

Book Fair

The Book Fair will be open at lunchtime each day next week, so that all students have an opportunity to make their purchases.



SRC

With the change of season, the SRC will no longer be selling hot chocolates on Wednesdays.

Instead, they will return to selling Zooper Doopers at lunchtimes.

If students wish to purchase a Zooper Dooper, could they please give \$1 to their classroom teacher when they get to school.



Upcoming Dates



OCT	12-13th	Three-way Conversations
	13th	P & F meeting—8pm
NOV	4th	Year 2 Sleepover
	12th	F-2 Excursion to Halls Gap Zoo

P & F

There will be a P&F meeting on Wednesday 13th October at 8pm via zoom.

It would be great to see some new faces! For the agenda and zoom details please contact Jackie 0491707699

Birthdays

We wish the following student a very happy birthday:

James Lerhtoo: Saturday 9th October

Also to:

Miss Attiwill: Thursday 14th October



From the Principal

Welcome to the first newsletter of Term Four. I hope families were able to enjoy the holidays. It has been wonderful seeing the F-2 students on site this week, and we very much look forward to seeing the 3-6 students soon.

Next week the 3/4 class will be on site on Tuesday and Wednesday, the 5/6 class will be on site Thursday and Friday, with remote learning on the other days. This will also occur the following week, until Tuesday October 26 when all students in all classes will be on site full time.

We continue to follow the DET Operations Guide when it comes to what we can and cannot do under current Covid related rules. A focus for schools as we commence Term 4 are the '3 V's' of ventilation, vaccination and vital Covid safe steps which includes social distancing, face masks and hygiene. We are still bound by limitations on gatherings such as assemblies and chapels, and continue with QR codes, masks, hygiene practices etc...

Holiday improvements

Thank you to the many helpers who help our school, including during the recent school holidays. Outdoor tables and benches are now brightly painted and have really brightened the undercover area. Thanks to Ms Rutherford, Mrs Mason and helpers for doing this – the students love it! Thanks to Jason Bone for removing fixed benches from the computer room. This has really opened up the room to become a more flexible and user friendly space. The gardens have had a spring clean thanks to Matt Bone and his team, and gravel has been spread on the driveway and Mackay Street car park. Thank you Darryn Rethus for organising this. Shane Grover continues to mow our oval and thanks also to Mary and the team from RMC for cleaning the school. Cleaning is performed daily during term time and during each school holidays a

thorough whole school clean takes place.

Uniforms

Summer uniform is now to be worn including hats. Please ensure uniform items are named and in good condition. Uniform items are available from the school if needed.

Looking ahead

We are hoping our planned activities for this term can proceed and will be advised by whatever the latest guidelines permit, some of these activities have been postponed from Term Three:

Book Week Dress Up and Activity Day – this is planned for Friday October 29. Students may come dressed as their favourite book character or fitting into the theme of 'Old Worlds, New Worlds, Other Worlds'.

Concert – we are hoping to perform the concert mid-term. Ideally this will be in front of an audience but if that is not permitted it will be filmed.

Excursions, Incursions and Camps are not permitted at this time. Hopefully these restrictions will lift so excursions, sleepovers and other activities planned for this term can go ahead.

The End of Year Graduation Service is scheduled for Wednesday December 8, and the Year 6 Graduation Dinner is planned for Thursday December 2.

Three Way Conversations

Thank you to parents and caregivers who have returned their preferences for the Three Way Conversations to be held next Tuesday and Wednesday. Teachers will provide Zoom invitations for families. I hope this is a valuable time for students, parents and teachers as learning progress and goals are discussed. If you are unable to participate in Three Way Conversations next week please contact your child's teacher so an alternative time can be arranged.



Year 6 graduates

Our Year 6 students have started their final term of primary school, a significant time in their educational journey. I wish God's richest blessings to all our Year 6 students and pray they can finish well.

