



Upcoming Dates

AUG	SUN 14th	P & F Working Bee 1-5pm
	THUR 18th	Warracknabeal Athletics
	FRI 19th – 26th	Book Fair at the library
	WED-FRI 24- 26th	Golf Clinic
	FRI 26th	Book Week parade

SRC Pyjama Day

The SRC decided to hold a Pyjama Day, the students and staff enjoyed being relaxed in their PJ's for the day. The total amount of money raised was \$61.



Book Week Parade

We will be celebrating CBCA Book Week on Friday 26th August as a whole school. Students are encouraged to dress up as their favourite book character, or relating to this years theme "Dreaming with eyes open". We will be having a parade in the morning, which will be followed with a morning tea for both students and parents. If you are intending on joining us for the parade and morning tea, please let Lyn Fisher or your child's classroom teacher know to assist in catering purposes. There will be prizes for best costumes for each class. After the morning tea, students will participate in activities associated with the shortlisted books in multiage groups. Each classroom teacher will be running an activity. The Book Fair will run for the course of the week, and students will be able to make purchases at lunchtime and after school. Parents are also welcome to visit the Book Fair and make purchases.



Birthdays

We wish the following students and staff a very happy birthday:

Savior 15th of August

Ms Rutherford 16th of August



From the Principal

Working Bee

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.

THRASS Parent Notes

Nhill Lutheran School has a strong emphasis on literacy development, and our NAPLAN results have shown over a number of years that our students perform well in the literacy tests, often above national averages. Research shows that explicit phonics instruction benefits student's understanding of the English language, where students identify the sounds (phonemes) of the English language and the spelling choices (graphemes) of each sound. Our school has been using THRASS as a tool to aid literacy development for several years. If you wish to know more about THRASS there are Parent Notes booklets available in the front office, and you may also speak to your child's teacher who has completed THRASS training.

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." 1 John 4:16

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.

Magic Words

Congratulations to the following students for completing their Magic Words, presented at assembly last week.

Lucy, Connor, Roger & Abby



100 days of Foundation

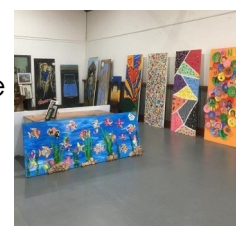
The Foundation students celebrated their 100th day of school last Friday. The students received their 100 days of learning certificate at assembly.



Cooper, Roger, Zoe, Charlotte, Jessie, Jackson, Connor, Lucy and Alyssa

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

I, even I, am he who comforts you. Who are you that you fear mere mortals, human beings who are but grass, that you forget the Lord your Maker (Isaiah 51:12,13). [Read Isaiah 51:9-16](#)

Strange how when we're young, we fear so much because it's all new, big and seemingly scary. Think Father Christmas, the dark, loud noises, zoo animals even behind bars, and those birds that fly too close. Some of these fears we grow out of. Others seem to haunt us all our lives. Phobias are a real thing for many people who suffer from things like spiders, open spaces and crowds.

A fearful spirit is apt to make the worst of everything and think the danger is greater and nearer than it really is. Fears and anxiety can be debilitating, limiting a person's ability to enjoy many opportunities to experience something new, exhilarating or even beautiful.

Today's word from our comforting God is meant to be just that – a word of perspective and comfort. Yet our world continues to provide us with a constant barrage of things to fear, especially people we are likely to never meet. Sure, there's enough criminal element around to be cautious, but letting the fear of those who are 'bent on destruction' or breathing 'the wrath of the oppressor' can be the difference between enjoying life to the full or being almost too frightened to leave the house. Through Isaiah, God reassured the Israelites – and us – that the threats of Pharaoh and the king of Babylon were no more.

Bible commentator Matthew Henry wrote: 'Our inordinate fear of man is a tacit forgetfulness of God. When we disquiet ourselves with the fear of man, we forget that there is a God above him'.

Putting our trust in our all-powerful God is exactly where he calls us to put it with this reminder that all threats, oppressors and fear-causing mortals will be dealt with by him in good time.

Is there anyone you fear in your life right now? Why? What's the worst they could do to you?

God of all comfort and strength for my life, please forgive me for the times I fear mortals instead of trusting in you to provide my protection and strength. Empower me with your promises once again. In Jesus' name, I pray. Amen.

Worship News

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

Sunday 14th August

Nhill - 11am

Jeparit - 9am



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.....

- ♦ Ms Rutherford and her family
- ♦ Mrs Woodward and her family

Chapel

The next Chapel will be on the 19/8/22 at 9 am in the Multi Purpose Room hosted by Year 3/4.



Chapel Offering

Chapel offering from last week we received \$12.30. 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 had plenty of fun making kites and trying them out in the room. Playgroup will be held next Tuesday the 16th of August 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 seeing you all there.



Premiers' Reading Challenge

The challenge continues! Thanks to all participants on a wonderful effort so far. As of Tuesday morning, our school has read 466 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.

Student of the Week

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

Foundation: Connor

Year 1/2: Grace

Year 3/4: Zara

Year 5/6: Trinity



Bob Bear



Congratulations to Connor for receiving Bob at assembly last Friday for his good behaviour and following the rules in the playground and in class. We hope Bob enjoys his time with you.

Lunch Orders

Changes are being made to the days lunch orders will be available. No lunch orders for Mondays starting 22/8/22.

P&F Donut Day

Donut Day: the P&F will be cooking up a storm on the last day of Term 3 for the students. Wednesday 14th September.

A form was sent out last week asking for volunteers on the day this is due back by the 19/8/22.

Soccer



The Year 3-4s played their long awaited soccer match against the Year 4 class at Nhill College last Wednesday afternoon and in a titanic battle, triumphed by 5 goals to 4. The unmowed pitch and the massed numbers around the ball were both obstacles to overcome and when the College team scored in the first minute of the game I was worried, but Holt's Hotspurs rallied admirably to equalise not long after. Clayton Hiscock starred up front scoring two goals and Henry Zanker scored three goals, twice from the penalty spot after handball infringements. What the game lacked in skill it made up for in energy and enthusiasm and all the 3-4s got involved and contributed to the victory. Well done kids.

West Wimmera School Sports

West Wimmera Schools Sports Association are holding the next level of athletics at Warracknabeal on Thursday 18th August. The nominated students have been given a form for parents/guardians to complete.

This level of athletics is for Years 3, 4, 5 and 6 students. So we wish them luck, hope they enjoy the experience and have fine weather on the day.

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

NLS P&F are holding a

WORKING BEE

Please come along on Sunday
August 14th. We will be working
from 1-5pm, come when suits
you
for as long as you can.

Afternoon tea provided.

For more information contact
Jackie Rethus or Damon Prenzler

WHAT NEEDS DOING?

- Fix the tennis court gate
- Sanding and re-oiling various benches/seating
- water pump in the water play area
- Pressure cleaning of pavers in back outdoor area
- Replacing of sprinkler lid
- Sweep fine gravel off courts
- Edging and sand for mud kitchen.

If you have any equipment that may help get job done feel free to bring them along.

insights

Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

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.

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!

Jump Rope Colouring Comp



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

CLW: It's A PARTY!

Years 7-12
 price ~~\$295~~
 \$245*

Unwrapping God's gifts for us

ONE IN REDEMPTION
 LYV
 MINISTRY

LUTHERAN CHURCH
 OF AUSTRALIA
 VICTORIAN DISTRICT
 INCLUDING TASMANIA

ChildSafe

<https://cvent.me/r0bV90>

CLW 2022

REGO'S
 open
 NOW!

