.facebook.com/nhillparkrun)

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

**Monday 11<sup>th</sup> 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

