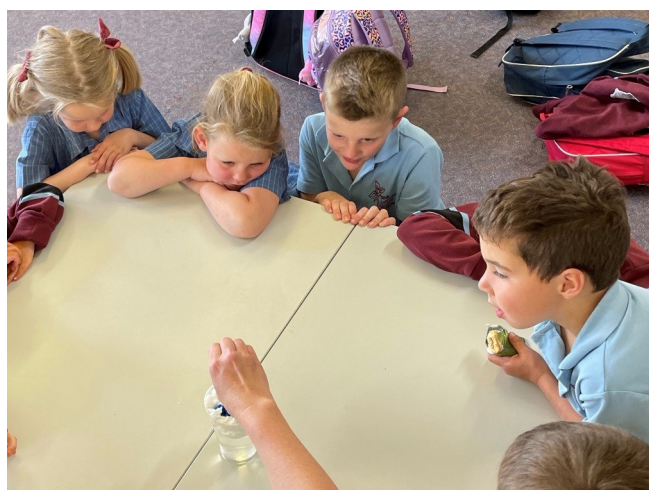


Foundation Science

The Foundation students were astonished in their Science class with Ms Marshman. The experiment allowed them to explore how rain is created in the clouds. When the clouds (shaving cream) got heavy with water (food colouring) it started to rain! Many of the students were excited to try this one at home, so good luck and send Ms Marshman a photo if you give it a go.



Upcoming Dates



OCT	22nd	Orders due for P&F calendars
NOV	2nd	Melbourne Cup public holiday—no school
	4th	Year 2 Sleepover
	12th	F-2 Excursion to Halls Gap Zoo
	18th	P&F Donut day
DEC	1st	P&F meeting

Birthdays

We wish the following student a very happy birthday:

Tom Warner: Sunday 17th
October

happy
birthday



From the Principal

It's been wonderful to see the 3-6 students return to on site learning this week, albeit for two days. This arrangement continues next week with the 3/4 class on site Tuesday and Wednesday, and the 5/6s on site Thursday and Friday.

As you may be aware, all school staff in Victoria have been mandated to be vaccinated for Covid. This mandate also applies to volunteers in the school. First vaccinations are required by October 18 and full vaccination by November 29. We continue to follow the DET Operations Guide when it comes to what we can and cannot do under current Covid related rules. Thank you to the Year 3-6 students for adapting to mask wearing and for being supportive of each other in this. Year 3-6 students must wear a mask while indoors at school, it is encouraged that F-2 students wear a mask. Visitors on site are currently limited to those providing essential school services or operations.

Three Way Conversations

Thank you to all who participated in the Three Way Conversations and I hope you found them beneficial. The initial feedback from students and staff has been positive, and students have shared they enjoyed talking about their learning. Parents and caregivers are welcome to share any thoughts or feedback to your child's teacher, or for the school generally, about the Three Way Conversations.

Wellbeing Room

Over the course of the last term our Wellbeing Room has taken shape and it's a great space for students. The purpose of the Wellbeing Room is to provide a calm space to help students who may need time out of the classroom to regulate, reset and then rejoin their class. The space is also used for learning that occurs one to one or in small groups.

Within this space there are soft furnishings, sensory equipment including a sensory tent and hands-on items such as kinetic sand, connetix and more.

God bless,

Damon Prenzler

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

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.



P & F

The P&F met on Wednesday night via zoom for another short meeting.

Our calendar fundraiser is well underway and running smoothly, full of wonderful art by the students. Don't forget to order by October 22nd.

We are excited to announce we will be having a school donut day on November 18th. Students will have the chance to order donuts for recess or families can order packs to take home. We will also extend this offer to local businesses to purchase donuts as well. Along with being an exciting day for the kids, this is a great opportunity for us adults to learn to cook donuts in a more relaxed environment than a public event. So please also give some thought into helping cook for this event.

As we approach the end of the year we discussed a few end of year arrangements. We are pleased to offer scholarships to be given at the end of year service again, along with providing half of the cost of Year 6 T-shirts, and Foundation and Year 3 Bibles for the start of 2022. A brief chat also

happened around 2022 Welcome BBQ.

