

Foundation Music

Foundation students were inspired to keep the beat by some African drumming this week in their Music class.



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

Bursaries for 2022

A letter will soon be distributed to families regarding bursaries for 2022. Applications are confidential and are to be returned by Friday December 3.

Gifts of Grace

Gifts of Grace catalogues from Australian Lutheran World Service were sent home with students today.

Please consider supporting this worthy cause.

More information can be found in this newsletter and at www.alws.org.au

From the Principal

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Today is a special day! It's the first day since the sixth week of Term Three that all classes have been on site. Let's hope it remains this way for the remainder of the year. I wish to acknowledge the adaptability and resilience of all students during this disruptive time, especially the Year 3-6 students as they have transitioned in and out of remote learning during this term.

The school continues to follow the DET Operations Guide to determine what we can and can't do. I expect with restrictions easing due to vaccination targets being reached, that an updated guide will soon be released. Currently, all staff are required to be vaccinated, and visitors on site are limited to essential school services and operations. Year 3-6 students are to wear a face mask when inside and if travelling on a school bus. If there are any changes you will be informed.

Book Week Dress Up and Activity Day

Next Friday we will be holding our Book Week Dress Up and Activity Day, postponed from Term Three. Students may come to school dressed as their favourite book character, or fitting with the theme of Old Worlds, New Worlds, Other Worlds.

Snake Safety

We have had a couple of unwanted slippery visitors to school over the last week. Two snakes have been captured and removed and thank you to Scott the snake catcher for helping us. The students have been reminded about snake safe behaviour. When a snake is on site the safety of students is paramount. Our emergency procedures are implemented and students are safely locked down until the risk is removed.

2022 Foundation students

We are waiting to see if it is possible for our 2022 Foundation students to visit the school for

orientation visits. Hopefully they can as these visits are beneficial for the incoming students to become familiar with the school, and we get to know the children, too. Next week, Miss Attiwill, will visit the Kinder to meet the future Foundies, and to speak with Kinder staff.

World Teacher's Day

Next Friday, October 29, is World Teacher's Day. I am grateful for the dedicated team of teachers from Nhill Lutheran School, and sincerely thank them for their efforts in teaching and caring for their students. Teachers have had to adapt many parts of their teaching practice during Covid and it's been a challenging time.

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

Please note that the last week in June for 2022 is not a PD week for staff. Staff PD days have been spread across the school year.

P & F Calendars

P & F Calendar orders were due in today.

If you forgot to send yours in, please send them in on Monday.

If you have misplaced your order form, please contact the front office.

Devotional Thought

'Because of me.....'

You will be hated by everyone because of me, but the one who stands firm to the end will be saved (Matthew 10:22).

Read Matthew 10:16–25

Have you noticed a theme developing in this week's readings? God sends his people out as his messengers to face difficulties and challenges in a hostile world that will oppose and persecute them. Moses, Jeremiah, James and John – whether they each knew it or not, there was hardship ahead. And today, we hear Jesus sending out the twelve disciples 'like sheep among wolves' to be hated, persecuted, betrayed, arrested, set on trial, flogged, and even martyred. After all, the pupil follows the teacher, and this is exactly what happened to Jesus.

The whole of Matthew 10 is challenging reading. Jesus addresses the twelve, but it's pretty clear that the opposition and difficulties he describes aren't just for those sent as apostles and missionaries. It's for anyone who is a follower of Christ, a disciple of the teacher. Every one of us who are joined to Christ, and carry the Spirit of God within us, is already a foreigner in a strange land. We are a holy people, set apart, and so unwelcome in a world turned against God. It's no different if we are public proclaimers or everyday Christians living out our faith in our everyday lives. 'Jesus is Lord' remains an incendiary declaration – whether in Roman times or today's world.

What is your own experience with this? How are you received in a public setting when you say you are a Christian? What's the reaction when you say you go to church? It's easy to feel embattled and fearful or else aggressive and militant. But Jesus doesn't offer either of those reactions. Instead, he calls us to keep engaging, to stay there in the hostile world that he so loves, being his people. Not to worry about finding the right thing to say because 'the Spirit of your Father' will give you the words. Keep engaging, keep loving, keep giving ourselves – just as our Master did. Stand in his strength and love with his love.

'Finally, be strong in the Lord and in his mighty power ... so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then.'

Lord Jesus, my faithfulness to you is so easily intimidated by the hostility of today's world. Help me, Master. Renew in me your Spirit of power, love and self-control. Stand me firm in you. Amen.

Worship News

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

Sunday 24th October

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.....

