



Upcoming Dates

SEP	Fri 18th	Last day of Term 3
	Fri 18th	Virtual movie screening at 1 pm
OCT	Mon 5th	First day of Term 4 (onsite)

Birthdays

We wish the following students a very Happy Birthday:

Zara Rethus: Saturday 19th September

Giana Pohlner: Wednesday 23rd September

Harper Crouch: Saturday 26th September

Shelly Dickinson: Tuesday 29th September

Olivia Fritsch: Saturday 3rd October

And also to:

Mrs Woodward: Thursday 17th September
(oops, sorry we missed it)

Miss Sealey: Monday 28th September



Premiers' Reading Challenge

Congratulations to the following students for completing the Premiers' Reading Challenge:

Esther Alexander

Sophie Blackwood

Vidhi Brahmbhatt

Mia Grover

Imogen Hedt

Savannah Hedt

Lawson Lynch

Trinity Rethus

Zara Rethus

These students will receive their prize packs at the start of Term 4.

Well done!

Yearbook



Each year we ask students to help design the cover of our Yearbook. It's almost that time. Students might like to start thinking about their design.

From the Principal

Thank you

As we conclude Term 3 I wish to say a huge thank you to members of our school community, and a 'well done' for your efforts. To experience a second period of remote learning has been challenging, coupled with extra restrictions that we as a broader community had to follow.

Thank you to the students for your perseverance and for your ability to adapt to learning in a different way. It was difficult not being able to see your friends, classmates and teachers. I can't wait to see all students back at school next term.

Thank you to parents and caregivers for supporting your child's learning. It has been challenging balancing parenting, work commitments, remote learning and more, but I hope a time of rest is just around the corner.

Thank you to our amazing staff who have kept the learning program going at school and at home. To the teachers for adapting so quickly to delivering the learning differently, having to change ways of operating, for managing 200+ notifications a day, and more – thank you. To our Integration Aides for assisting students attending on site, and being able to provide learning support through Minilit and more – thank you.

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

Return to face to face learning, looking ahead to Term 4

Students are to commence onsite learning in Term 4 on Monday October 5. Students in all grades will return to face to face learning and we look forward to seeing them back at school.

As with many aspects of 2020, planning ahead with any certainty is challenging. Events and activities have been either postponed,

cancelled or offered in a different way. Looking at our Term 4 calendar we have events and activities scheduled (eg – camps, excursions, end of year activities, sleepover), but whether or not some of these proceed, or how they proceed, depends on the latest regulations and advice.

According to the latest Department of Education Operations Guide, advice regarding orientation and transition days for 2021 Preps and Year 7s, and end of year celebrations, assemblies and other events will be provided shortly.

Website

If you haven't checked our website for a while I encourage you to do so (www.nhillls.vic.edu.au). It has been updated recently and provides information about our school. Thank you to Jon from Thinkweb Designs for helping us update our website.

Every blessing for your week,

Damon Prenzler

Interactive Walkthrough Story

Thank you to those who have participated in our Interactive Walkthrough Story, Rosie's Walk, and particularly to those who have submitted their completed colouring sheets. We have them displayed in the window at the front of the school.

It's not too late to take part.

Please remember to sanitise, wear a mask and keep socially distanced.

Devotional Thought

Love like Jesus

'Love your enemies and pray for those who persecute you' (Matthew 5:44).

[Read Matthew 5:38-48](#)

What's the thing I love most about following Jesus? That there is no-one else like him.

What's the thing I find hardest about following Jesus? That there is no-one else like him.

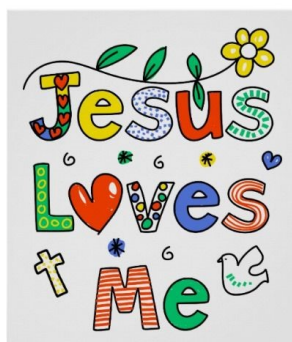
No-one else loves us as Jesus loves us – unconditionally, graciously, constantly.

But then Jesus goes and asks me, asks us, to do the same – to love unconditionally, graciously, constantly. It's why we can say both 'I am simply a forgiven sinner' and 'I shine Christ's light into the darkness'.

