



Upcoming Dates

OCT	Mon 19th	Book Fair continues
	Mon 19th	Book Week commences; Book Week parade and morning tea
	Fri 23rd	Grand Final public holiday

Birthdays

We wish the following students a very Happy Birthday:

Stella Schnaars: Friday 16th
October

Tom Warner: Saturday 17th
October

Also belated happy birthday to Miss Attiwill for
Wednesday 14th October



Book week parade

Don't forget to dress up for the Book week
parade on Monday.



Peace Poster

Each year the Lions Club organise a Peace Poster competition where students in the older grades complete a poster showing a message or image of peace. Congratulations to Maci for winning this competition, and also to Giana and Nate for receiving honourable mentions. These posters are on display in the gallery in the main street.



Maci's poster won.

Giana's
poster
received
an
honourable
mention.



Nate's
poster
received
an
honourable
mention.

From the Principal

Last week, as I was welcoming students in the morning, I asked a student, "How are you this morning?"

"Great!" she replied.

"Why are you great?" I asked.

"Because I'm at school," came her reply.

It was a great (no pun intended) thing to hear first thing in the morning, and what a positive attitude to bring to a new day.

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."
Lamentations 3:22-23

ALWS

This week all classes participated in a session led by Vicki Gollasch from Australian Lutheran World Service. Through the wonders of Zoom, Vicki was able to lead the sessions Living in Communities (F/1/2), Welcoming the Stranger (3/4) and Is it Fair (5/6). Vicki also provided a chapel link for our students. ALWS supports communities across the globe who are less fortunate than us, showing the love of Christ through practical action. We have the opportunity to support ALWS through the Gifts of Grace initiative. Information about Gifts of Grace can be found in this newsletter.

Public Holidays

Please remember the public holidays in the coming weeks: AFL Grand Final Friday (October 23) and Melbourne Cup (November 3).

Every blessing for your week,

Damon Prenzler

Gifts of Grace

Australian Lutheran World Service (ALWS) provides the opportunity for people to purchase gifts for communities overseas. The Gifts of Grace catalogue outlines what the gifts are and their cost, and families are encouraged to consider a contribution to ALWS. Nhill Lutheran students will be contributing towards the Gifts of Grace, with the SRC determining what gifts to purchase. More information can be found at www.alws.org.au.

Maintenance



Thank you to Ben Crouch for revitalising the lines on the courts and the car spaces at the front of the school. They're looking much better. Also to Darryn Rethus for getting the water pump going again. The students love it.



Devotional Thought

Repent

'Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me' (Revelation 3:20).

Read Revelation 3:14-22

Have you been to a function where there was someone with whom you had an unresolved issue? And because of this issue, you didn't wish to interact with them, so you didn't? I have. And the more you do this, the easier it is to keep that relationship lukewarm, safe from being too hot or too cold.

Each of us, in some way or another, come to the king's banquet but avoid facing our host. There are barriers to our wholehearted participation in the kingdom of God. I don't mean that we are unenthusiastic, but that we each keep some sinful attitudes and unresolved issues or wounds buried so deep that we are blissfully unaware that we are working against our best intentions.

We might be wearing the wedding outfit, but our insides are in constant need of a clean-up. While we say that Jesus is the guest of honour, we put him outside the banquet. Meanwhile, Jesus stands there knocking, and he asks to be invited back into our hearts and lives.

A fitting response to our banquet invitation is to repent – to turn towards our host and accept *all* the gifts our host offers. To be made uncomfortable in our complacency, to discard the superficial, false garments we wear and be clothed in Christ, and to have our eyes opened. Not because we need to for our salvation, but because that is the sort of kingdom it is, and because the banquet invitation package includes the power of the Holy Spirit living in us, enabling us to repent and be renewed.

Dear Jesus, thank you for waiting for me to answer the door. Thank you even more for your presence at the table with me, and for teaching me how to be human. 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.....

- ♦ Miss Shelton and her family
- ♦ Mrs Woodward and her 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.



School photos

Our school photos will be taken Thursday 22nd October. Under the current guidelines we cannot have a professional photographer attend the school, however we will still be able to proceed with a member of staff taking the photos.

Students are to wear correct summer uniform on the day.

Arborist

An arborist visited the school on Monday and helped to improve our safety by removing dangerous tree branches.



Looking forward to 2021

To assist the school with planning for 2021 could families please inform the school if they will not be part of the school community next year.

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:

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.

Australian Lutheran World Service

Thursday the 15th of October, Vicki from ALWS did a zoom with the 5/6 class. Vicki told us about how people in other countries live and the struggles of everyday life.

We got to hear about some people's stories, like some men in Nepal who couldn't use their legs, but with the help from ALWS they were able to get something called a tricycle which enabled them to move around without using their legs. Another story was about a girl who had medical problems as a baby but her parents were so poor they couldn't afford proper medical treatment and now she has trouble walking and lifting things. But with some help from ALWS she now owns a successful business. This just goes to show all the amazing things we can do to support people in poverty.