- ◆ Cooper and Abby Cramer and their family
- ◆ Harper Crouch 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, \$493.20 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

Year 4 Pen Licences

The Grade 4 students have been diligently working towards their pen licence throughout the year. We congratulate Annabella, Chelsea, Imogen, Matilda, Savior and Trinity on receiving this prestigious award. In order to get their licence, they need to display fluent and neat cursive handwriting. They will be allowed to use a pen with their learning from now on.



Year 3/4 Spelling Belts

The Grade 3/4 class have been learning extremely well during remote learning. They have all completed their Grey Karate



Spelling Belts. They earn a sticker for spelling the focus word correctly and have got less than 4 words wrong. Congratulations to all Grade 3/4 students!



COVID has kept us too far apart ...

... this Christmas, ALWS **Gifts of Grace** can help you come close again. Choose from 21 gifts based on the words of Jesus in Matthew 25:

- **5 gifts under \$10**
(perfect for kids)
- **Packs of 7 Grace Cards**
(recycled from unused cards)
- **FREE African fabric mask**
(for first 500 orders)

Your **Gifts of Grace** help those the world has forgotten. Friends and family know you care. Your Christmas kindness helps love come to life!

ORDER NOW!
1300 763 407
* alws.org.au/grace

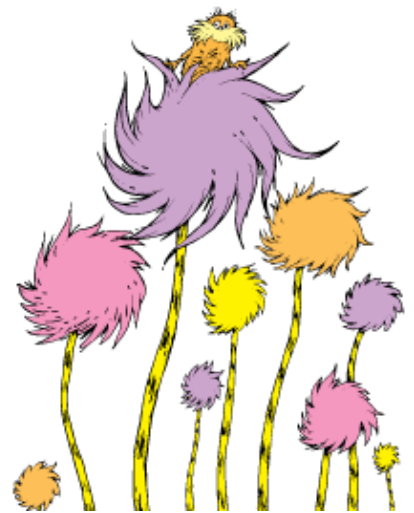




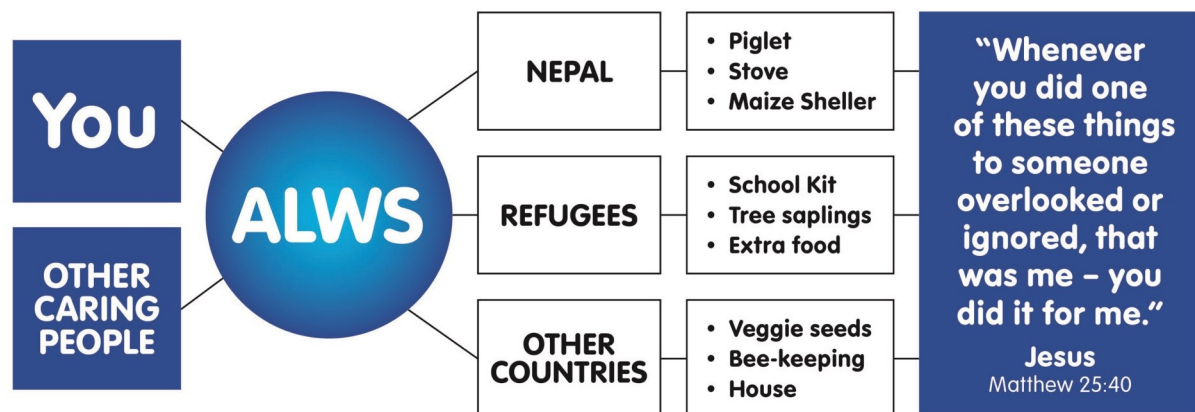
The Lorax

The Foundation students loved their focus text of The Lorax in Library and Technology! They used different blocks, shapes, pom poms and Lego to construct truffula trees 🌳

This learning also extended to imaginative play, and creating families of Loraxes.



HOW YOUR GIFTS OF GRACE shine!



Messages of hope

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

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.

7th November Surviving Tough Times (Discussion)

When things are going wrong we often ask why me? And when the tough times seem to just keep coming, how do we make sense of it? How do we cope when life gets tough?

14th November Fighting Fires (Interview)

Bushfires can be devastating. Even when you're well prepared, they have a way of surprising you! Hear stories of what it's like to survive a catastrophic bushfire. How do those on the fire ground make sense of a natural disaster like a bushfire?

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

Helping your family manage uncertainty



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

NHILL BASKETBALL

MONDAY SECONDARY-
GIRLS/MIXED AND BOYS/MIXED
COMBINATION COMP.

TUESDAY PRIMARY-
BOYS AND GIRLS

REGISTRATIONS OPEN NOW.

click on the link attached to register by October 29:-
<https://www.playhq.com/basketball-victoria/org/nhill-basketball-association/73aa7c1d/register>

For health care card holders
<https://www.getactive.vic.gov.au/vouchers/>

\$52. plus \$10 singlet deposit paid in cash and refunded on return of singlet.