We are called to be in the world, but not of the world, to be salt, light, and a city on a hill. And if you ever want to stand out, if you ever want to be remarkable, if you ever want to have everyone look at you, then there is simply one thing to do: Love your enemies, and pray for those who persecute you.

It's what Jesus did when he went to the cross. And it is Jesus, in us, who helps us do it. And it is because we are God's children that we can do it. Let's love our enemies, as hard as it may be, just as Christ loves us.

Heavenly Father, I find it hard to love my enemies. It's hard enough sometimes to love my own family, friends, and others. Yet, you call me to follow you, to do what you do, to live how you lived – and still live. You ask me to do it because you have made me in your image, placed Christ in me, and given me your Holy Spirit. Help me to live according to who I truly am – as your child. In Jesus' name. Amen.



Worship News

Please note that there will be no worship services until further notice.

Online services can be viewed at:

<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg>

Church Office: 5391 1223



Prayer of the Week

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

- ♦ Mrs Mason and her family
- ♦ Mr Prenzler and his family

Chapel

Chapel will be delivered on site in Term 4. Unfortunately we cannot welcome guests at this time.



Chapel Offering

Thank you to those people who have contributed towards our sister school. We are still a long way behind. If you would like to make a contribution, please contact Mrs Koning at the front office.

Uniform & Hats

With the weather getting warmer it means the transition period of winter to summer uniforms is now in place. When students return to onsite learning in Term 4 the summer uniform is to be worn. This includes hats which must be worn when outside.



Learning at home

Well done, Sophie. Your stained glass window painting looks amazing.



School photos

Our school photos are being planned for Thursday 22nd October. Envelopes will be available at the start of Term 4.

Parenting Ideas—Webinars and Guides

Our school has a Parenting Ideas membership which enables us to publish articles in our newsletter. I hope you find these articles useful and informative. In addition to the articles, Parenting Ideas also provides support for parents through webinars and eGuides. Parents of Nhill Lutheran School are able to access free webinars provided by Parenting Ideas (usually the cost is \$37). Some of the webinars have already occurred and have been recorded, others are planned for later this year. To gain free access to a webinar simply request a voucher from the school, which will have all the details you need to view the webinar. Upcoming webinars include:

Understanding techno tantrums – valid to September 17

Managing your child's anxiety – valid to September 25

Teaching young people about healthy relationships – September 9 at 8pm, valid to December 9

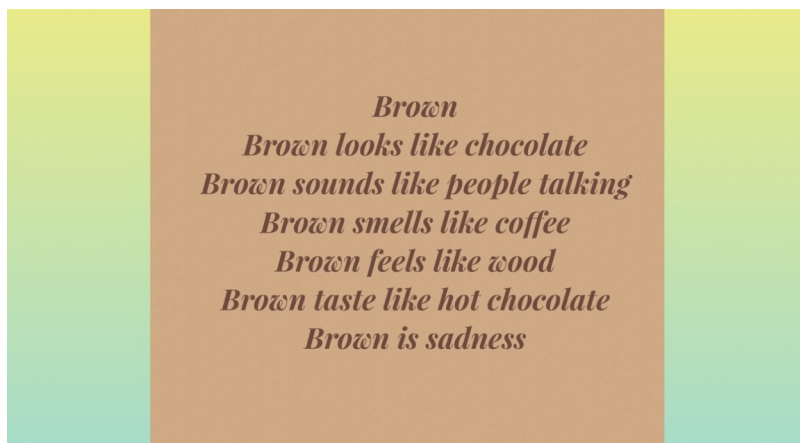
Parenting like a cat and dog – November 11 at 8pm, valid to December 31












The eGuides are booklets that are also available free to parents. They cover the topics of *optimism, family meetings, friends, coping, understanding children's behaviour, and bring out your child's confidence*. Copies of the eGuides can be sent electronically by the school, just ask via admin@nls.vic.edu.au or phone the school.