One of the activities we did was write things that we thought were unfair to us on colourful strips of paper. At the end of the lesson we looked at what we wrote and compared them to the people living in poverty and most of us found out that what we thought was unfair was nothing compared to the people in other countries. It made us realise that Australia is truly a wonderful country and we are so lucky to be living here. I want to thank Vicki for taking the time to teach us these things and share some truly inspiring stories.

By Nate Prenzler



Students of the Week

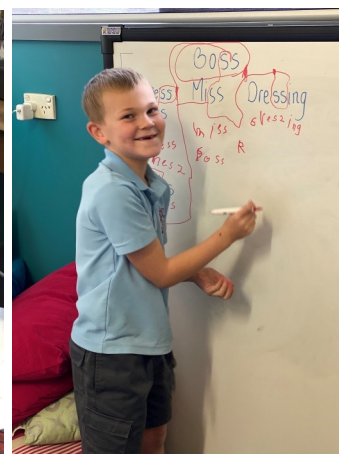
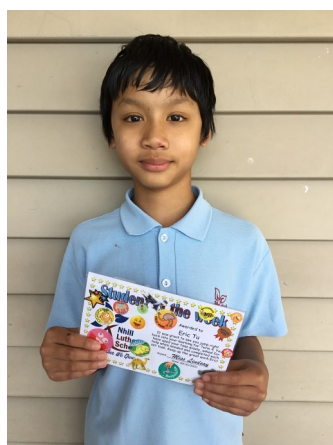
Congratulations to the following students who were presented with Student of the Week awards in their classes last Friday:

Year F/1: Robbie & Sophie M

Year 1/2: Clayton

Year 3/4: Aaron

Year 5/6: Eric



Nhill Lutheran School

Classroom Teacher

Nhill Lutheran School is seeking an applicant for a passionate and innovative full time teacher.

The successful applicant will demonstrate enthusiasm and creativity in their daily work as a classroom teacher, fostering an environment where students are fully engaged in their learning. A desire to work as part of a Professional Learning Community will be highly valued.

The successful applicant should be willing to support the Christian ethos of the School and be part of a dedicated team committed to excellence in education.

Nhill Lutheran School currently has four classes from Foundation to Year 6, and follows the Victorian curriculum.

For a job description please phone (03) 5391 2144 or email admin@nls.vic.edu.au with the subject line of 'Classroom Teacher Position'

Applications close: Monday 26th October

Position commences: 21/01/2021

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

Don't threaten, bribe or deal – breathe and act instead



Five great discipline habits to add to your parenting repertoire.

Getting kids to cooperate is tricky. One method doesn't necessarily fit all kids so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less than perfect or you want more cooperative behaviour.

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn't generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

Bad discipline habits

Unfortunately, it's easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as *"I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car"*, rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you're driving. Well, it may seem that way!

However, it's easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, *"What's in this for me?"* Soon kids learn to wheel and deal to get better terms so today's 'quick 10 minutes on an iPad' becomes tomorrow's shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing co-operation if a child won't behave well soon falls on deaf ears as kids have a built-in radar for knowing if a threat is real or not. *"If you continue to argue with your sister I'll cancel your birthday"* is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don't have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, *"I hate you! You never listen to a thing I say"* just when you're trying to get her to bed you're likely to return fire in spades. *"What do you mean I never listen to you! I always listen to you. You never..."* and away you go chastising a child in a way that only exacerbates her lack of cooperation.



Good discipline habits

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

1. Avoid the first impulse so you don't overreact

A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children's poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can't follow through with.

2. Step away and take a breath to gain control

When you feel annoyed, angry or hurt by a child's misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3. Lower your voice to be heard

Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4. Move toward them to be noticed

Moving into children's space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

5. Use a consequence to teach

Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children's misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you'd like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.



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.



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 JUNIOR CRICKET TRAINING - THURSDAYS 5pm

Training has started: Thursdays at 5pm at Davis Park Nhill. All new and returning players welcome! We'd love to see some new faces at the nets and encourage any boys and girls who'd like to play in the under 14 or under 16.5 comps to come along for a look.

For more info please contact Ash Dickinson on 0417587002.



Nhill Golf Club MyGolf Program
Dates : November 9th, 16th, 23rd and 30th
Time : 4:00 - 5:00
Cost : \$15
 Suitable for grade 3 upwards
 Register at mygolf.org.au

MyGolf is Australia's introductory golf program for 5 to 12 year olds.

The program runs over 6-10 weeks and introduces kids to golf in a safe and friendly environment.

Participants learn new skills, make new friends and most importantly, **HAVE FUN!**

**REGISTER NOW AT
MYGOLF.ORG.AU**





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