



Upcoming Dates

NOV	Wed 11th— Frid 13th	Year 3/4 camp to Portland
	Tues 17th	Second Kinder orientation visit
	Tues 17th— Fri 20th	Year 5/6 camp to Ballarat
	Thurs 19th	Year 2 Sleepover

Students of the Week

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

Year 3/4: Shilah

Year 5/6: Oliver



Year 3/4 Camp

The students in Year 3 and 4 were thrilled to head off to camp at Portland on Wednesday. After a challenging year of the camp being postponed, the relief and excitement of hitting the road was second to none! We look forward to hearing about their adventures.



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.

From the Principal

Overcoming challenges

Last week I had the pleasure of accompanying the Foundation, Year 1 and Year 2 students to Roses Gap for their excursion. The activities for the students were challenging and even a little scary. The giant swing saw the children lifted high above the ground and swing from a considerable height, the flying fox saw children soar through the air for a considerable distance. It's understandable that some children were a little nervous. What stood out, though, was the joy on the children's faces when they had overcome their fears and successfully completed a task. I lost count of how many times I heard a child say "I want to do that again." People grow through overcoming challenges and this is true for our younger students. Learners grow through challenge.

This week and next week there are further opportunities for our students to overcome challenges at camps and sleepovers. These activities provide wonderful opportunities for students to learn, grow and experience life away from the familiarity of home and school.

I encourage you to read this week's Parenting Ideas article which is about how children grow through overcoming challenges.

Every blessing for your week.

Damon Prenzler

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.

Staffing and classes for 2021

The staffing and classes for 2021 are listed below.

Principal: Mr Damon Prenzler

Office Administrator: Mrs Karen Koning

5/6 Teacher: Miss Georgina Morrison

3/4 Teacher: Miss Isabel Lindsay

F/1/2 * Teacher: Mrs Jessica Mason
(subject to VIT registration)

F/1/2 * Teacher: Miss Leah Noll

Curriculum Coordinator/Specialist Teacher:
Miss Kelsie Attiwill

Specialist Teacher: Ms Greer Marshman

Integration Aides: Ms Linda Rutherford, Mrs Michelle Woodward

We look forward to welcoming Miss Georgina Morrison, Miss Leah Noll and Ms Greer Marshman to Nhill Lutheran School.

Georgina is an old scholar of NLS and is completing her Master of Education at Flinders University. Leah is completing her Bachelor of Education (Primary) at Australian Catholic University and has a Bachelor of Music. Both Georgina and Leah will be moving to Nhill prior to the commencement of the 2021 school year. Greer has recently moved to Horsham with her family and has most recently taught at Truganina South Primary School.

* Junior primary class configuration currently being finalised due to unknown number of foundation enrolments.

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.

Devotional Thought

Joy in suffering

'But we are not among those who shrink back and so are lost, but among those who have faith and so are saved' (Hebrews 10:39).
Read Hebrews 10:32-39

Is something causing you grief, or are you struggling in some way, physically, mentally, or emotionally? Are you in a battle right now? Can the people around you see it? Or is it a spiritual battle that you are hiding from those you know and love? Spiritual battles are as real as any physical battle. The torments of the mind can eat away at our souls just as much as any physical battle with cancer can waste away our bodies.

Just because you're a Christian doesn't mean life is going to be easy. It's a hard lesson that we all have to go through. For me, I think that in some ways, it seems that life is more difficult as a Christian. It's as though we have been 'woken up' and can see the depths of endless suffering we face as broken people living in a broken world.

It takes courage and confidence to put our trust in our Lord, especially when we are suffering. Sometimes despair wants to take us down its spiral. But we are reminded today that suffering is our training, and our faith in Christ brings a great reward.

As Christians, we have a wonderful resource in Christ to endure suffering. For Lutherans, we call it 'cross theology'. It is at the cross-point where God breaks into our lives. The weakness of our own cross is like a tear in the curtain through which Christ enters. In the battles we face, we have his name to call on. He comes to fight for us, through us, and with his spiritual army, the church. Oh, the battles the church has fought with prayer – its greatest weapon!

When we are suffering, it is hard to remember the battle has already been won for us by Christ on the cross. Faith teaches us to remember this so that in our suffering, we can rest and pray, rather than clench our fists, get angry, and prepare to fight. We call on the name of our Lord, who hears us and strengthens our spirit. As we do, we learn his plan, his fight, his victory, and his joy.

Dear Heavenly Father, have mercy on us when we struggle in the battles of life. Send your Son, our Lord Jesus, into our battleground to strengthen us and restore our souls. By your Son, and because of his precious blood, hear the prayers of your church as we bring the needs of the world to your feet. Lord, in your mercy, Amen.

Worship News

Due to COVID restrictions you are welcome to register for any of our following services on **SUNDAY 22nd NOVEMBER:**

Nhill 9 am
Woorak 9 am
Jeparit 11 am



Register (before Thurs 5pm) via the Parish Office: nhillpar2@bigpond.com or 5391 1223

NhillLutheranParishOnline.com

Prayer of the Week

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

- ♦ The Year 3/4 students who are on their Portland camp this week.
- ♦ The Year 5/6 students as they attend their camp at Ballarat next week.

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.

NAIDOC week

This week in HASS the F/1/2s read 'Welcome to Country' by Aunty Joy Murphy and Lisa Kennedy and discussed the importance of NAIDOC week. They then learnt about Tasmanian artist Lola Greeno and her special shell necklaces. Students then created their own special jewelry.



