

Student of the week

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

Foundation: Matilda

Year 1/2: Esther, Lawson & Sophie M

Year 3/4: Imogen, Moosa & Trinity

Year 5/6: Oliver



Upcoming Dates



NOV	26th	Kinder Visit 3
	30th	School Concert "When I Grow Up"
DEC	1st	P&F meeting
	2nd	Year 6 Graduation Dinner
	3rd	SRC Dress up day and BBQ
	10th	Last day of school SRC Casual dress day

Jeffrey the Bear

Congratulations to Abdullah for being awarded Jeffrey the Bear on Friday.



Birthdays

We wish the following student a very happy birthday:

Cooper Cramer: Tuesday
23rd November



From the Principal

The students are to be commended for their efforts over the last few weeks. A consistent message given to our students has been to 'finish strong', to continue trying their best in their learning, following our school rules, be kind and so on.

Today in Chapel the Year 1/2 class shared the story of Samson, a man gifted with strength and loyalty to his God. Next week Pastor Carl will lead Chapel with a focus on the commencement of the Advent season.

Kinder Visits

Our 2022 Foundies held their second orientation visit today, and spent time with their older buddies. Next Friday they visit again, this time for the whole day. Parents/caregivers and future Foundies are also having visits to the school, spending time with myself and Miss Attiwill. On Wednesday an information session for 2022 Foundation families is being held at 7pm, and will be a time to share information about starting 'big school'.

Donuts

The smell of donuts wafted through the school on Thursday, as the Parents and Friends made over 1000 donuts for students, families and members of the community. This is a wonderful fundraising activity that the P&F have been known for quite some time. Thank you P&F!

Looking ahead

The calendar for the last few weeks of school is quite filled. Please keep an eye out for any messages or notes about different activities. Coming up we have the 5/6 sleepover and activities, concert, end of year activities, graduation and more.

With restrictions easing throughout Victoria, I expect an updated school operations guide will be released soon. This will again inform us of what we can do and how, following health directives.

Student progress reports will be sent home during the last week of term.

As we enter the last few weeks of another school year, we keep in our prayers the Year 6 students who will soon be graduating. God's richest blessings to Lanie, Oliver, Frazer, Sean and Abdullah.

School Board

This week the School Board met on Tuesday for the last time for 2021. The School Board provide significant support for the school in many ways, and I thank them for their contribution to Nhill Lutheran School. Thank you to Chair Matt Miller, Vice-Chair Darryn Rethus, Janine Grover, Casey Hiscock, Michelle Pipkorn, Andrea Cross, consultants Garry Wallace, Pastor Carl Thiele, and minute secretary Karen Koning.

Next week is the final week of the church year. The first Sunday of Advent, November 28, commences a new church year.

May God bless your week,

Damon Prenzler

SRC

To celebrate our learning and the near completion of Term 4, the SRC are organising a fundraiser, by cooking sausages for lunch on Friday 3rd December.

The cost per sausage is \$2.

They are also having a dress up theme 'Funky Clothes and Crazy Hair'.

The SRC have organised a school disco and other games to be played at lunch time. There will be prizes to be won.

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.

Devotional Thought

Jesus provides courage and hope

Look! There is the Christ! (Matthew 24:23a)
Read Matthew 24:15–28

I guess some who read this passage would say: yep, the end times are here! Wars! More violent storms! Earthquakes occur regularly! COVID continues to wreak havoc. Repent and be saved!

Except, that is not what this passage is talking about. It can only be understood (and through a lens darkly!) when read in context – that is, the whole chapter (if not the preceding and following chapters).

Basically, the beginning of chapter 24 is similar to the Mark passage from Sunday. Jesus talks about the temple being destroyed. Then he reassures us in verse 14 that the good news will be preached in all the world, to every nation. If we then jump to verse 36, Jesus says, 'No-one knows the day or time. Only the Father'.

So, basically, wars, earthquakes, cyclones and COVID are all distractions, inviting us to take our eyes off Jesus and get caught up in (conspiracy) theories rather than focusing on the good news. Namely, Jesus died and rose again for us, God is in control, and we can trust in the Holy Spirit to enable and encourage us.

Even if we feel paralysed by all that is happening in the world at the moment, Jesus calls us out of that paralysis: to life, to see the Christ and to live in peace. In John 16:33, Jesus says, 'I told you these things so that you can have peace in me. In this world, you will have trouble, but be brave! I have defeated the world'.

Would you rather live in fear and uncertainty, with confusion and hopelessness, or is it wiser and gentler to look at Christ, allow his peace, grace and forgiveness to accompany your doubts and hand them over to him?
Jesus provides courage and hope in troubling times. Trust in him.

We thank you, Lord Jesus, that you have conquered the world. Help us rest in that knowledge, relax into your arms and be reassured by your loving embrace. Amen.

Worship News

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

Sunday 28th November
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.....

- ♦ Grace Jensz and her family
- ♦ Harrison and Mckenzie Jupp 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, \$506.40 has been generously received from Chapel offerings. Thank you for blessing our sister school in Myanmar.

P & F

This week has been a busy week for the P&F.

On Monday the 2022 Calendars arrived. They feature art work by the students. We have been working on them all term. The calendars turned out better than expected and have been well received by families. If you missed out on a calendar or would like more, we have spares available at the office: \$20 each or \$15 each for multiple. If you would like to check out the calendars, there is one on display at the office. Thank you to everyone who purchased calendars and supported this fundraiser.

