



## Upcoming Dates

NOV	Friday 29th	Final Pre-Foundation visit
	Friday 29th	"It does not match" SRC casual dress day
	Friday 29th	P & F Movie night
	Friday 29th— Sunday 1st	Christmas Tree Exhibition at Lutheran hall
DEC	Tuesday 3rd	Christmas carols at Avonlea
	Wednesday 4th	Jump Rope for Heart Jump Off day
	Thursday 5th	Whole school orientation
	Thursday 5th	Year 6 Graduation dinner

## Birthdays

We wish the following students a very Happy Birthday:

Declan Carew: Friday 22nd November

Cooper Cramer: Saturday  
23rd November

Athina Diamantopoulos:  
Saturday 23rd November

Maddison Page: Wednesday 27th  
November

happy  
birthday

## Students of the Week

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

Foundation: Michael

Year 1: Harper & Riley

Year 2/3: Nathan



## From the Principal

### Year 5/6 Camp

Last week I had the privilege of joining Miss Isabel Lindsay and the Year 5/6 students on their Melbourne Camp. It was a week filled with amazing experiences and learning opportunities, and Miss Lindsay is to be commended for her planning of the camp. I will allow the students to share the details of the camp in another newsletter article, however I do wish to highlight the growth I witnessed in our students during the week, a growth that school camps enable by taking students out of their comfort zone. For many students it was the longest time they had spent away from family. All students coped extremely well and were able to bond closely as a group. For some students battling pedestrian crowds, trams and trains was a new experience, but by the end of the week students were confidently using public transport and able to follow timetables and maps. On the last morning Miss Lindsay and I provided a challenge to the students about how to get to Queen Victoria Markets by providing brief details. It was incredible to witness the teamwork, problem solving, communication and collaboration – all essential skills being used in a practical, real-life situation. Mrs Mason is also to be acknowledged and thanked for driving the bus to and from Ballarat.

### Student Leadership

Yesterday our Year 5 students presented School Captain speeches to the students, staff and family members. The speeches form an important part of the selection of 2020 School Captains. Students and staff had the opportunity to vote for who they felt will be suitable captains for our school. All of the Year 5 students are to be commended for their speeches and can be proud of their efforts. The Year 5s also had a panel interview with the teachers and myself where they answered questions about their leadership qualities. The announcement of our 2020 School Captains will take place at assembly in week 9, with a presentation and acknowledgement of the Captains happening at the End of Year Graduation service.

### Car Parking

Thank you to all families for making our car parking at drop off and pick up times smooth and safe. With the bus now using the Mackay Street car park we are noticing these times of the day being quicker and safer. Parents are reminded that parking is to occur in the front driveway, the Mackay Street carpark along the trees (please obey entry and exit signs), and along Mackay Street if necessary. The rear carpark near the tennis courts is for staff parking only.

Every blessing,

Damon Prenzler

## For Sale

Surplus to requirements:

A pair of Uniden UH510 UHF radios with charging cradle. 80 channels. Range: up to 7 km. \$30. Please see Mrs Koning.



## 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

### Wash me

**Remove my sin, and I will be clean;  
wash me, and I will be whiter than snow.  
Let me hear the sounds of joy and gladness;  
and though you have crushed me and broken me,  
I will be happy once again.**  
(verses 7,8)

Read [Psalm 51:1-10](#)

In his book *Life Together* Dietrich Bonhoeffer calls the book of Psalms 'the great school of prayer'. The psalms are unique in that they are both word of God and human prayer to God. Perhaps one of our most frequent prayers to God is to beg him for forgiveness.

From the great school of prayer today, Psalm 51 asks God's forgiveness for specific sins. There are times when every Christian commits sin. That is no slight matter, for God despises evil and does not tolerate human sin (as the cross of Christ so starkly shows). That is precisely where God forgives your sin completely. His nature is always to have mercy. He washes you in the blood of Jesus, so that you become whiter than snow—all sin gone. Come to him. It is for this very reason that our Lord died.

**Jesus Lamb of God, have mercy on me.  
Receive me, wash me, forgive and renew me.  
Let me come into your presence with joy and thanksgiving, or your salvation is great. Amen.**

*Create in me a  
clean  
heart,  
O God,  
and put a new &  
right  
spirit  
within  
me.*

*Psalm 51:10*

## Worship News

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

Nhill: 11 am

Woorak: 9 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.....

- ♦ Deegan, Lanie and Barrett Clark and their family
- ♦ Cooper Cramer and his family

## Chapel

There was no chapel today because of the Naracoorte excursion. Parents and friends are always invited to join us and stay for morning tea and coffee.



## Chapel Offering

At last week's Chapel \$32.45 was collected and will go to the Maw Per Koh orphanage school in Myanmar. So far this year, \$1,219.45 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



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## Year 5/6 camp

### Day 1

On Monday 11<sup>th</sup> November – Friday 15<sup>th</sup> November, the Grade 5/6s went to Melbourne for a camp full of fun activities and amazing experiences, all planned by Miss Lindsay, and accompanied by Mr Prenzler.