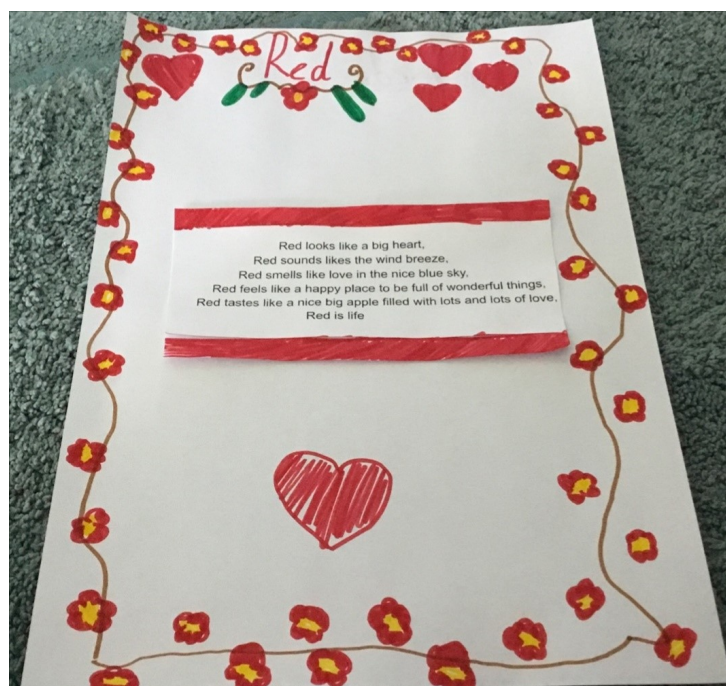
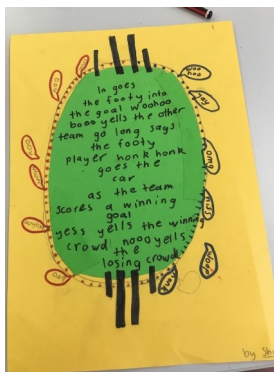
Year 3/4 poetry



Rain 🌧️ -drip drop
 River -swish swash
 Sea -splash splash
 Water is noisy



White. 
 White looks like snow  
 White sounds like nothing ✕ 
 White smells like fog  
 White feels like Ice  
 White tastes like Ice-cream 
 White is cold  



Learning at home



2021 Term dates

	Nhill Lutheran School	Vic Ed Dept
Term 1	28 Jan – 1 April Staff PD days Jan 21, 22, 25, 27.	28 Jan – 1 April
Term 2	19 April – 18 June Staff PD week June 21-25	19 April – 25 June
Term 3	12 July – 17 September	12 July – 17 September
Term 4	4 October – 10 December	4 October – 17 December

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at messagesofhope.org.au.

20th September Surviving Lockdown (Interview)

As the restrictions and fallout from coronavirus continue to be felt across Australia and we are separated from family and loved ones, what are people really feeling and how are they coping? Where do you turn to find hope?

27th September Surviving Homeschooling (Interview)

How do you take on the challenge of home-schooling kids, while still trying to keep up with all the other demands on your day to day life, without getting overwhelmed and feeling like a failure? Jo shares her experiences.

4th October Anxiety (Interview)

Anxiety can make you feel like every minute is an eternity. You wonder how you can keep going. Richard talks with Jenny and Steve, who have suffered from anxiety, and Julie, a psychologist.

11th October It's Ok To Feel Anxious (Celia, Richard and Anna)

Over the past year we've seen a lot of upheaval and uncertainty about the future. Celia and Richard talk with Anna Doecke, a counsellor from "Journeez", about how to navigate through the feelings of worry and anxiety and how we can manage things we can't control.

CORONAVIRUS RESOURCES

As coronavirus restrictions continue and some tighten further, there are challenges and changes to navigate. Life looks a bit different and feels uncertain which can make us feel stressed or anxious. For resources to help make sense of what you're going through and give you hope, go to

www.messagesofhope.org.au/coronavirus.





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Ten ways to reduce your risk of coronavirus

- ✚ **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- ✚ **TRY** not to touch your eyes, nose or mouth.
- ✚ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✚ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✚ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✚ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✚ **DON'T** wear a face mask if you are well.
- ✚ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✚ **GET** the flu shot (available April).
- ✚ **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

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Health and Human Services