



Upcoming Dates

NOV	Tues 3rd	Melbourne Cup public holiday
	Fri 6th	Foundation/1/2 Excursion to Roses Gap
	Tues 10th	First Kinder orientation visit
	Wed 11th— Frid 13th	Year 3/4 camp to Portland
	Tues 17th— Fri 20th	Year 5/6 camp to Ballarat
	Thurs 19th	Year 2 Sleepover

Birthdays

We wish the following students a very Happy Birthday:

Harrison Jupp: Monday 2nd November

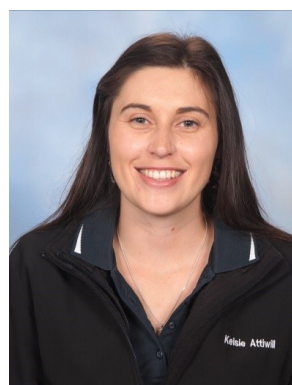
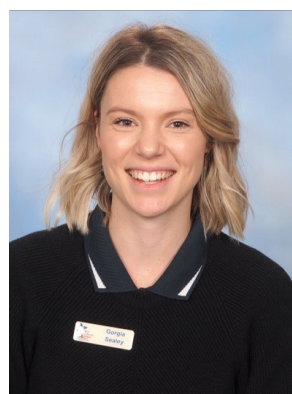
Also to:

Mrs Mason: Friday 30th October

Miss Shelton: Sunday 1st November

World Teacher's Day

Today is World Teacher's Day. We are grateful for the wonderful teachers we have at Nhill Lutheran School. Thank you Miss Sealey, Miss Shelton, Miss Attiwill, Miss Lindsay, Mrs Alexander and Mr Prenzler. We appreciate your dedication and hard work.



From the Principal

World Teacher's Day

Today, October 30, World Teacher's Day is celebrated in Australia. I give thanks to God for our teachers and for their dedication and contribution to our community, especially this year when teachers have had to operate very differently owing to Covid-19 and remote learning. Thank you Miss Sealey, Miss Shelton, Miss Attiwill, Miss Lindsay and Mrs Alexander, and God's richest blessings to you as you continue to serve others.

Hay fever and asthma

I received an email from Independent Schools Victoria about hay fever and asthma which is more common at this time of year. Here is an excerpt:

During grass pollen season between October and December, there is an increased risk of seasonal asthma, hay fever and epidemic thunderstorm asthma.

It's more important than ever to manage any hay fever or asthma symptoms, as these conditions can produce symptoms that are similar to coronavirus (COVID-19) such as runny nose, cough or shortness of breath.

The best way to reduce and prevent symptoms of asthma or hay fever and reduce unnecessary absences from school is to follow an up-to-date asthma action plan or hay fever treatment plan. If you have any coronavirus (COVID-19) symptoms, even mild, please stay home and get tested.

Bursaries for 2021

A letter has been distributed to families regarding bursaries for 2021. Applications are confidential and are to be returned by Friday December 4.

Staffing update

Applications for classroom teachers have now closed and we are entering into interviews. The community will be informed once the

process is complete.

Public Holidays

Please remember the Melbourne Cup public holiday next Tuesday, November 3.

"Give thanks to the Lord, for he is good. His love endures forever." Psalm 136:1

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.



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.

Devotional Thought

A Simple Life

'Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you' (1 Thessalonians 4:11).
Read 1 Thessalonians 4:7-12

We live in an age of celebrity. What started as glossy magazines and reality TV shows has morphed into social media and the 24/7 news cycle. Many of us now pin our profiles online in numerous forums and cast our opinions far and wide on the web. Sometimes we do this with good intentions and the right motives. Other times it's an act of self-promotion.

Yet the type of life St Paul calls us to in this passage is a simple one. It's a life that is not grasping, not trying to prove anything, and not striving for wealth, success, or recognition. It's a life that receives what has been given to us and realises the futility and vanity in anxious self-promotion.

This sort of life comes about when we have a grounded sense of identity. It comes about when we know that we were created, not self-made. It comes about when we recognise that our life and breath are given to us by God, and one day will be taken away.

There may be times when God calls us to do something extraordinary. But when he does not, we are called to lives that are quiet, selfless, and focused on others; lives that are willing to do the unseen tasks like cleaning the church, photocopying documents, or wiping the baby's bottom.

We may feel that we are 'above' such ordinary tasks. This is especially true in our technological age, where we crave constant entertainment and gratification. But St Paul encourages us not to neglect the created world, which involves the slow and patient art of working with our hands.

Is there a way you can work with your hands today? Can you plant something in your garden? Offer to mind someone's child for an hour? Iron your handkerchiefs? Put together a model plane or start a needlework project? And as you do this, pray for peace and a quiet heart.

Dear Lord, please put to death all my worldly ambition. Let me be ambitious for one thing, which is to follow your call with quietness, humility, and trust. 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](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.....

