



TOGETHER WE GROW

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Term 3

Week 4

Issue 23

August 5th 2022



Upcoming Dates

AUG	WED 10th	Colouring competition for Jump Rope due
	SUN 14th	P & F Working Bee 1-5pm
	WED-FRI 24-26th	Golf Clinic
	FRI 26th	Book Week parade

Book Week Parade

Our Book Week parade is on Friday 26th of August. The theme this year is "Dreaming with eyes open". Children are encouraged to dress up as their favourite book character or as the Book Week theme. On the Friday the children will have a parade to show off their costumes and complete activities connected to books and reading.



Nhill Lutheran School

FATHER'S DAY RAFFLE

FRIDAY
2ND SEPTEMBER, 2022 | DRAWN AFTER
FATHER'S DAY CHAPEL

PRICES
\$1 PER TICKET
6 TICKETS FOR \$5

TICKETS

TICKETS ARE DUE ON: WEDNESDAY
31ST AUGUST, 2022

PRIZES

1ST - TRAILER LOAD OF WOOD
2ND - A HAMPER OF GOODIES TO SPOIL DAD

GOODS KINDLY DONATED BY

CAMBRELLES, IGA, POST OFFICE, MULLHALLENS,
DINE IN, PAW PO, WEST MIX CONCRETE, LOWANA

Hockey 7's

We would like to congratulate our Hockey 7's team last week on their win at Dimboola last Friday. Thankyou to Mrs A and all the parents who took students supporting them on the day.



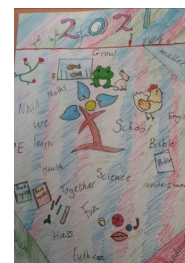
Jump Rope Colouring Comp



There is only a few more days to get your Jump Rope for Heart colouring competitions in. We would love to see your completed colouring efforts before the Wednesday the 10th of August.

Year Books 2021

We have available for \$20 the 2021 Year Books for purchase if you would like an extra copy for family and friends.



Birthdays

We wish the following students a very happy birthday:

Imogen and Oleara: 11th of August



From the Principal

Three Way Conversations – the significance of student involvement

In week 8, August 30-31, Three Way Conversations will be held. Three Way Conversations differ from a parent-teacher interview in that the student takes a lead role in proceedings, sharing with their parents about their learning and identifying goals for future progress. Professor John Hattie identifies students being involved in such practices as a significant indicator linked to raised student achievement. It is a valuable opportunity to celebrate student achievement, and an avenue to involve students and parents in the learning process. Booking forms will be distributed soon.

Interschool Sport

Congratulations to our Hockey 7s squad for winning the shield for their division. Thank you to Rachel Clark and Mrs Alexander for assisting on the day, and to other parents who helped with transport.

The Warracknabeal Athletics Day is happening on Thursday August 18, and the squad is currently being selected.

On Wednesday, our 3/4 class ventured down the road to play a game of soccer against the 3/4 Nhill College students. By all accounts they thoroughly enjoyed the experience.

Upcoming events

The school is holding a Working Bee on Sunday August 14, 1pm – 5pm. All members of our community are welcome to come along and help, even if it's for part of the time. The P&F will be supplying energy food. There are a few odd jobs and improvements that we would like to tackle: oiling benches and outdoor setting, pressure clean pavers, sweep the courts, fixing a gate, and more. The school will supply tools and resources, however if you would like to use your own toolbox/brushes/equipment then you may certainly do that. If you are unable to be there on the 14th but would still like to help another time, please contact the school.

A Father's Day chapel and footy game is happening on Friday September 2. All dads and significant males are invited to attend the chapel and then show your footy skills in a Dads v Students footy game. Further information will be distributed in coming weeks.

The concert 'Porridge' is the evening of Thursday September 8.

A reminder that the last day for students this term is Wednesday September 14, as staff are having 2 days of professional development on September 15-16.

Chapel

Today the 5/6 class shared the story of Esther, a courageous queen from the Old Testament. God used Esther to do remarkable things and save her people. Hearing about various Old Testament heroes in our chapels has been wonderful to see how God used ordinary and flawed individuals to do great things for him, and that God continues to do this today, even using us to be his witnesses. Next week Pastor Carl will be leading chapel and you are welcome to attend.

