



Upcoming Dates

DEC	Thurs 3rd	Year 6 Graduation Dinner
	Wed 9th	SRC Activities Day
	Fri 11th	Last Day of School
	Sat 12th	Christmas Carols

Birthdays

We wish the following students a very Happy Birthday:

Maddison Page: Friday 27th November

Lanie Clark: Monday 30th November



SRC Activities Day

The SRC will be holding a Christmas fun filled activities day in week 10 on Wednesday the 9th of December. Your child is invited to come to school in Christmas colours, with all their Christmas spirit intact! No donation is necessary, just smiles and Christmas cheer!



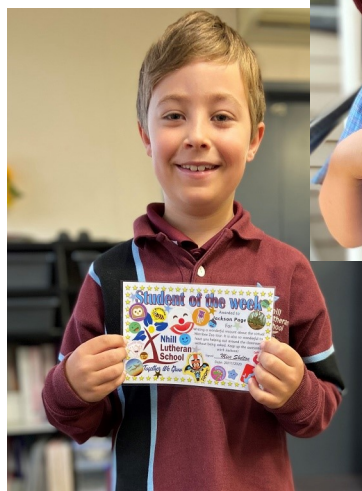
Students of the Week

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

Foundation/Year 1: Savannah

Year 1/2: Jackson

Year 3/4: Eden



From the Principal

Advent

This Sunday marks the beginning of the church season of Advent. At the front of the school we now have placed our nativity scene as a reminder of this special time of year. Advent is a time of preparation for Christmas and a time to remember the amazing gift of Jesus born at Christmas.

2021 Foundation students

It has been a pleasure over the last few weeks to welcome our 15 new Foundation students for 2021. This week Miss Leah Noll, the 2021 Foundation teacher, was able to lead the kinder visits and get to know the children.

Student Leadership

Today students from Year 5 presented speeches to their fellow students as part of the school captain selection process. This was done via pre-recorded video adhering to COVID regulations, so a little different to previous years. Students then voted for their choice. The 2021 school captains will be announced next week.

Year 6 graduation

As we near the end of the school year we think of the Year 6 students who will soon conclude their primary school years: Deegan, Maci, Giana, Nate, Archie and Asher. Next Thursday the graduating students, their parents and staff, will share a dinner at Little Desert Lodge.

End of Year service

Each year the Nhill Lutheran School community gather to celebrate and thank God for the school year, to acknowledge the graduating Year Six students, and present awards. Unfortunately, again due to Covid restrictions, this is unable to happen. Instead, the students and staff will hold an end of year service at school on the morning of Thursday December 10. This important occasion will be recorded and distributed to families, and details about this will be shared soon. Parents

of students who may be identified in the ceremony (eg – award winners) will be contacted prior regarding the sharing of their image.

Nhill Christmas Carols

The community Christmas Carols are being held on Saturday December 12. Nhill Lutheran School will present a selection of songs. Further information will be distributed to families soon about this.

Every blessing for your week.

Damon Prenzler

Library

The library is now closed for borrowing. Could all library books be returned by the end of next week, please.

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.

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.

Devotional Thought

Do not lose heart

'Therefore we do not lose heart ... For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all' (2 Corinthians 4:16a,17).
Read 2 Corinthians 4:16-5:10

As you read through the text above, I wonder how you reacted to the phrase 'light and momentary'. Did you think to yourself, 'What does Paul know about my troubles? They are anything but light and momentary! This is one of the heaviest things I've gone through, and there's no end in sight!'

Perhaps you can relate to feeling like you're 'wasting away' because of the troubles you're going through. Maybe you're feeling disheartened and discouraged. Or maybe, you're simply tired and worn out. This year has been a long and difficult one for many of us.

Paul didn't write these words 'lightly'; he knew all about troubles and had been through a lot. If you doubt this, check out the list a bit further on in this same letter (2 Corinthians 11:23-29). Despite everything Paul had been through, he could still say 'do not lose heart' because he believed without a doubt that even the most agonising trials of this life are minor when compared to the amazing eternal glory that awaits us.

I witnessed this when my mum was dying of cancer. Outwardly she was indeed wasting away, but she didn't lose heart. Through it all, she kept her eyes firmly fixed on the unseen and the glory that awaited her. She comforted me, not the other way around! This was evident even the way she first told us, 'I have good news and bad news. The bad news is I have terminal cancer. The good news is I get to be with Jesus in heaven much sooner than I expected'.