Australian Lutheran World Service

For a number of years Nhill Lutheran School has supported the work of Australian Lutheran World Service (ALWS). This morning students zoomed with Vicki Gollasch from ALWS who shared a little about what ALWS do to support others, and how we can support ALWS. Over recent years our school has raised funds which have been used for the Gifts of Grace initiative, a catalogue where items such as fresh water, hens, pigs, seeds, school supplies and more, can be purchased to benefit people in need. NLS will again be supporting ALWS. The SRC, led by Miss Lindsay, will drive this and I can't wait to see what we can do to again support ALWS. Families will be receiving a Gifts of Grace catalogue and I encourage you to consider contributing to this.

God bless,

Damon Prenzler



**Australian
Lutheran
World Service**

2022 Term Dates

The 2022 term dates for NLS are listed below. The dates mostly match DET school dates with a few minor changes.

Term 1: January 31 – April 8

Term 2: April 26 – June 24

Term 3: July 11 – September 14

Term 4: October 3 – December 14

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).

For Sale

We currently have a number of computers that we no longer require. They are HP Compaq 8200 Elites and are for sale for \$100 each.

If you are interested in purchasing one of the computers, please contact the front office.



Devotional Thought

What if God were one of us?

Because he himself suffered when he was tempted, he is able to help those who are being tempted (Hebrews 2:18).
Read Hebrews 2:13-18

The author of Hebrews was writing to a people under pressure. The early Christian community was struggling to persevere in the face of persecution. Some were considering turning back to Judaism to escape it. Was Jesus really the Messiah for whom they had waited? Why, then, were his people facing persecution and not victory; why had they been left to suffer by themselves?

What sort of Messiah was he, if not one who would sweep to power and exert his rule by force? The author of Hebrews takes great care to outline his God-ness ('the radiance of God's glory, the exact representation of his being, sustaining all things by his powerful word' Hebrews 1:3). But he doesn't stop there. He reassures that this is no remote King. He is God-come-near – fully God, yes, but fully human as well. He lived a fully human life, a full human experience. And so, he can identify with those he came to live among and serve through his death and resurrection.

He suffered, he was tempted, and he struggled as he faced death. We might immediately think of his temptation during his 40 days in the desert, but the struggle didn't stop when he left the wilderness. After the feeding of the 5000, people wanted to make him a king in their mould. On other occasions, he was challenged to perform signs and miracles so people would believe him. He wept tears when his dear friend Lazarus died. He was moved with compassion for the people of Jerusalem. In the garden of Gethsemane, as he faced death, he sweated blood at the thought of what lay ahead. His humanity was raw and real, and he wants to come alongside us in ours.

Are you suffering today? Maybe with an illness, a broken relationship, a lack of purpose, an unanswered prayer? What are you facing that is almost too much for you and driving you to the point of wanting to give up? Are you tempted to doubt and be discouraged and wonder if it's worth persevering with faith? Do you fear death?

Jesus has been there; he has lived what you have. He became like us 'in every way, in order that he might become a merciful and faithful high priest' (Hebrews 2:17). Because he totally shared our humanity by becoming one of us, he can empathise with our pain and suffering. He wants to walk with us now and carry us home.

Lord, I name the struggles before you which are causing me to doubt. I name the temptations I face to turn away from you and the fears which are real for me today. I let you into the dark places I struggle to show others and ask you to stay with me there as we face them together. Amen.

Worship News

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

Sunday 10th October
Nhill— 11 am
Woorak— 9 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.....

- ♦ Oliver and Chelsea Bone and their family
- ♦ Darcy Borgelt and his 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.

Year 1/2



On Monday the year 1/2 students watched the story "A new house for mouse". It was about a mouse named Sebastian who needed a new house because other animals kept eating his home. The students needed to make Sebastian a new home. They used an apple to represent Sebastian and had to measure to create a new house. I am sure Sebastian would love to live in these homes.



Holiday Improvements

The students were quick to notice the changes to their lunch area over the holidays. The tables look much brighter and there are also extra tables on the lawn area.

Thanks to all of the people who gave up their time over the holidays to help, especially Ms Rutherford and Mrs Mason.



Art Club for Kids

Term 4 Art Club for Kids, Teens and Online at Horsham Regional Art Gallery, is ready to roll out!

