



TOGETHER WE GROW

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Term 3 Week 9 Issue 27 10th September 2021

Welcome Back

We were excited today to welcome back our F-2 students and we are looking forward to when our 3-6 students can also return.



Horsham Aths

The Horsham Athletics competition has been postponed due to COVID-19 restrictions. The new date is yet to be confirmed. We will let parents know as soon as we have heard.

Upcoming Dates



SEP	17th	Last day of Term 3 School finishes at 2.15pm
OCT	4th	First day of Term 4

Book Fair

Book Fair is still open for those students attending school who wish to make a purchase.



Birthdays

We wish the following student a very happy birthday:

Helena Talor: Tuesday 14th
September



From the Principal

Remote Learning and Return to Onsite Learning

It has been wonderful to welcome back the F-2 students this morning. It is clearly obvious that children miss social interaction with their peers during lockdowns, and to hear the laughter and see the smiles of our students at school is great as reconnections are made. Let's hope the 3-6 students will be permitted to return to onsite learning before too long. However students are doing their learning, remotely or on site, I encourage them to finish the term strongly and continue to try their best. Term 3 will be remembered for the stop/start nature to schooling as we have entered and exited lockdowns and remote learning. This has been disruptive on many levels, but I again wish to commend the students, families and staff for their remarkable resilience and support shown to each other, and for progressing the learning as best they can.

End of Term

Please note that school will conclude at 2.15pm next Friday, September 17. Term 4 commences Monday October 4.

Movie Friday

Originally our movie day was planned on the assumption that remote learning would still be continuing for all students. We should know now, in this Covid world, that it is best not to assume. The Movie Day, however, will still continue with students at school watching at school, and those at home also being able to do so. The school is providing popcorn and sweets to students to enjoy while watching the movie. The popcorn and sweet packs for Year 3-6 students who will be watching from home can be picked up from school from Monday onwards.

Gentleness

Pastor Carl led an audio chapel this morning focusing on the fruit of the spirit of gentleness.

It was a great message to hear and being gentle is something we can all ask God for, especially during trying times.

Every blessing for your week,

Damon Prenzler

Parents and Friends

On Wednesday night the P&F met via zoom for some much needed socialising and a short meeting (under an hour).

We wish to thank everyone who has volunteered to make and sell donuts at events this year. Unfortunately both of the events scheduled recently have been postponed. When these events do take place, we will let people know.

We are moving ahead with a fundraiser just in time for Christmas. We are in the process of creating a 2022 calendar, which will feature art work from the students. More details about the calendar will be available early Term 4. We see this calendar as a way to bring the school community together after 2 hard years battling COVID, lockdowns and remote learning, as well as a fundraiser we can conduct under COVID restrictions.

Our next meeting will be October 13th at 8pm and, as much as we would like it to be in person, we imagine it will be via zoom. Everyone is more than welcome to attend.

For Sale



\$100 each

Devotional Thought

One true hope

But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me (Micah 7:7).
Read Micah 7:7-12

Often, I have heard Christian people say, 'Family is the most important thing'. We are certainly taught to honour our father and mother (Exodus 20:12) and be humble and gentle to all people (Ephesians 4:2), not least the members of our own family.

But relationships with others is somewhat out of our control. They can never give us complete satisfaction and fulfilment, no matter how much we pursue positive relationships with others.

Sometimes things go wrong. As we are reminded by the prophet Micah (7:6), 'a son dishonours his father, a daughter rises up against her mother, a daughter-in-law against her mother-in-law – a man's enemies are the members of his own household'. And the prophet Isaiah even reminds us, 'Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!'

Although our closest friends and family may forsake us at some point in our lives, God never will. God can always be trusted; he is always constant. God is always close to you – in times of joy and in times of need.

God is, in fact, the most important thing and should come before all other things in our lives. When we have God as our number one, all other things will fall into place. It doesn't mean the hardships will stop and everything works out for the better. But when we look to God above all else, we know where our help comes from. We can put things in perspective, and we can have confidence in him.

Have you been challenged in family relationships?

Loving God, thank you for your constant, unfailing love. Help me put my trust in you completely. Help me be forgiving and loving with people who hurt me, particularly my own family members. Help me to love in the way you love me, unconditionally and loving even the unworthy and unlovable. In Jesus' name. Amen.