Like Paul and my mum, look to the unseen world for encouragement. During the very hard days, fix your eyes beyond what is seen and transient, and get a glorious glimpse of eternity.

Dear God, thank you that you are always with me in the midst of my troubles. Thank you for the amazing eternal glory that awaits me. Please help me to fix my eyes on what is unseen even as I struggle with what I see and feel. Amen.

Worship News

Due to COVID restrictions you are welcome to register for any of our following services on **SUNDAY 6th DECEMBER:**

Nhill 9 am
Woorak 11 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.....

- ♦ Deegan Clark and his family
- ♦ Maci Oliver and her family
- ♦ Giana Pohlner 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.

Peace Posters

Year 6 students Maci Oliver (Achievement Award), Giana Pohlner (Honourable Mention) and Nate Prenzler (Honourable Mention) received their Peace Poster certificates this week. Thank you to the local Lions Club for allowing our students to be involved.



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 Writing

The students in Year 1/2 are continuing to look into procedural writing this term. On Thursday they made their own delicious fairy bread and then wrote a procedure about how they made it. Yum!

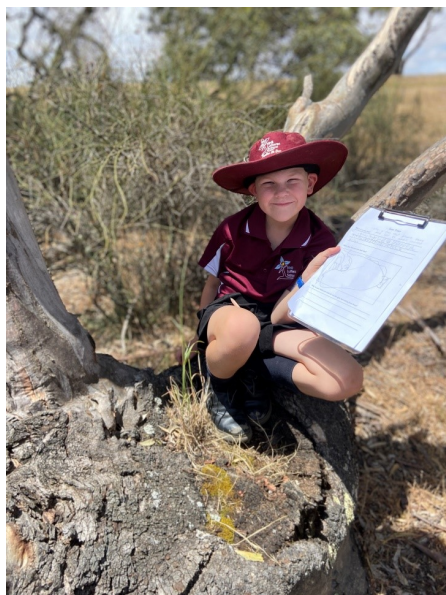


2021 Term dates

	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

Mt Elgin excursion

On Monday the F/1/2 classes visited Mt Elgin swamp to learn more about birthing and scar trees and how Aboriginal people used them.



Year 2 sleepover

The Year 2 students were very excited to sleep at the school on Thursday 19th November.



Thanks to Miss Shelton, Ms Rutherford and Mrs Fraser for all of their hard work and to Miss Shelton for organising the sleepover and all of the activities.

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.

Year 5/6 camp

Due to technical issues, the Year 5/6 camp photos will be in next week's newsletter.

Some photos can be found in last week's newsletter and on our FaceBook page.

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.



Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](https://www.messagesofhope.org.au).

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

6th December What to Buy (Pastor Richard Fox)

The build up to Christmas can be really stressful and tiring, Richard shares his struggle to find the perfect gift for the special people in his life.

13th December Stress (Round the Table)

Do you ever get stressed trying to meet everyone's expectations, as well as your own? Richard, Celia and Noel talk about stress and how sometimes it can be so destructive.

20th December Christmas is for Everyone (Bishop John Henderson)

The Story of Jesus birth at Christmas is as relevant today as it has been throughout history. Bishop John shares how the story of Christmas is for all people.

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**](https://www.messagesofhope.org.au/coronavirus).

INSIGHTS

7 healthy ways to manage emotions



What training did you get from your parents in managing emotions? If you are like me, you didn't get much really constructive help in recognising or regulating feelings. *"Don't worry! It will all turn out right!"* was about the extent of the emotional management in my house. I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. Avoidance: *"I'm okay, really!"*
2. Denial: *"Nothing wrong with me!"*
3. Wishful thinking: *"She'll be right!"*
4. Worry: *"What if...."*
5. Self-denigration: *"What do you expect? I'm a loser!"*
6. Blaming others: *"She makes me feel so mad!"*
7. Acting out (also abusing alcohol and other drugs): *"Come here you! I'll show you"*

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger(also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.



Here are 7 healthy ways to manage your emotions that you can pass on to your children:

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2. Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

3. Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

4. Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

5. Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present- that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

6. Change your goal

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed.

7. Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.



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



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.

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

 PGA AUSTRALIA 1911

 Golf Australia

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



JOIN A CREW NEAR YOU TODAY

 **PLAY CRICKET**

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

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
© State of Victoria, March 2020 (2001620)



Health and Human Services