Early Monday morning at 7:30am the 5/6s left Nhill in the bus that Mrs Mason kindly drove to Ballarat. We couldn't catch the train as planned due to construction works so instead we got on a bus to Melbourne where we unpacked at our hotel for the week, CYC City.

The first activity we did on camp was an MCG tour where we learnt a bit of its history and went to the gift shop. We all thought it was an amazing privilege. Afterwards, we went back to the hotel to have burgers and chips for tea with some other schools, but in our own little section which was cool.

After letting our tummies settle, we caught a tram to the Melbourne Sports and Aquatic Centre. We swam for a few hours, and every now and then the heated pool would generate waves which were really cool. Then to finish off the day all the 5/6s had some hot chocolate and went to bed.

### Day 2

The second exciting day of camp started off by having bacon and eggs for breakfast, and cereal if we were still hungry. After eating, the 5/6s walked around Docklands before catching a train at Southern Cross Station to Science Works. The first thing we did there was looking at constellations in a dome and watching a short film about how seasons work. Then we tried some of the interactive experiments, like testing our grip strength and trying reaction tests.

After having lunch at Science Works, the 5/6s went to the Melbourne Museum where we saw all sorts of interesting history. We then went to the State Library to fill in some time which we weren't planning to do. We also went to see

where Ned Kelly was hung at the Old Melbourne Gaol. This extra activity also wasn't planned, but we managed to slip in and slip out for free just before it closed.

Later we all went out for tea at Café Cavallino, an Italian restaurant. After having our delicious food, it was a 10 minute walk to IMAX to watch Australia: The Wild Top End in 3D which was a very cool experience.

### Day 3

Once everyone had eaten their filling of croissants for breakfast, we had a tour around the Aquarium for about 2 hours, which was a highlight for most of the 5/6s. It was amazing seeing all the fish, rays and sharks gliding over us from the tunnels, and getting there early in the day meant that we had the Aquarium all to ourselves for a little while. We saw an unbelievably gigantic crocodile, lots of different colourful fish, and very cute penguins with their babies. At the end of the tour we watched a 4D Ice-age short film which was really cool and unexpected. There was water spraying at our legs, wind blowing in our face, and the seats were moving.

We had lunch at Fitzroy gardens where we went inside Captain Cook's cottage from England. Then we did a Parliament House tour and got to watch a sitting in the lower house which was very interesting. We saw lots of beautiful carvings on the roof and walls decorated with gold, and after the tour we met Emma Kealy who wanted to know what we thought needs improving in Lowan.

Later, we walked through China Town on the way back to CYC to have a nice chicken schnitzel, before seeing the very exciting Charlie and the Chocolate Factory performance at Her Majesty Theatre. It was spectacular and almost certainly everyone's favourite thing on camp: a great way to end the day.

### Day 4

On Thursday at 7:30am egg and bacon was on the menu for breakfast again to boost our

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energy for the Melbourne Zoo visit. In the morning it was very quiet with not many animals out as they were still sleeping, but later they started to show off, especially the monkeys.

Then we visited the Shrine of Remembrance for a tour which was quite special. We learnt about its fascinating history and purpose, and placed poppies on the wall.

Once we had our early tea of delicious pasta, we went to bounce which was so awesome. We split into 2 groups, Seven Eleven and Cherry Rocket (who won!) We learnt cool tricks, had a game of dodge ball, and participated in an awesome ninja Warrior course.

### Day 5

On the last day we woke up very sad that it was the end of camp, but we cheered up by having pancakes with maple syrup and whipped cream for breakfast! Then Mr Prenzler and Miss Lindsay gave us a challenge to get to the Queen Victorian Market without their help, only little information. Because we became familiar with trams and street names during the week, we completed our challenge well. All the 5/6s walked around the market in small groups for a few hours before picking up our luggage and heading off to Ballarat in the bus. Mrs Mason drove us in a different bus from Ballarat back to Nhill having a stop at Ararat for McDonald's, yum.

### Thanks

**A big thank you to Mrs Mason for driving us to Ballarat and back, and thank you so much Miss Lindsay and Mr Prenzler for this amazing camp. We really appreciate this amazing opportunity and your effort to making our camp such a fantastic experience. I am sure we all had so much fun and learnt a lot of stuff too! Zank youz zo much, it waz zee best! J**

*By Chloe and Amaya xx*



### 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



## Principal Appraisal Appreciation

A few weeks ago, I spent a little over a day at Nhill Lutheran School to undertake an appraisal of your Principal, Damon Prenzler. You may remember that this is a normal part of each Principal's professional development in their first year at a school.

I simply want to let you know that I really enjoyed talking with those of you who were able to meet me. Each person had their own perspective on how they feel Damon has provided leadership. So it's a rich tapestry!

As I have been writing up my notes and preparing my report, I appreciate more fully all you told me. Clearly some people had prepared carefully, sometimes bringing their notes along. I also spent time talking with Damon himself, because his own reflection is an important part of this appraisal.

It was also a pleasure to visit your school. I have been to many schools in recent years and Nhill Lutheran School is one of the most attractive and welcoming I have visited. And to walk around your community in the evening was delightful!

So, thank you for your welcome and for the opportunity to help your school in this way. I will be presenting my report next week.