Every blessing for your week,

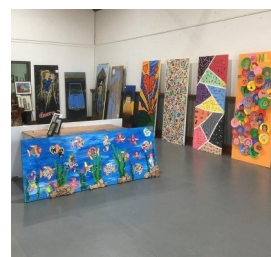
Damon Prenzler

Staff Professional Development Days September 15-16

The last two days of Term Three, September 15-16 will be student free days. Staff will be undertaking professional development and training on those days.

Gallery Central 'Doors' Exhibition

Head on down to the Gallery Central to view our doors exhibition for the month of August that all our students have contributed towards.



Devotional Thought

Ask, and receive, so that your joy will be the fullest possible joy (John 16:24b).

[Read John 16:23-30](#)

The fullest possible joy! Sounds good. As do other translations: your joy may be complete; abundant joy, overflowing. And all we have to do is ask!

So ask, ask and ask again. But interestingly, Jesus does not tell the disciples or us what to ask for. He simply says ask in my name, and the Father will provide.

Ask in Jesus' name! Don't just add it to your prayer as if it is a magic formula. But add it to your prayer, knowing who Jesus is and what he has done for each one of us. Broken down barriers (between God and us, between us and others); provided healing (physical, mental and spiritual); changed society totally; invited us to live humbly and practise justice; to have the fullest possible joy.

When we pray, it is not actually about us; it is about being open to God's working in our lives, living in his forgiveness and grace and blessing, so we can forgive and be gracious and bless. Mmm, prayer is even beginning to sound exciting!

And when our focus is on God and what he wants to do for us, when we pray in Jesus' name, it is exciting and full of promise, hope and joy. It's not about getting what we want. It is about opening up to the work of the Holy Spirit in our lives. And looking forward to the fullest possible joy overflowing into all areas of our life.

Lord Jesus, thank you! Thank you for your gracious love. Thank you for the joy and peace that surpasses understanding. Help our focus to remain on you. In your precious name. Amen.

Worship News

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

Sunday 7th August

Nhill— 9am

Jeparit—11am

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.....

- ♦ Mrs Fisher and her family
- ♦ Miss Morrison and her family

Chapel

The next Chapel will be on the 12/8/22 at 9 am in the Multi Purpose Room hosted by Pastor Carl.

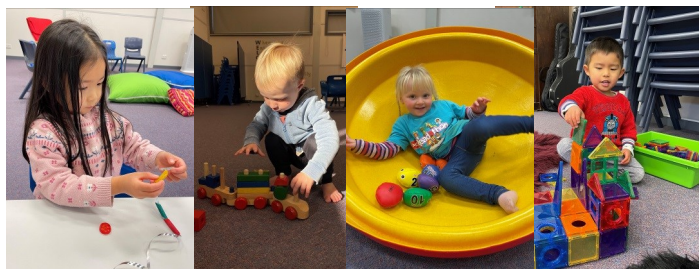


Chapel Offering

Chapel offering from last week we received \$3.00. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

Get 'Em Going

At Get 'Em Going playgroup this week we read books, played in the room and made pasta necklaces. Playgroup will be held next Tuesday 9th of August the at 9.30-11am. To register interest please email or phone the school before Monday.



Premiers' Reading Challenge



The challenge continues! Thanks to all participants on a wonderful effort so far. As of Tuesday morning, our school has read 423 books. The challenge will close on Friday 2nd September, so there is only a month left. Please ensure you have submitted all reading by Thursday 1st September. If you have any questions, regarding the Premiers Reading Challenge, please do not hesitate to contact Kelsie Attiwill, Challenge Coordinator .

Jump Rope for Heart



We are off and skipping! We have already raised over \$500 for Jump Rope For Heart. You can still register your child and begin raising funds, hours skipped can also be logged on the website. It's important you [register your child online](https://www.jump rope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jump rope.org.au/parents . Remember to get colouring there is only a few weeks left before the winner is drawn. Colouring sheets are due back 10th of August.

P & F News

On Tuesday night a small group of us met in person with more joining via zoom for a P&F meeting.

It was wonderful to have Bel Rhode nominate and be elected as a general member of the executive, we welcome Bel and look forward to working with her.