Our final meeting for the year will take place on December 1. Fingers crossed we might make this one face to face, otherwise we will zoom again. We would love to see as many people as possible at our last meeting.

Thank you.

Jackie Rethus

Nhill P&F



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)

Wellbeing Room

Thanks to all involved in setting up our Wellbeing room, especially the P & F who donated funds for the sensory tent and Connetix. What a great space for our students.



Devotional Thought

The church doesn't do the bystander effect

Whenever you are able, do good to people who need help (Proverbs 3:27).
Read Proverbs 3:13–35

It was autumn 1992. I was with a fellow uni student standing at the lights ready to cross North Terrace in Adelaide in light rain. The traffic had banked up, and a young man decided not to wait. He rushed out in front of a stationary van and was instantly hit by a motorcyclist. Both went flying in the air. Time seemed to stand still. The lights changed, and people started crossing the road – ignoring what had just happened. My friend and I looked at each other and then dropped our bags and rushed in to help. Both parties had injuries that needed hospitalisation but were non-life-threatening. Later, as I reflected on the situation, I could never understand why the uni student and I were the only people who helped while others just walked by. I now know this is a known psychosocial occurrence called the bystander effect, where individuals are less likely to offer help to a victim when other people are present. But at that moment, where two people were in need, standing by and watching did not seem to gel with my faith!

Read Proverbs 3:27–32.

When I read these passages, I'm reminded of how Martin Luther expounded the Ten Commandments in the Small Catechism. It's something I've always loved about them – how they don't just tell you what not to do but what to do!

For instance, with today's text, the sixth commandment is relevant, do not kill. We are to fear and love God so that we do not hurt our neighbours in any way but help them in all their physical needs. (If you have time, read on with the catechism and tick off which commandments with explanation are covered in this chapter of Proverbs.)

Helping people in need was core to God's people of old. Being a bystander was not an option! Giving aid was core to Jesus' ministry. It was what the early church became known for in the ancient world. It's why God's people invented the first hospitals. It's why we started the first orphanages. It's why we invented Lutheran Care and Lutheran Disability Services! It's why some of our individual churches minister to refugees or the elderly. Caring is what we Christians do! It's in the very fibre of our spiritual being – God cares for us, so we care for others.

God of the Fatherless, God of the infirmed, God of the homeless. You reach out to us with a hand of love and care. Lord Jesus, you reached out both of your hands – and died for us. Lord, we lift up our care organisations. Bless them and their leadership. Holy Spirit, inspire us to reach out to all who need a hand. Me we be known again as the people who care. Amen.

Worship News

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

Sunday 17th October

Nhill— 9 am

Woorak— 11 am

Jeparit— 11 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.....

- ♦ Vidhi Brahmhatt and her family
- ♦ Lanie and Barrett Clark and their 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 Walk

On Thursday the Year 1/2 students went on a walk to Nhill Lake, along the boardwalk and to Jaypex Park. They completed this walk as an entry lesson, exploring their inquiry question: "Which place in the community means the most to us and why?"

Grace: I liked the ducks because they were walking on water.

Tom: I liked the sparkles on the water because it was pretty.

Nelson: I saw the photos of the lake and a wallaby.

Zara: I liked the baby kangaroo and the ducklings because they are cute and interesting.

Sierra: I liked the baby ducklings because they were so cute. I thought the scar tree was interesting because they took the woody bit off.

Lawson: I liked the big pipe / auger because it sucked up 50% of the lake.





Savannah: I liked the duck because it is so cute. The bat house was interesting because it was long,

Darcy: I liked the wallabies because they had babies.

Esther: I liked the baby kangaroo because it was cute.

Harry: I liked the bat boxes because the boxes were different to the other boxes.

Oakley: I liked the wallabies because I saw them hop.

James: I saw a wallaby and the bird house.

Olivia: I like ducklings because they are so so so cute. I thought it was interesting because they are relaxing.

Michael: I liked the bat house because it is long.

Vidhi: I like the sparkles on the water because it sparkles so bright.

Cooper: I liked the ducks because they walked on water.