**Principals**  
first

*Neil Wright, Consultant for Principals First.*

### 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 Times and Nhill Free Press with applications closing on November 27. Further information is available from the school.

### 2020 Fees

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.

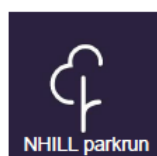
Child 1	\$1338.00 per year
Child 2	\$1137.00 per year
Child 3	\$1137.00 per year
Child 4	No Charge

Composite Fee per child: \$250.00 per year

**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)

Be part of the fun

**TOTALLY  
FREE**



# insights



## A taste of falafel and independence

by Lenore Skenazy

School is in full swing in the United States, which means that some lucky students are about to undergo an enormous, transformative experience. It does not involve a test. At least not on paper.

It involves doing a Let Grow project – a radical new homework assignment where the kids’ task is to go home and do one thing on their own that they haven’t done yet. These activities that might sound simple or scary, depending on how much local news you watch: Walk the dog. Make dinner. Run an errand.

Here’s what some 6th graders in my city – New York — discovered:

“Going home by myself gave me many different feelings. I found it fun, because I was finally able to take the bus all by myself! Also, when I got off, I walked to my building — 8 blocks in total. My fear of going home alone disappeared. I am so happy I forced myself (and I also forced my parents) to go home alone. Now I am allowed to do it every day!”

See? That was a transformative afternoon for that girl. Here’s a boy whose mother allowed him to get a snack on his own:

“After the eternity of waiting, the school day is over. I think to myself: ‘Where to start? So many things to see!’ I figure that if I was going to be a new and independent me, I should try new things. So, I go to the falafel place and order falafel with sour cream and salad. I have never eaten sour cream before. I feel nervous and I hate that. It is all because my parents always keep a really close eye on me. I’m so accustomed to them watching me that not being watched is abnormal. The pita sandwich finally comes. I have one bite of the sloppy mess and think, ‘OH. MY. GOSH. FANTAAAAABULOUS!!’ It was one of the best meals I ever had. I eat until I notice my plate is empty.”

And now from a boy who’s exaggerating his fears...I hope:

“Being 11, I feel more independent than ever. I have decided to risk my life and make an egg sandwich, all by myself, and eat it too. This task is harder than it may seem. I am going to use a flame to cook eggs, all independently.... I transfer the eggs to the pan. I am a little nervous now, since I can easily touch the flame right then and there.”

He manages to make the eggs, as well as the toast, even though, he writes, “in the process I could easily burn myself.” He survives and eats the sandwich: “Yum.”

Last story, this one from a girl:

“Everyone says that when you’re on an adventure, you’ll travel far. I don’t believe this to be true. In fact, today my



adventure led me to a neighbourhood cafe, Così. I have been begging my parents to let me go somewhere on my own. Today, they finally caved. They sent me off, cell phone in hand, and told me to have fun. I felt as if I was a bird who had broken free of her cage.”

Naturally, she has to call her parents the second she arrives safely. But, it’s a start.

All these adventures are. Maybe they seem small, even silly, but in a culture that has created mountains of fear around every childhood experience, these kids have started their climb. Pretty soon, they’ll be ready to fly.

You can view videos and info on the [Let Grow Project](#). There’s a letter to send to parents, an instruction sheet for teachers, a list of activity ideas for the kids, and an optional worksheet. All Let Grow’s materials are downloadable and free of charge.

**You can attend our upcoming webinar, Brave parenting in a culture riddled with worry, at no cost!**

### About the webinar

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don’t let their kids do half the stuff they did growing up.

Hear from Lenore Skenazy, President of Let Grow, a non-profit promoting childhood independence and resilience, and founder of the Free-Range Kids movement. Lenore will talk about ways to make it easy and normal to start loosening the reins so both generations get more freedom.

### When

Wednesday 27 November 2019 8:00pm AEDT.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools with a Parenting Ideas membership.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-brave-parenting-in-a-culture-riddled-with-worry>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code **BRAVE** and click ‘Apply Coupon’ (valid until 27 December 2019). Your discount of \$37 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click ‘Place Order’



### Lenore Skenazy

Lenore Skenazy is president of the new non-profit Let Grow, and founder of the Free-Range Kids movement. After her column Why I Let My 9-Year-Old Ride the Subway Alone landed her on every talk show from The Today Show to Dr. Phil, Skenazy founded the book and blog Free-Range Kids to say that kids are not in constant danger. Give them more freedom and everyone wins. Lenore lectures internationally and has been profiled everywhere from The New York Times to The Daily Show. She has written for everyone from The Wall Street Journal to Mad Magazine. Contact details: <https://letgrow.org/>



# Jump Rope for Heart



## **We're skipping through the term!**

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. Nhill Lutheran School has already raised \$340.11.

It's not long until our Jump Off Day on Wednesday 4<sup>th</sup> December, so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)



Heart Foundation

## Jump Rope for Heart

🌐 [jumprope.org.au](http://jumprope.org.au)

✉ [jump.rope@heartfoundation.org.au](mailto:jump.rope@heartfoundation.org.au)

☎ 1300 724 804