Our postponed movie night has been rescheduled to October 7th, week 1 of term 4. Next weekend, August 14th we will be holding a working bee at the school to get some odd jobs done. Everyone is encouraged to attend, and afternoon tea will be supplied. The working bee will run from 1-5pm and people can come and go as it suits them.

We had a brief chat about show catering as it creeps ever closer on October 13th. Holding this fundraiser is always a wonderful way to raise funds for the school while having a nice social time out.

We are keen to run a donut day as we did last year, selling donuts to families and local businesses. We have tentatively scheduled this for the last day of term, September 14th, but will be dependent on getting enough volunteers.

We are pleased that we have been able to donate a "Thrass mat", iPad chargers and more connetix at the end of Term 2 and early this term. It's always rewarding to see resources arrive to benefit the kids.

Thank you to everyone for your support of the P&F, this is your committee, and we can't operate without you volunteering and helping throughout the year.

Please remember everyone is more than welcome to attend the meetings and our next meeting will be September 6th at 8pm at the school or via zoom.

If you have any P&F questions, please feel free to contact me any time. Jackie Rethus NLS P&F

100 days of Foundation

The Foundation students celebrated their 100th day of school last Friday. We are so proud of our students and the way they have grown throughout the year in so many ways. This occasion is made all the more momentous, due to the bouts of remote learning and lockdowns over the past few years. The Foundation class of 2022 is the first cohort since 2019 to celebrate the 100 days of learning at school without disruptions. The students had a blast making crowns, fairy bread and having a class party. All activities were linked to the number 100. We look forward to continuing to watch them grow over the remainder of the year.



Stephanie Alexander Kitchen/Garden

This week in Stephanie Alexander we tried to beat the winter chill with some nice warm creamy chicken pasta soup. The students did a wonderful job of cutting up vegetables for this and received many compliments about the yummy smell floating around the school.



INSIGHTS

How to move your child from worrier to warrior



As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back up plan in case a parent wouldn't arrive in time to take her home! 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go work in the morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.



Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of *Everday Jitters* Mary Sheedy Kurcinka author of *Raising Your Spirited Child* and Tamar Chanksy author of *Freeing Your Child from Anxiety*, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers 'There's a Hippopotamus on our Roof' by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put your worries in a jar

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time

Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.



Worry about the things worth worrying about

Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax

My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Parenting Ideas—Webinars and Guides

Our school has a Parenting Ideas membership which enables us to publish articles in our newsletter. I hope you find these articles useful and informative. In addition to the articles, Parenting Ideas also provides support for parents through webinars and eGuides. Parents of Nhill Lutheran School are able to access free webinars provided by Parenting Ideas (usually the cost is \$39). Some of the webinars have already occurred and have been recorded, others are planned for later this year. To gain free access to a webinar simply request a voucher from the school, which will have all the details you need to view the webinar. Upcoming webinars include:

Encouraging good behaviour – June 8 at 8pm, valid to September 8

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.

parenting * ideas

Messages of hope 

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

7th August Joy Beyond Shattered Dreams (Rev. Noel Due)

Have you ever felt stuck in the dark, with no way out? Life may be dark because you've lost your job, or someone you love. Noel Due shares how God does offer us a torch, and how to discover a way through the dark times.

14th August Anxiety (Interview)

Anxiety can make you feel like every minute is an eternity. You wonder how you can keep going. Richard talks with Jenny and Steve, who have suffered from anxiety, and Julie, a psychologist.

21st August It's Ok to be Anxious (Anna Doecke)

What's the difference between worry and anxiety and how do we stop being overwhelmed by things we can't control? This week we're talking about worry and anxiety with Anna, a counsellor from Journeez.

28th August Fathers and Daughters (Interview)

How can dads find the balance between protecting their daughters and empowering them towards independence? And what can you do when you, inevitably, get it wrong? Celia talks with Matthew, father of 3 boys and 1 girl!

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**.

Tandara Lutheran Camp - Halls Gap
 Contact Emilie-Rae 0428 461 809/clw.lyv@lca.org.au
 f : LYVs Christian Life Week
 @lutheranyouthvic

CLW 2022

4th - 8th JULY
 26th - 30th SEPT

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CLW 2022

GREGO'S
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 NOW!