- ♦ Pastor Carl and his family

Chapel

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

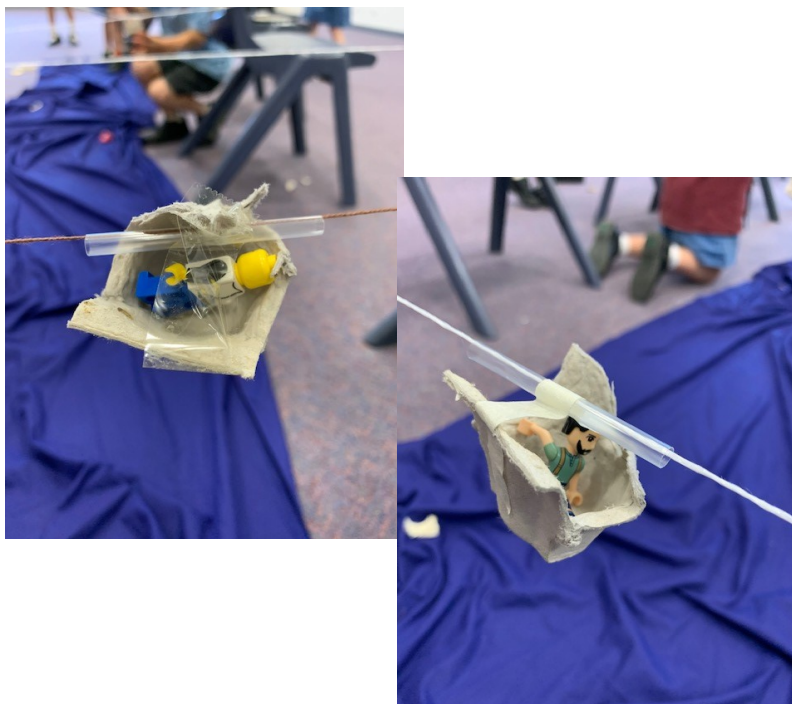


Chapel Offering

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.

F/1 Technology

Students in the F/1 class were given a problem to solve. They had to make a lego figure cross a 'river' without the figure touching the water. Here are some examples of clever cable cars built from string, straws, egg cartons and tape.



Hats

Don't forget hats need to be worn outside.



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:

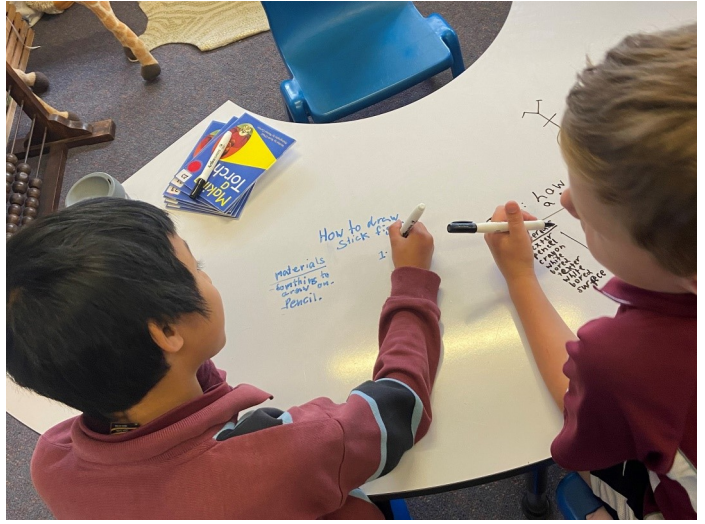
Teaching young people about healthy relationships – September 9 at 8pm, valid to December 9

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.

Year 1/2 Literacy Rotations

Each morning between Tuesday and Friday the Year 1/2 class engages in a variety of literacy activities in their literacy groups. The students enjoy collaborating in their groups and trying out the different activities each week. What a fun way to explore our weekly sound focuses, sight words, reading strategies and different types of language.



Displays



Year 3/4 Dream Designs

Miss Attiwill's 3/4 class have been creating their own dream homes! The first component of this required students to consider factors that would influence the design of their dream home including location and needs. In the second stage of this task, students drew their house plans from a birds eye view incorporating lots of different features, considering both the practical and fun elements of their dream home. This learning combines the key learning areas of Geography, Mathematics and Design and Technologies. Many students are still in the design phase, but we are very excited to see what they come up with and the justifications for their spaces. To quote a student, "We don't need a laundry, as our house will have 24/7 room service." Isn't that the dream?



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

Balancing extra-curricular activities for flourishing kids



Being constantly busy seems to have become a standard way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

The cost of being busy

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How much is too much?

parenting*ideas

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young person is struggling in any of these three areas: 1) mental health, 2) schoolwork and studies, 3) their participation in family life then it may be time to reduce their extracurricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier: *'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?'*

Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead.



Dr Jodi Richardson

Dr Jodi Richardson is a mental health and wellbeing educator and author. She has developed her expertise over two decades of professional work in teaching, wellbeing, clinical practice and elite sport, including working for Beyond Blue on the national schools-based initiative for the prevention of depression. Dr Jodi completed a PhD in Physiology, a Bachelor of Applied Science with Honours, and a Bachelor of Education. She is co-author of the highly acclaimed book *Anxious Kids*.

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.

1st November Standing Together With Depression (Interview)

Vicki Rochow, a counsellor and mum shares her experiences of walking alongside her children's depression as well as her own.

8th November When God Seems Far Away (Interview)

How does someone with faith reconcile a God who often seems far away? Mark shares his 20 year struggle with depression

15th November One Foot on Earth, One Foot in Heaven (Interview)

Annette shares her life-changing journey through the grief of losing her daughter, and how she found hope to keep moving forwards

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.



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



Woolworths CRICKET BLAST

HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

OUTDOORS NON-CONTACT

Nhill and District Sporting Club
 Saturday mornings 9am
 Tarrah Dodds 0438329042
 tarrah_w@hotmail.com
 Nov 7, 14, 21, 28, Dec 5, Feb 6, 13, 20.



JOIN A CREW NEAR YOU TODAY

 **PLAY CRICKET**

OFFICIAL KIDS PROGRAM



AN AUSTRALIAN RENEGADES

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**



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



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