Sophie B: I liked the bat box because I have not seen one before.

Clayton: The wallabies were interesting because they had a joey.

Sophie M: I liked the ducks and ducklings because they were so cute. The ducklings were interesting because they were away from their mother.

Mia: I liked the wallabies because they are cute.

Helena: I love the baby ducks and they are cute and funny and away from their mum. There were 5 ducks.



Stephanie Alexander



This week was the perfect time for the Foundation and Year 1/2 classes to prepare food using the vegetables grown in the garden at school. They harvested cabbage, onion and silverbeet, which were used in Jamaican Steamed Cabbage recipe Delicious and nutritious.



Welcome back

The Year 3/4 and 5/6 classes were welcomed back this week and enjoyed catching up with their friends.



Happy 30th Miss Attiwill

It was a Harry Potter themed birthday for Miss Attiwill on Thursday as the staff wished her a very happy day.



Messages of hope

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

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

How to manage stress caused by exams and upcoming events



If your child is a seasoned worrier, you will know how difficult living on high alert can be. Constantly irritated, often anxious and occasionally withdrawn, worriers are in a never-ending state of fight, flight or even freeze.

An upcoming exam or a nerve-racking event can trigger a flight-or-fight response, flooding the body with cortisol and adrenaline. This response, designed to power up the body to face real threats, helped keep our hunter-gatherer ancestors safe. Unfortunately, the part of the brain responsible for keeping us alert can't tell the difference between a woolly mammoth and an upcoming exam. Both are seen as threats, so the body responds the same. Fortunately, we have an inbuilt relaxation response that can help counteract this stress. Here are some ways your child can regulate stress and anxiety rather than live in a constant state of high alert.

Practise belly breathing

Taking several deep belly breaths is probably the quickest way to engage the body's relaxation response. Teach your child or young person to breathe in through the nose to the count of five and out through the mouth to the count of seven. Encourage them to repeat this simple exercise a number of times to switch on the relaxation response. Anchoring belly breathing to regular events such as the start of breakfast or family mealtimes can embed deep breathing into daily life. Make this a part of your child's regular routine to develop a wonderful stress beating habit.

Lift their gaze to the horizon

Next time your child is stressed out suggest that they go out the front of where you live and look down the end of the street. Long distance viewing sends a message to the nervous system that they are safe, signalling to the relaxation response to take over. If a child or young person is stuck at a desk, they can lift their gaze to the horizon and move their head from side to side to achieve a similar effect. It's worth remembering that many positive wellbeing habits are physical in nature, a throw back to the times when people spent most of their time in natural environments.

Splash in some cold water

Hardy types who've added ocean swimming to their daily routines know just how invigorating cold water can be. Your child doesn't have to become an iceberg to experience the stress beating benefits that cold water can bring. Plunging their face in cold water for 10 seconds, turning on the cold water at the end of the shower or holding an icepack to the right side of the neck can achieve the same effect. Their body will be flooded with feel-good endorphins taking their worries away. Cold water use has the advantage of stimulating the vagus nerve, making it easier and simpler for kids to move to relaxation mode in the long term.

Contact family or a friend

A warm chat with a friend, a fun family board game or karaoke dance party will move your child into relaxation mode, away from high alert. While extroverts will naturally connect with others, introverts and shy types may need some parental encouragement to engage with others.

Do something they love

Ensure your child or young person does something fun and enjoyable every day. Play, hobbies, games – anything that's not screen-based that your child or young person enjoys brings down cortisol levels.

In closing

Regulating stress and anxiety in the body gets stronger and more responsive with practice. Knowing how to support the parasympathetic nervous system is a wonderful strategy to place in a child's or young person's wellbeing toolkit.



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



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JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 8+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
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STARTER KIT



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AGES 7-10 | 90 MINS | 8+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
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MASTER BLASTERS KIT

JOIN YOUR NEAREST CLUB

Nhill and District Sporting Club

Master Blasters Wednesday 4:00-5:30

Junior Blasters Wednesday 4:30-5:30

Starting 6/10/2021 for 10 weeks

Tarah Dodds

0438329042