Art Club is about exploring, discovering and connecting young artists via 6 weekly sessions, held after school.

Participants in Art Club will explore a variety of art techniques/ideas and is strongly linked to the current exhibitions in the Gallery. Follow this link for bookings/information:

<http://www.horshamtownhall.com.au/exhibitions-whats-on/horsham-regional-art-gallery/kids-schools/>

Art Club Schedule:

Tuesday Oct 19 - Nov 23 for **Kids** (7-11yo) cost \$72

Wednesday Oct 20 - Nov 24 for **Teens** (12-16yo) cost \$72

Online sessions:

Monday Oct 18 - November **Kids** 10-14yo cost \$42 (purchase own materials- list of supplies)

KANIVA PLAYGROUP PRESENTS

The Mik Maks

OCTOBER 9, FROM 11AM
KANIVA SHOWGROUNDS

FREE FACE-PAINTING
KLUFC CANTEN SELLING HOT FOOD AND SNACKS
KANIVA LIONS CLUB BARBECUE
THREE BEANS COFFEE VAN
COLOURING COMPETITION
KANIVA FLOOR AND DECOR BALLOONS
AND MUCH MORE!!

REGISTER ONLINE VIA EVENTBRITE



WORLD EGG DAY

Friday 8th October 2021



Messages of hope

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

10th October It's ok to feel anxious (Anna Doecke)

What's the difference between worry and anxiety and how do we stop being overwhelmed by things we can't control? This week we're talking about worry and anxiety with Anna, a counsellor from Journeez.

17th October Send me an angel (Interview)

It'd be great if depression was purely logical. Follow three simple steps and everything will be okay! Although depression isn't simple, it doesn't mean it's hopeless. Jane shares about her depression and what it took to find motivation again.

24th October The hero servant (Rev David Altus)

Imagine the power you could have to do whatever you wanted. But is that way of life any good for us and is there a better way to live? This week David Altus will share about an experience he had that has helped him in life.

31st October Overwhelmed (Discussion)

Life can be crazy and chaotic at the best of times, even more so when we're in a pandemic. Listen to Anna, Celia and Richard discuss how we can live each day when the future is so uncertain.

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?

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



JOIN WITH FRIENDS PLAY TOGETHER

Join Woolworths Cricket Blast
A safe way to have fun and stay active for kids of all abilities.

JOIN YOUR NEAREST CLUB

[Q Play Cricket](#)

OFFICIAL KIDS PROGRAM



LEARN BALL SKILLS

- Easy to join, fun to play
- Inclusive program for all abilities
- Outdoors non-contact

JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
- Returning Junior Blasters score a Returner Kit with a ball, a backpack + one free add-on.



STARTER KIT



RETURNER KIT

MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!



MASTER BLASTERS KIT

JOIN YOUR NEAREST CLUB

Nhill and District Sporting Club	Starting 6/10/2021 for 10 weeks
Master Blasters Wednesday 4:00-5:30	Tarah Dodds
Junior Blasters Wednesday 4:30-5:30	0438329042

OFFICIAL KIDS PROGRAM



[Q Play Cricket](#)

Strengthening Parent Support Program



What is the Strengthening Parent Support Program (SPSP)?

It is a program for parents and carers of children who have additional needs, a disability or developmental delay.

This parenting support program provides families with opportunities to participate in peer support groups and establish support networks with other families or carers in the local community.

The SPSP program is run by Uniting in Horsham but also reaches communities in the surrounding regional areas. Please contact the co-ordinator Kate Janetzki for further information.

You can also keep up to date by joining our Facebook page;

<https://www.facebook.com/groups/390018412226828>

Support group activities may include a night out at movies and dinner, an informal lunch and chat or seminars/workshops covering a range of helpful and educational topics.

Keep an eye out for our upcoming 'FIND YOUR THING' sessions:

These will be run monthly on a Friday in Horsham and will give us the opportunity to 'Find our new thing!' Maybe your 'thing' will be a new activity that gives you the space to unwind just for you or perhaps it's a fun activity to teach and enjoy with the family.

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Uniting