

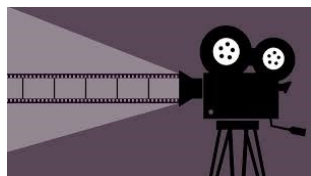


Upcoming Dates

JUL	FRI 29th	100 Days of Prep
	FRI 29th	Hockey 7's
	FRI 29th	P & F Movie Night
AUG	TUE 2nd	P & F Meeting
	WED 3rd	SRC-Pyjama Day Gold Coin Donation

P & F Movie Night

1 week to go!! Movie night is just 1 week away of Friday 29th of July. Come along, wear your PJs, bring a bean bag, get nice and comfy and enjoy a movie at school. P&F will be providing popcorn to add to the experience. Look forward to seeing you there for a fun night! Gold coin donation appreciated.



Athletics Awards

Congratulations to Eden and Barrett for receiving their age group Champion trophies at assembly, last week.



Student of the Week

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

Foundation: Charlotte

Year 1/2: Savannah and Sophie M

Year 3/4: Barrett

Year 5/6: Aaron



Magic Words

Congratulations to Connor for achieving his blue Magic Words. Keep up the good work.



From the Principal

From the Principal

The students are to be commended for a great start to Term Three, and it has been pleasing to see the students displaying great learning behaviours. Later this term, on August 30-31, our Three Way Conversations are being held. These provide students with the opportunity to share their learning with parents and identify goals for future growth. The feedback from our 2021 Three Way Conversations was very positive, especially from students who seemed to enjoy being part of conversations about their own learning.

Welcome Mrs Fisher

We are excited to welcome Mrs Lyn Fisher to our school community. Lyn will be commencing her role as Office Administrator next week. Lyn will be known to some of you and has recently been driving school buses, and held roles at IGA and the Show society. Thank you to Ms Higginson and Mrs Cattnach for helping in the Office Administrator role during this year.

School Bus

Bus Travel

If there are changes to your child's bus travel please remember to inform the school, and to complete the form on the Nhill College Website.

Concert

Save the date! On September 8, Nhill Lutheran School will be presenting 'Porridge', a dramatic extravaganza! Rehearsals have begun under the watchful eye of Mrs Alexander and we look forward to seeing the students share their dramatic talents later this term.

Chapels

The Old Testament Heroes theme is continuing in our chapels for this term. Last week the students heard about Gideon and how God helped him defeat a much larger army. This week the Foundation class shared the story of Jonah, and we look forward to next week when Pastor Carl leads chapel.

Every blessing for your week,

Damon Prenzler

NLS Board membership

Are you keen to contribute to Nhill Lutheran School through serving on the School Board? The Board has governance oversight of the school and provides strategic leadership to the school. If you are interested or would like to know more about the role, you may speak to either Damon Prenzler, Principal, or Matt Miller, Chair of NLS Board (contact details can be obtained through the school).

Kinder enrolments

Enrolment applications for Foundation in 2023 are to be given to the school by Friday July 29.

SRC

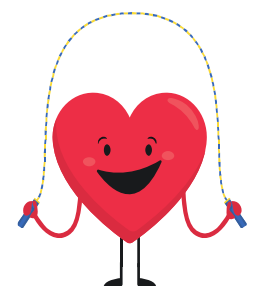
* Hot Chocolates will be available everyday for \$2 - students are to put money in their classroom tubs and write their name on the post it note

* On WEDNESDAYS dim sims will be available to purchase at \$1 each - please write student name and amount of dim sims on an envelope with money

Jump Rope for Heart

We are participating in the 40th year of Jump Rope for Heart. Students will learn different skipping techniques during PE lessons and through lunch time activities run by the SRC.

As it is the 40th year of JRFH we have set a school goal of skipping for a total of 40 hours! Students are able to set their own skipping goals at jump rope.org.au/parents. Through this link you will be able to donate to this wonder cause and support our students in being active and having fun.



Devotional Thought

Jesus, full of joy through the Holy Spirit ... (Luke 10:21).

[Read Luke 10:21-24](#)

Can you imagine Jesus full of joy through the Holy Spirit? Laughter from the heart and whole being? Perhaps dancing or whatever the Son of Man might do ... and with the laughter, spontaneous praise to Abba Father, sharing his joy and returning praise to where it belongs. We are given a glimpse of Jesus' relationship with the Father and the Spirit.

