

## Student of the week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation: Harper

Year 1/2: Mia & Michael

Year 3/4: Harper & Savior

Year 5/6: Sean



## Upcoming Dates



NOV	12th	Kinder Visit 1
	12th	F-2 Excursion to Halls Gap Zoo
	18th	P&F Donut day
	19th	Kinder Visit 2
	26th	Kinder Visit 3
	30th	School Concert "When I Grow Up"
DEC	1st	P&F meeting

## Jeffrey the Bear



Congratulations to Mia for being awarded Jeffrey the Bear today.

## Birthdays

We wish the following student a very happy birthday:

Harrison Jupp: Tuesday 2nd November

Also a happy belated birthday to:

Mrs Mason: Saturday 30th October



## From the Principal

### Kinder Visits

Kinder orientation visits are happening over the next three Fridays. We very much look forward to welcoming our incoming Foundation students and getting to know them.

### Chapels and Assemblies

All students and staff can again assemble for chapels and assemblies. This morning the Year 5/6 class led chapel focussing on the two stories of Jesus raising a dead girl (Matthew 9) and the story of Daniel and the Lion's Den. In both stories God's power and love are evident. Next Friday the F-2 students are holding their excursion to Halls Gap Zoo, so the 3/4 class are leading chapel on Thursday morning instead.

At assembly this afternoon, Mia Grover was awarded Jeffrey Bear for following our five schools rules: safety, communication, fair play, learning and property. Well done Mia. Also presented with a certificate at assembly was Miss Attiwill for being accredited as a teacher in accordance with the Lutheran Church of Australia Staffing policy for Lutheran Schools. Teachers in Lutheran Schools are expected to complete Connect and Equip training to build their understandings of Lutheran theology and Christian Studies.

### Looking ahead

The remainder of this term is filling up with various activities and events. Please take note of the calendar and any notices that are sent home. Planning for some activities is proving tricky as we navigate Covid related rules and regulations that apply to schools and other parts of the community, and I thank members of our school community for their patience and understanding. All Victorian schools follow the DET Operations Guidelines. Currently, visitors to the school must comply with vaccination requirements, density limits, face mask requirements, and QR code check-

ins. Visitors and volunteers are to be fully vaccinated by November 29.

May God bless your week,

Damon Prenzler

## 2022 School Fees

The fee structure for 2022 is listed below. There is no increase to the Composite Fee, with a small increase for tuition fees. The Composite Fee covers costs for excursions, incursions, swimming lessons and other expenses, meaning the school does not need to regularly ask families for payments during the year. Students enrolled in Foundation automatically receive a fee remission for the Term 1 tuition fee.

Child 1	\$1460.00 per year
Child 2	\$1241.00 per year
Child 3	\$1241.00 per year
Child 4	No Charge

Composite Fee per child: \$250.00 per year

Fee assistance is available to current Nhill Lutheran families who may be experiencing financial hardship. Families requiring assistance are asked to complete a fee assistance form which outlines the procedures to follow in order to request assistance. These forms will be sent to school families upon request. All requests are treated as confidential and will be left to the discretion of the Principal and/or Business Manager. Families will be notified by the start of the year if they have been successful in securing a bursary. We realise that financial situations change and fluctuate, therefore bursaries are reviewed and offered on an annual basis.

## Devotional Thought

### How did God show his love for us?

This is love: not that we loved God, but that he loved us (1 John 4:10).

[Read 1 John 4:7-21](#)

Notice how much John uses the word 'love' in this passage. In fact, he tells us that 'God is love'. Love is not an optional extra for us as followers of Jesus. If we have been made children of God through our baptism, we should take after our Heavenly Father. Thus, we should love. John points out here, we love because God first loved us. God sent his one and only Son to die for us – to be our Lord and Saviour. His initiative, his plan, and he did all the work – because he loves us.

Thus, when we look at ourselves, do we see this life of love that we are reading about here? I find I have a long way to go, and I need my loving, patient Father to do more work on me. I need to daily go back to my baptism, receive his forgiveness. I need the regular reminder of all that Christ has done for me: I need to hear his word, and I need to partake in his supper.

Sometimes, the evil one can take passages like this and cause you to despair – how far you are from being that loving person you should be. However, don't forget the good news here. God first loved you and sent his Son for you – surrender all and put your trust in him, as he will do a good work in you.

***Merciful Father, forgive me and soften my hard heart. Let me better see those around me as you see them. I do so desire that your love flows through me to those around me. Thank you that you first loved me and that you sent Jesus to die for my sins. Help me to be your child. Amen.***



## Worship News

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

Sunday 7th November

Nhill— 9 am

Woorak— 9 am

Jeparit— 11 am



Register (before Fri 9am) via the Parish Office: [nhillpar2@bigpond.com](mailto: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](http://NhillLutheranParishOnline.com)

## Prayer of the Week

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

- ♦ Mia Grover and her family
- ♦ Imogen and Savannah Hedt 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, \$494.20 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.



## Peace Posters

Congratulations to Eden for her Peace Poster award from the Lions Club.

Honourable mentions were also awarded to Abdullah, Lanie and Shilah.

All of the Peace Posters from the local schools are currently being exhibited at Gallery Central.