Thank you also to those who helped with the calendars including packing them to go home. Special thanks to Alicia Alexander for the hours of work she put into the calendar, Michelle Woodward for her amazing group artworks and Karen Koning for coordinating the student artwork for us. This calendar has been a great link between school and home and a great way to bring everyone back together after 2 long years of restrictions.

Yesterday was donut day, and what a busy and enjoyable day it was! We sold and cooked donuts for our school community as well as the wider Nhill community, through many local businesses who purchased donuts. We managed to sell and cook over 1100 of our famous cinnamon donuts for the day. The students enjoyed a donut over lunch, while local businesses enjoyed a special morning tea, and many families have snacks for days. I did hear a bit of talk about harvest snacks from farmers, yum! Thank you to everyone who supported this fundraiser by purchasing donuts.

A huge thank you to everyone who volunteered their time to make donut day possible, 1100 donuts is a huge job!! So from collating orders, cleaning the kitchen, cooking, bagging and delivering donuts there was a lot to do and this day wouldn't have been possible without your help. Alicia, Lauren, Bianca, Erin, Casey and Karen, thank you. A special massive thanks to Jamie-Lee Jupp and Maree Moll for coordinating the event. It

was a huge job and we really appreciate it.

To add to the joy of the day we ran a colouring competition with a 3 pack of donuts to be won in each classroom. So many beautiful donut pictures were created and the winners were:

Foundation - Lexie

Year 1/2—Clayton

Year 3/4—Harper C

Year 5/6—Shilah

It has been awesome to finally raise funds for the school again after so many Covid restrictions. I can't wait to see what resources we are able to provide the school in 2022 with the funds raised this week.

Thank you to everyone who supports the P&F through volunteering, attending meeting and offering words of encouragement. Our final meeting will be December 1 at 8pm and it will be a face to face meeting at the school and everyone is welcome to attend. We love new faces at meetings.

If you have any questions or enquires about P&F, please feel free to contact me anytime on 0491707699 .

Jackie Rethus
NLS P & F



F-2 Halls Gap Zoo Excursion

What was your favourite part of the zoo?

Harry: The ostrich was my favourite animal because his name was James.

Lawson: I loved the goats because they made funny noises.

Darcy: The peacocks were really cool because they were colourful.

Oakley: I loved everything about the zoo.

Olivia: The bus ride there and back was fun. My favourite animal was the giraffes.

Esther: The baby guinea pigs were really cute.

Sophie M and Mia: We loved the red pandas the best. We got to see them being fed.

Savannah: The hairy Highland cows with the big horns were really cool.

Sophie B: My favourite was the dingoes because they had babies and we got



Kinder Visits

We were pleased to welcome back the 2022 Foundation students. This time the students spent the whole morning at school, including special time with their buddies.



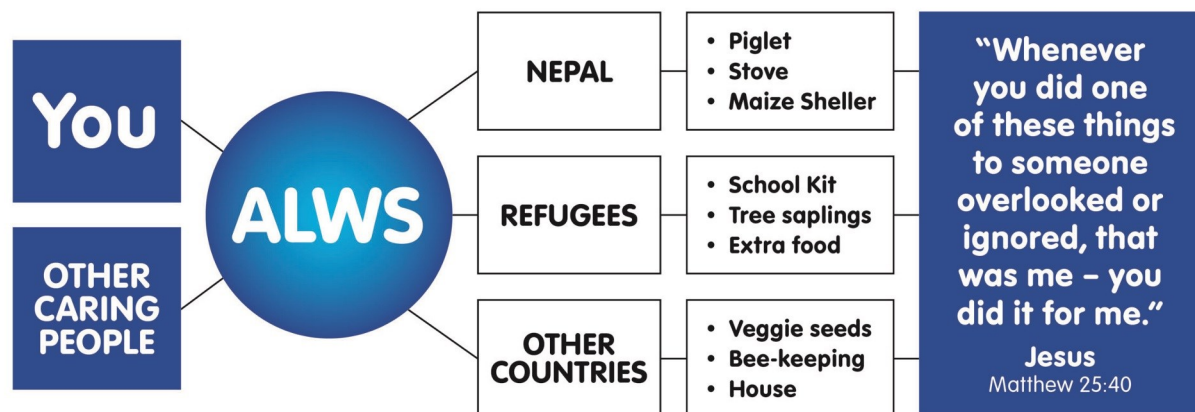
P & F Calendars

Did you miss out on ordering a 2022 Calendar in the P & F fundraiser?

If this is the case, contact the school or the P & F (pandf.nls@gmail.com), as there are spare calendars available.



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.

21st 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?

28th 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.

5th December Finding Connection (Interview)

There are times when the pieces of our life don't seem to be fitting together as they should. Hear Nancy struggle through the stress of juggling life's challenges and the impact of feeling disconnected.

12th December Surviving Family Life (Interview)

How do you find the small blessings when you're just not coping? Hear Amy share what she discovered as a family in isolation during lock-down.

19th December Story of Carols (Richard and Celia)

Christmas time is so well known for it's carols but why do we actually sing Christmas carols? Richard & Celia share messages, meaning and memories of some beloved carols.

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

Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have such a positive impact on those around you.

Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely ever gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au

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

parentingideas.com.au



Sensitive Santa

for families with special needs

Tuesday, 7th December, 2021 from 6pm

Quiet setting, low key session, photo's available,
No waiting in queues, pre-booked 5 minute time slots

Bookings essential

Phone 03 5382 0912 manager@horshamplaza.com.au

The SRC present....

**Funky Clothes
and Crazy Hair
Friday 3rd
December**



**School Disco and
activities –
Multipurpose Room @
Lunch time**

Sausage Sizzle – \$2 per
sausage and orders due
Friday 26th November