Before these verses, Luke tells of Jesus sending the seventy-two on a local assignment and hearing their joyful report of what had happened on their return. They had seen the spirits submit to them because of Jesus, beyond the realm of their previous worldview. But Jesus anchors their excitement: '[instead] rejoice that your names are written in heaven' (verse 20). A 'new thing' was happening – 'little children' trusting God, resulting in the enemy submitting to God right where they were. A revelation was unfolding to the disciples of Jesus' relationship with his Abba Father and Jesus' authority in the earth realm.

After a time of serving others, you may feel tired, yet you might notice an inner joy bubbling up. You know that your serving was by the grace of God, by his enabling; people have been blessed, and you can't help but praise him. Perhaps that's a taste of this 'joy through the Holy Spirit' that is discovered as we, too, learn to be led by the Spirit in trusting God at work in our situations. Learning to see from heaven's perspective.

Joy rises up within, replenishing our reserves, even energising and giving us new strength through the process. As Nehemiah wrote, the joy of the Lord is our strength (Nehemiah 8:10). What does that mean for you?

Joy is also part of the fruit of the Spirit (Galatians 5:22,23), received when the Holy Spirit is given to us. This joy is different to happiness, which can be fleeting. It's a gift from heaven and likely discovered as we serve others.

Lord Jesus, grow in us this joyfulness you share with the Father and Holy Spirit. Give us insight and increase our understanding of your priorities. Amen.

Worship News

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

Sunday 17th July

Nhill—11 am

Jeparit—9 am



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.....

- ♦ Mr. Holt and his family
- ♦ Mrs Koning and her family

Chapel

The next Chapel will be on the 29/7/22 at 9 am in the Multi Purpose Room hosted by Paster Carl.



Chapel Offering

Chapel offering from last week we received \$22.20. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

Word of the Week

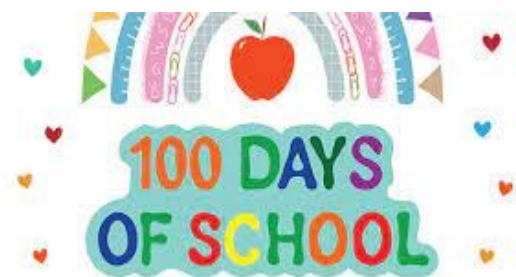


The Foundation class has been continuing their phonics learning journey, this week learning about the word 'king'. For their shared experiences to commence the unit, students dressed up as kings, touring the school (or their royal court) and made crowns. They have further developed their knowledge of the phonemes (sounds) and graphemes (spelling choices) in these words, and linked their evolving handwriting skills.



100 Days of Foundation

The Foundation students will celebrate the completion of their first 100 days of school on Friday 29th July. Students are to be commended on their individual achievements so far in their learning journey. A Seesaw has gone home to parents regarding details.



Premiers' Reading Challenge

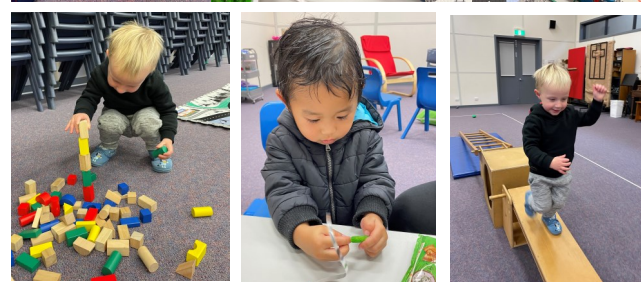


The challenge continues! Thanks to all participants on a wonderful effort so far. As of Tuesday morning, our school has read 311 books. If you have any questions, regarding the Premiers Reading Challenge, please do not hesitate to contact Kelsie Attiwill, Challenge Coordinator.

Get 'Em Going

This week at playgroup we practiced hand eye coordination with pasta threading for a necklace, played in the room and read a book. Playgroup will be held next Tuesday the 26/7/22 at 9.30-11am. To register interest please email or phone the school before Monday.

(admin@nls.vic.edu.au or 53912144). Look forward to craft, books and activities.



INSIGHTS

What to do when life feels overwhelming



A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least ..."

Say to yourself "Yep, this sucks".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, my son Hakavai was gifted a secondhand box of Lego from a friend of a friend. And, he frothed on it. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

(Don't kid me, you minx. You sucked 'em straight up into the vacuum, just like I did, didn't you?!).