Eden



Shilah



Lanie



Abdullah

## Bursaries for 2022

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



# 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](https://alws.org.au/grace)

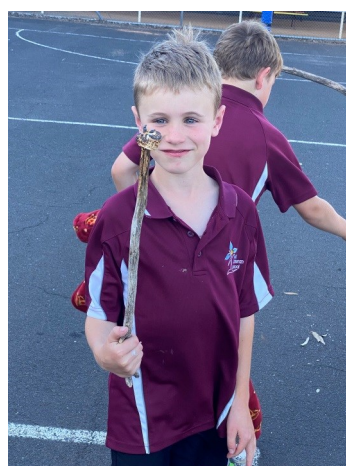




## Year 2 Sleepover

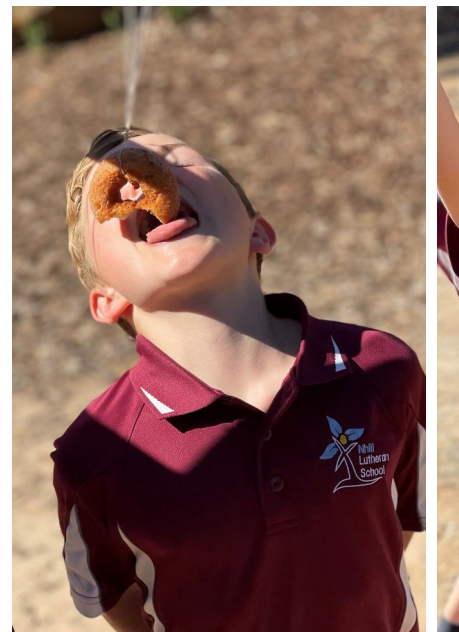
There were some very excited Year 2 students at school on Thursday. They couldn't wait for school to end and the Sleepover to begin.

As you can see, there was lots of fun to be had.



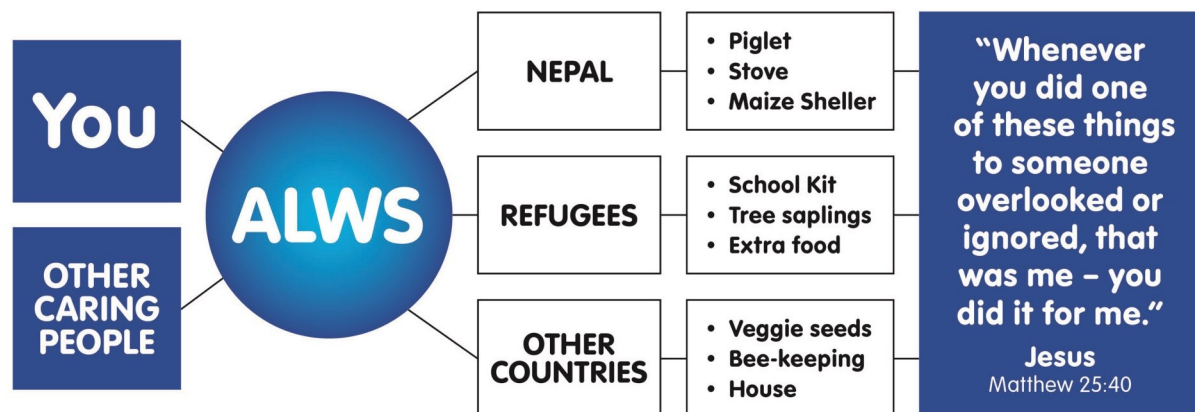
FUN







## 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](https://messagesofhope.org.au).

### 7<sup>th</sup> 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?

### 14<sup>th</sup> 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?

### 21<sup>st</sup> November Dealing with Stress (Interview)

Life seems to be going 100 miles an hour, people all around us seem to be suffering from burnout and stress. This isn't something new. But what is it that causes us to feel like it's all just getting too much, and what helps us cope?

### 28<sup>th</sup> November Letting Go Of Control (Round Table)

Life can be crazy and chaotic at the best of times, even more so when we're in a pandemic. Hear 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](https://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

### Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as ‘quarantine myopia’. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there’s emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers’ sight healthy and in optimum condition.

#### Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

#### Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

#### Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.



## Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

## Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

## Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).

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

[parentingideas.com.au](http://parentingideas.com.au)



## HEAD LICE ALERT

PLEASE CHECK YOUR CHILD'S HAIR TONIGHT!!

### TO CHECK

Check the scalp for insects or eggs.  
Use a fine-tooth comb on wet hair then comb through the hair in sections looking for eggs or lice, repeat over a few days.

### TO TREAT

Wet the hair and scalp with conditioner or use chemical shampoo/ lotion (containing insecticide) - this will kill the lice and eggs. Using a fine metal comb, or special head lice comb you can get from a chemist, go through the hair in sections to comb the lice and eggs out.

*Always re-treat 7-10 days after the first treatment, to kill any head lice that may have hatched from eggs that survived the first treatment.*

### TIPS

- ✓ Check and treat the hair every night
- ✓ Please tie up long hair for school
- ✓ If your child has head lice please check everyone in the family home
- ✓ Do not share hairbrushes, towels, hats/ scarves etc.





**Safe Seats  
Safe Kids**

**IS YOUR CHILD  
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT  
FITTINGS & SAFETY CHECKS**



**Nhill Learning Centre together with  
the Hindmarsh Shire Council invites  
local parents and carers to book in  
for a free child car restraint fitting or  
safety check!**

**WHERE** Bongiorno's Car Park, Victoria Street, Nhill

**WHEN** Saturday 20 November 2021 between 9am – 1pm

**HOW** Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through:

<https://safeseatssafekids.com.au/venues-mec/>

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments

**WHY** 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe. For more information about the program, please visit [kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program](https://kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program)

These events are hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.