

## Year 6 Graduation Dinner

What a wonderful evening to celebrate the graduation of our Year 6 students.

The evening included a delicious meal, speeches by students and staff, gifts and shared memories of the past seven years.

A huge thank you to Miss Morrison for organising the evening. Also to Janine Grover and her P & F team, who ably provided a lovely three course meal.

Thank you to the family members who attended with the students. We hope you enjoyed the evening as much as we did.

Finally, thank you to our graduating students: Abdullah, Sean, Oliver, Frazer and Lanie.

We wish you God's richest blessings as you continue your education in a new environment.



## Upcoming Dates



DEC	8th	End of Year Graduation service
	10th	Last day of school SRC Casual dress day
JAN 2022	30th	Education Sunday—Nhill Lutheran Parish
	31st	First day of school
Feb	11th	Welcome BBQ

## P & F

The P&F would like to extend help and support to anyone in need during this current COVID environment. If you are in need please contact the school and help will be arranged. We can arrange meals, food drops, or a friendly ear to talk to.

## Birthdays

We wish the following students a very happy birthday:

Lanie Clark: Tuesday 30th November

Michael Merrett: Tuesday 7th December

And also Mr Prenzler: 7th December



## From the Principal

As we head towards the end of the 2021 school year, I wish to say a huge thank you to families, staff, members of our school community, and especially our students. 2021 has presented many challenges for schools, and over the last week or two we have certainly been challenged with the presence of Covid in Nhill. Thank you to all impacted by Covid in the community, the school closure on Monday, testing and isolating requirements and more. The support, care and encouragement shared between members of our school community has been amazing.

### Graduation Dinner

Last night the Year 6 Graduates, their special invited guests and staff shared a graduation dinner at school. This time in the educational journey of our Year 6 students is significant as they conclude their primary school years and commence their high school journey. Many people helped to make the dinner possible and thank you to the many helpers. A special mention to Janine Grover for coordinating the meals, and to Miss Morrison for her efforts. Next Wednesday, at the end of year graduation service, we will officially farewell our graduates. God's richest blessings to Abdullah, Oliver, Lanie, Sean and Frazer.

### End of year

The last day of school for Nhill Lutheran School is Friday December 10, finishing at the usual time of 3.15pm.

Next week we are holding our Transition Day on Tuesday where students spend time with their 2022 teachers and classes.

On Wednesday morning, starting at 9.15am, we are holding our end of year graduation service. This will be filmed via Zoom for those who wish to view it live and a link will be emailed to families. The service will be recorded on Zoom. Please let the school know if you wish to receive a recording.

## Advent

The Christian Church is now in the season of Advent and counting down the days to the birth of Jesus. This morning the chapel, led by Miss Noll's Foundation class, shared the Christmas story with the school. It is always an exciting time to remember the wonderful gift of Jesus!

May God bless your week,

Damon Prenzler



## Jeffrey the Bear

Congratulations to Mia who gets to keep Jeffrey the bear. Mia's name was drawn out so she can now give Jeffrey a new home.



## Devotional Thought

### Be prepared

As it is written in the book of Isaiah the prophet: 'A voice of one calling in the wilderness, "Prepare the way for the Lord, make straight paths for him"' (Luke 3:4).

Read Luke 3:1-6

My friend once described herself as an 'event cleaner'. This means someone who really gets stuck into a thorough clean just before the guests arrive. I had to smile because I identify with that. When I know someone special is coming over, I put in extra effort to make my place look as good as it can. The rest of the time, things seem to accumulate. Other things take priority, or I get busy or tired.

There are times when my spiritual life gets a little messy too. Things accumulate and weigh me down. I hold on to past hurts longer than I should before offering forgiveness. I allow 'stuff' to make demands on my time and focus. But if I knew that Jesus was coming today ...

John said it plain and straight. 'Prepare the way for the Lord; make straight paths for him.' There is urgency in his voice as he implored those who came to hear to repent and be ready with open ears and hearts to receive Jesus. He earnestly desired people to position themselves to see and receive God's salvation.

God's desire is for us to live in the restored relationship that Jesus paid for. What 'things' might need clearing away today as we prepare the way for the Lord?

***Dear God, please reveal the things I need to clear from my life. Help me to deal with them. Thank you for your love and mercy. In Jesus' name, I pray, Amen.***



## Worship News

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

Sunday 5th December

Nhill— 9 am

Woorak— 9 am

Jeparit— 11 am



Register (before Thurs 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.....

- ◆ Our Year 6 students: Abdullah, Oliver, Lanie, Sean and Frazer and their families

## 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.



## ICAS Awards

ICAS Competitions and Assessments are online competitions and are offered for English, Writing, Spelling, Mathematics, Science and Digital Technologies.

Congratulations to Moosa, Abdullah and Trinity who gained the following achievements:

**English:** Moosa—Distinction

Abdullah—Merit

**Mathematics:** Moosa—Merit

Abdullah—Credit

**Science:** Trinity—Credit

**Spelling:** Moosa—Distinction

**Writing:** Moosa—Credit

Abdullah—Credit

## Student of the week

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

Foundation: Logan

Year 1/2: Helena & James

Year 3/4: Matilda P & Nathan

Year 5/6: Abdullah



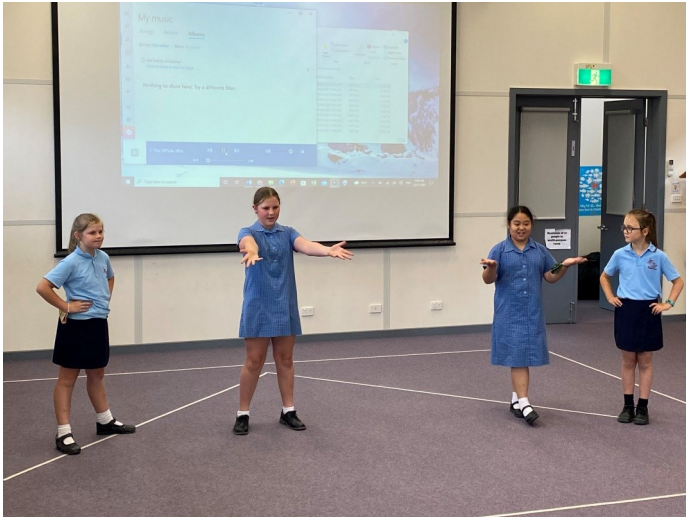
 Well done!



## School Concert

Well done NLS students! Even though the concert didn't go as planned, it was amazing to see the excitement on student's faces during rehearsals. Everyone did a fantastic job learning lines, songs and dances and dressing up in character. So much talent!

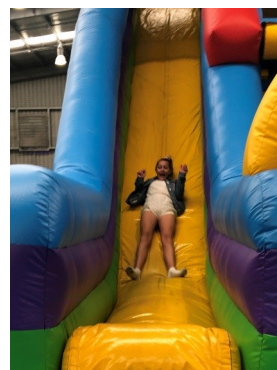
From Ms Marshman







## Year 5/6 Sleepover and Excursion





## SRC Funky Clothes and Crazy Hair Day





## SRC

The SRC would like to thank everyone for their participation in today's activities, especially everyone's cool dance moves. You all looked marvellous and it was great to see us all celebrating the final days of school.

Through the generosity of each student and families the SRC were able to purchase items for Australian Lutheran World Service (ALWS) Gifts of Grace. We purchased Bee-Keepings, COVID care kits, Extra Food kits, Goats, Mobility Support, Piglets, School Kits, SHINE set, Tree Saplings and Vegetable Seeds. ALWS help communities overseas who are not as fortunate as we are in Australia.

The SRC will also generously donated money to the Myanmar Sister School due to the low offerings (with Chapel having to be conducted remotely for most of Term 2 and 3.) It would be great to see everyone bring a donation next Wednesday for our End of Year Graduation Service for our sister school.

Once again, thank you for all your efforts this year in supporting our ideas. We have loved serving you.



## P & F Calendars

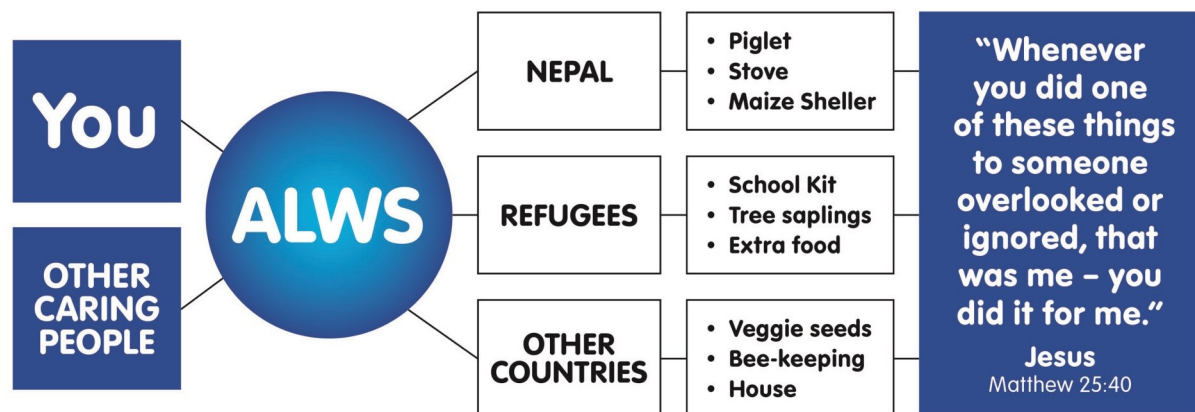
Did you miss out on ordering a 2022 Calendar in the P & F fundraiser?

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](http://messagesofhope.org.au).

### **12<sup>th</sup> 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.

### **19<sup>th</sup> 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.

### **26<sup>th</sup> December Christmas is for Everyone (Bishop John Henderson)**

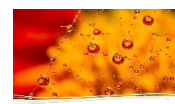
The story of Jesus birth at Christmas is as relevant today as it has been throughout history. Bishop John shares how the story of Christmas is for all people.

### **ONLINE ADVENT CALENDAR**



Count up to Christmas by opening stars to reveal Christmas activities, recipes, and videos, along with the story of Christmas. Check out the fund at [www.happyland.com.au](http://www.happyland.com.au).

### **FREE CALENDAR**



The Lutheran Media Calendar is full of inspiring competition photos and great for gifts. Order your free calendar/s at [www.lutheranmedia.org.au](http://www.lutheranmedia.org.au) or call on **1800 353 350**. Calendars will be delivered after production at the end of September.

### **MESSAGES OF HOPE CHRISTMAS CARDS**

Hope-filled cards for Christmas, with bible verse and greeting. \$5 per pack of 5 cards – variety of Christmas designs. Order yours at [www.lutheranmedia.org.au](http://www.lutheranmedia.org.au) or call 1800 353 350.



## INSIGHTS

### Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

#### Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

#### Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

#### Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.



# parenting\*ideas

## Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

## Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

## In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



### 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](https://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](mailto:manager@horshamplaza.com.au)