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

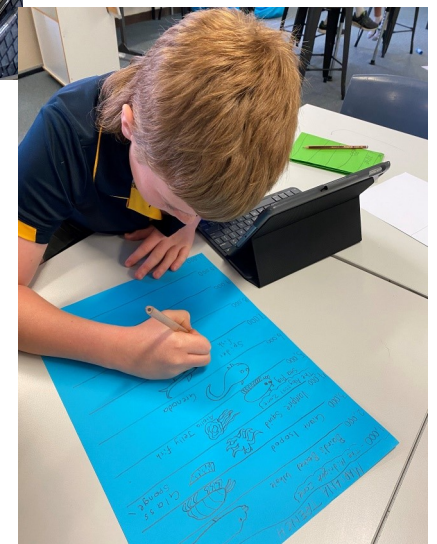
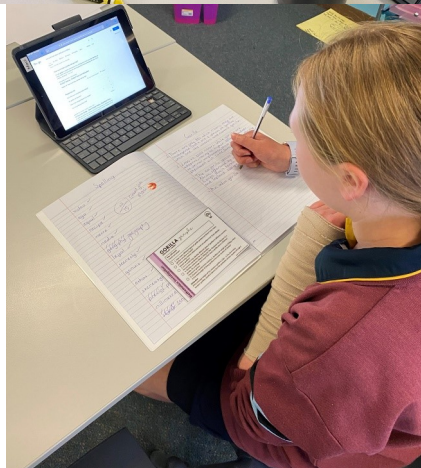
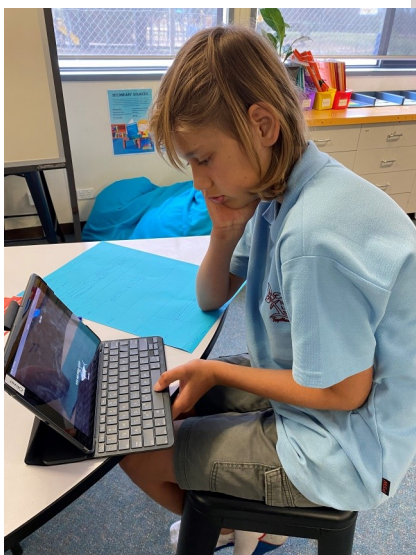
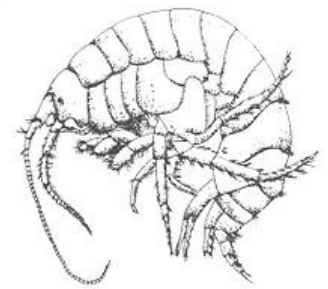
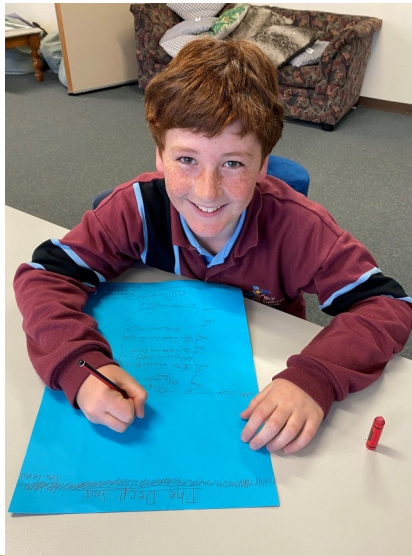
The eGuides are booklets that are also available free to parents. They cover the topics of *optimism, family meetings, friends, coping, understanding children's behaviour, and bring out your child's confidence*. Copies of the eGuides can be sent electronically by the school, just ask via admin@nls.vic.edu.au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

Year 5/6 Mathematical investigations

The Grade 5/6 students have been busy during our Mathematical Investigations. They have been researching the Deep Sea or Gorillas. This relates to mathematical concepts such as whole number, addition and subtraction, multiplication and division, data and length. The students also have to display their findings.

Did you know that the Mariana Trench is the deepest part of the ocean? The water at the bottom of the trench is 16,060 psi? Not only that, but animals and plants have been found at that pressure called 'amphipods' and 'xenophyophores'.

Did you know that Gorillas live for about 40 years and consume around 20kgs per day? Now that is a lot of food in a lifetime.



Mud kitchen

Thank you, thank you, thank you to Ben Crouch, Will Lynch and Ms Rutherford who constructed our new mud kitchen. The students love it!



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

Kinder visit

We were super excited to welcome the 2021 Foundation class on Tuesday.



Justin: I loved the Low Ropes because you had to try and balance on them.

Sophie B: I liked the Flying Fox because I went so fast and I liked the Giant Swing because you got to choose how high you went.

Roses Gap excursion

Mia: I liked going on the excursion because of the Low Ropes because we were not allowed to touch the ground and got to swing to a platform.

Darcy: I liked archery because I shot one of my arrows over the target and I nearly hit the wood.

Barrett: I really enjoyed the Zip line because it went really fast and I liked the big bang at the end!



INSIGHTS

Exposing kids to challenges helps prevent anxiety in later life



Two Australian studies support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.

The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow. Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.

Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following strategies:

Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience building disappointment that comes with a loss and the confidence building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious winners, both important skills to learn for future development.

Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.

Model calm and rational thinking

High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family. As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than overprotective adults.



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

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

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

22nd November Will My Dog go to Heaven? (Pastor Mark Doecke)

Do animals know God? Do they have a soul? Do animals go to heaven? Mark Doecke looks at many of the questions about Animals and heaven

29th November Losing Mike But Keeping Hope? (Interview)

What do you do when your rock, your protector is diagnosed with a brain tumour? How do you cope with the changes in their personality, your relationship and in all the things you used to do together? Jen and Allie share their story



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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.

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!

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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



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OFFICIAL KIDS PROGRAM



AN AUSTRALIAN RENEGADES



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