



Upcoming Dates

NOV	Tues 17th— Fri 20th	Year 5/6 camp to Ballarat
	Thurs 19th	Year 2 Sleepover
	Mon 23rd	F/1/2 excursion to Mt Elgin
	Tues 24th	Third Kinder orientation visit
DEC	Thurs 3rd	Year 6 Graduation Dinner

Birthdays

We wish the following students a very Happy Birthday:

Cooper Cramer: Monday 23rd November

Athina Diamantopoulos: Monday 23rd November

happy
birthday

Students of the Week

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

Foundation/Year 1: Harrison

Year 1/2: Darcy

Year 5/6: Deegan



From the Principal

Students have had fantastic opportunities over the last few weeks to grow through camps, excursion and sleepover. Thank you to all staff for their organization and planning. Thank you to parents for supporting these activities and a special thank you to students for the wonderful way they have conducted themselves while undertaking these activities. We now look forward to finishing the term and the year on a positive note. There's still quite a bit to do with Year 6s concluding their time at Primary School. The community will be informed soon what format the end of year service/graduation will be.

Every blessing for your week,

Damon Prenzler

Bus news

The Propodollah bus will not be operating next Friday, 27th November.

Uniform Store price rise

Please note that we will have to increase the prices of our uniform items in 2021. These prices will be released soon.

The items we have on hand will remain at the current price until the end of the school year.

If you would like to take advantage of the lower price, please see Mrs Koning at the front office.

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.

Congratulations Miss Sealey

Congratulations to Miss Sealey who has secured a teaching position for next year. Miss Sealey will join the staff of St Malachy's School in Edenhope.



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.

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

Gracious faith

'Be merciful to those who doubt' (Jude 22).
Read Jude 17-25

Early in 2020, as we were only beginning to learn about the new coronavirus, I stood in the back of the church on a typical, pre-COVID Sunday morning. As worship began, an older woman slipped into the service and took the seat next to me. She commented that she almost hadn't come that morning because she was becoming wary of the coronavirus that she had read about in the news. My knee-jerk response was to tell her somewhat tersely, 'Well, we can't live in fear'.

As we turned our attention to singing the first songs, I could sense that her last reserves of courage that had carried her to church that morning had shrivelled. She had come into the church that morning despite her feelings of fear and doubt. She had told me about those feelings as she was perhaps seeking some encouragement, and I failed to validate her concerns. I failed to build her up. I knew that I needed to apologise to her. I felt so ashamed.

That day I learnt that when we encounter those who doubt, we never want to make them feel guilty or ashamed for their doubts or fears. That only digs the trench of doubt deeper. Instead of condemning someone's lack of faith, we need to remind them of the promises of God. Instead of telling the woman at my church that she shouldn't live in fear, I could have reminded her that Jesus has promised to never leave or forsake her.

Truthfully, each of us will struggle with doubting God's goodness at some point in our faith journey. There will be a day when you will rely on a brother or sister to remind you of God's promises for your life. I have seen people leave the church because they were made to be ashamed of their questions and doubts. We won't always get it right, but we continually have an opportunity to encourage, build up, and show mercy to those who trust us enough to share their doubts with us.

Lord God, you are rich in mercy. You made us alive in Christ even when we were dead in transgressions. Remind us to extend this same mercy and grace to those who doubt. Amen.

Worship News

Due to COVID restrictions you are welcome to register for any of our following services on **SUNDAY 29th NOVEMBER:**

Nhill 11 am
Woorak 9 am
Jeparit 9 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 5/6 students as they return from their camp
- ♦ The new staff members who will join us in 2021

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.

Year 5/6 camp

The students in Years 5 and 6 have had a wonderful time in Ballarat. We look forward to a report from them in our next issue.



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 Cooking

The students in Year 5/6 cooked up a storm making cheese garlic scones and pasta Alfredo.



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

It was wonderful to see all of the 2021 Foundation students on Tuesday.



Shilah: I loved going surfing. It felt awesome to be in the ocean. I thought it was a little bit funny when Samava fell over and got drenched even though we were only supposed to put our feet in.



Eden: My favourite part was surfing because I actually wasn't too bad, but at the end of our surf lesson we all got up on the last wave and it looked really cool. The funniest part was when everyone was asleep on the bus and Miss Attiwill took photos of us.



Trinity: Camp was awesome and it was so awesome that I don't even have a favourite part! Some stuff that we did was surfing, and we saw dolphins, a dolphin cub and seals.

Bethel: Camp was awesome, it was the best time of my life! My favourite part was surfing, going to Tower Hill and seeing the dolphins!

Year 3/4 camp

Samava: I liked everything on camp. I liked the boat ride, the meals, the lighthouse and the art shack as well.



Aaron: I liked surfing, especially standing up on the surfboard. I also liked dinner, because we had ice cream for dessert.

Matilda: I think camp was fun. My favourite part was surfing and seeing dolphins on the boat ride.



Savior: Camp was amazing and my favourite thing was that I saw dolphins and a dolphin cub. We also saw seals and my second favourite was surfing.

Annabella: I think the best thing about camp was surfing because it was so fun and I stood up a few times and saw crabs. Camp was awesome, we went to Tower Hill and saw emus, wallabies, skinks and koalas.



Stella: My favourite part of camp was going surfing. I really enjoyed surfing because we got to learn how to surf and catch lots of waves. I stood up lots of times.

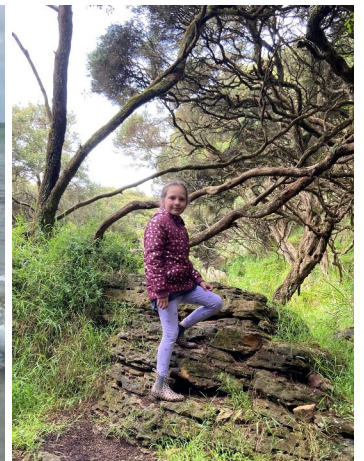


Nathan: I had a good time. We went surfing and we got to see seals and dolphins. My favourite part was when we got to go up a lighthouse when it was on!



Imogen: On camp it was so fun. I beat Dad in surfing because he could not stand on the board when he did it on his camp and we got to see dolphins and seals.

Chelsea: My favourite thing was when on camp we went surfing because it was really fun and I stood up on my board and when we saw dolphins.



INSIGHTS

Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



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.

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

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.

FAMILY FUN AT HAPPYLAND.COM.AU

Enjoy the Happyland website game at happyland.com.au. Set up your own character, change them, and take them on an adventure. Go on to the App store and download the Happyland App for iPhone and iPad.

Happyland Stories videos are also available. They make great children's messages.



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

OUTDOORS NON-CONTACT

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!

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



Woolworths **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