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, cos none of the sets were complete. And also, he didn't really want me to play with "his" Lego pieces either.

Which suited me fine, cos the next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

parenting*ideas

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself "What would make today feel just a little bit better?"

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking "What do I have to get done today?". You're asking yourself "What would make my day feel just a little bit brighter?" (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for "doing things" was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good – even if it was just for 5 minutes – I felt clearer. More like myself again. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself.

Heck, maybe you'll spend that time playing Lego!

I'll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing

Lastly, my friend, please know that being human means experiencing a full spectrum of emotion.

It's OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

With love,
Turia x



Turia Pitt

Turia Pitt is living proof that anything is possible. One of Australia's most admired and recognised people, Turia is a four-time bestselling author, two-time Ironman and a Mum of two boys. She spends her days teaching Mums to make time for themselves and learn how to run in her program [Run with Turia](#), exploring what we learn from hard times in her podcast Turia Pitt is Hard Work, and running around after her two boys.



WIMMERA BAKERY

SCHOOL LUNCH ORDER LIST – 18/7/2022

Orders available –Monday and Friday

Hot Food

Sausage Rolls \$3.50

Beef Pies \$5.00

Flavoured Pie \$5.50

Meat or Vegetable Pasties \$5.00

Party Pie \$2.00

Pizza Bread \$4.00

Hawaiian

Supreme

Sandwiches

White, multigrain or wholemeal bread

Meats: Ham or chicken (\$5.00)

Add any extras for 50c each: Lettuce* Beetroot* Tomato*
Pineapple* Onion* Egg* Cucumber* Carrot* Cheddar or tasty cheese
Spreads: Vegemite, jam, avocado, peanut butter, mayonnaise,
pickles, cranberry sauce, tomato relish, seeded mustard

Add an extra 50c for toasted. Add an extra 50c for a roll instead of bread.

Meat and Salad Rolls \$7.00

Sweets

Hedgehog \$3.50

Apple slice \$3.00

Donuts

Jam donut \$3.00

Cinnamon donut \$2.00

Iced donut (pink or chocolate) \$2.00

Drinks

“Water Please” water bottle \$3.50

Pump water (no flavour) \$3.50

Fruit Box 250mL \$3.00 (Orange, Tropical or Apple)

Flavoured Milk 250mL \$3.00 (Chocolate or Strawberry)

Parenting Ideas—Webinars and Guides

parenting*ideas

The eGuides are booklets that are also available free to parents. They cover the topics of *optimism, family meetings, friends, coping, understanding children's behaviour, and bring out your child's confidence*. Copies of the eGuides can be sent electronically by the school. Just ask via admin@nls.vic.edu.au or phone the school.



Listen to Messages of Hope and invite others to do the same. Download or listen online at [**messagesofhope.org.au**](http://messagesofhope.org.au).

24th July Why Did I Do It? (Interview)

We've all experienced times when one innocent thing led to another and all of a sudden we're caught out, embarrassed and wishing we could crawl under a rock somewhere. Jonathan Krause will share a humorous story answering the question, how would you cope if you got caught with your pants down?

31st July One Foot in Heaven One Foot on Earth (Interview)

How can you forgive someone who has killed your daughter? Listen to Annette's journey of grief, anger and forgiveness and how God brought healing and hope.

JULY APPEAL

1 in 3 people are lonely. Lutheran Media and Messages of Hope is reaching out to people who are feeling lonely.

Join with us in this vital mission to offer the promises, hope, and love of Jesus Christ. You can do this by giving a donation today. Your support provides the messages, resources, and reach so people have hope in Jesus Christ.

Donate today (tax-deductibility available) at www.lutheranmedia.org.au/donate or call us on **1800 353 350**.

Thank you for supporting the spread of hope in Jesus Christ to millions of lonely people.



CALLING ALL FAMILIES!

NLS P&F MOVIE NIGHT

PUT ON YOUR PJ'S, BRING YOUR BEAN BAG OR
SOMETHING COMFY, AND COME ENJOY MOVIE
NIGHT

JULY 29TH, 2022
7.00PM

SCHOOL MULTIPURPOSE ROOM
GOLD COIN DONATION
POPCORN PROVIDED
WATER AVAILABLE FOR PURCHASE