Worship News

Please see below for this week's church service times;

Sunday 12th September
Nhill— 11 am
Woorak— 11 am
Jeparit— 9 am



Register (before Fri 9am) via the Parish Office: nhillpar2@bigpond.com or 5391 122

Masks and login via QR code mandatory

Online services can be viewed at:
<https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xJOJg>

NhillLutheranParishOnline.com

Prayer of the Week

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

- ♦ Abdullah and Moosa Ahmad and their family
- ♦ Esther Alexander and her family

Chapel

Chapel each week is held in the Multi Purpose Room on a Friday at 9am. Parents and friends are invited to join us and stay for morning tea and coffee, once restrictions have eased.



Chapel Offering

With no visitors onsite, we have had very little money received through the chapel offering for many weeks. Please consider donating. So far this year, \$492.20 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Wellbeing Wednesday

Our Wellbeing Wednesday enabled students and families to take a breather, relax and enjoy the sunshine—whether at home or at school.



Enrolments for 2022

Nhill Lutheran School is accepting enrolments for 2022. If you have a child ready to start school next year, or know of families who are moving to the area, then enrolments may be lodged now. Enrolment forms are available from the front office (5391 2144 or admin@nls.vic.edu.au).



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 \$39). 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:

Connecting with teenage daughters –
June 23 at 8pm, valid to September 23

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.

parenting*ideas

Messages of hope 

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

12th September Blended families (Interview)

"When you join two families, you don't mean to be but you're actually really quite threatened about trying to maintain territory. We both had to give a lot more than 50 percent." How do you parent with different styles, and what does it take to make the relationships work?

19th September The day my mum disappeared (Interview)

"I remember just driving around the neighbourhood, relentlessly looking for mum. I was in tears. Where could she be?" Where do you find hope when illnesses like Dementia change the relationship you have with your parents?

26th September Dementia is not the end (Interview)

Gaye has worked in aged care for over 20 years and specialised in Dementia care. Gaye shares some of the misunderstandings around Dementia, including some surprising insights and encouragement.

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.

INSIGHTS

Everyday resilience lessons for kids



Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

parenting * ideas

Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.



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

Wood turning.
Blacksmithing
Artworks

Historic engineering exhibits

Heritage plaques unveiled 2p

Opening of Aeradio building

SKY DIVING
bookings
essential

HISTORIC ENGINEERING EXPO

Celebrating Nhill's Unique Engineering Heritage

POSTPONED UNTIL SATURDAY MARCH 19TH 2022

10am - 4pm @ Nhill
Cost \$15 Chn/students free

Info : Rob 0428 911 387 Jenny 0417 014 278
www.nhillaviationheritagecentre.com.au
www.saskydiving.com.au

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WWW.SASKYDIVING.COM.AU

New date :
SATURDAY MARCH 19TH 2022

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SCAN WITH PHONE CAMERA TO BOOK NOW

COVID-19

VACCINATION CLINICS

Nhill Community Centre
Monday 13 to Friday 17 September
9am to 4:15pm

Kaniva Hospital Day Centre
Thursday 23 September
9am to 4:15pm

Goroke Community Health Centre
Friday 24 September
9am to 4:15pm



Book Your Appointment Today!

Pfizer COVID-19 vaccines are available for people under 60 years of age.

Vaccinations are by appointment only.

Please reserve your spot by phoning:

(03) 5363 2201

We're all in this together.
Roll up your sleeve.



WWHS



Royal Flying Doctor Service



MOVIE FRIDAY

LAST DAY OF TERM 3

JOIN US IN WATCHING ...

OVER THE HEDGE, SMURFS THE LOST VILLAGE OR THE
SECRET LIFE OF PETS

FRIDAY, 17
SEPTEMBER
1pm

YOUR HOME
@ COOL STREET

YOU CAN WATCH
ANY OF THE ABOVE
MOVIES ON
NETFLIX OR
CHOOSE YOUR OWN

GET COMFY AND ENJOY YOUR POPCORN AND
SWEETS

FROM NHILL LUTHERAN SCHOOL