



Upcoming Dates

AUG	FRI 19th – 26th	Book Fair at the library Lunch time & after school
	WED-FRI 24-26th	Golf Clinic
	THUR 25th	Warracknabeal Athletics NOTE date changed
	FRI 26th	Book Week parade 9:15. Morning Tea
	TUES–WED 30th–31st	3 Way Conversation
	Wed 31st	Fathers Day Raffle tickets due back
SEPT	2nd	Fathers/Significant Male Day Chapel/ Footy Game

Students of the Week

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



Luka
Sienna
Sierra
Oakley
Nathan



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 at 9:15am, 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:

Nelson 19th of August

Mrs Cattnach 23rd of August



From the Principal

Working Bee

A sincere thank you to all volunteers who helped at our working bee last Sunday.

It was great to see people having fun, enjoying each other's company and getting various jobs completed around the school.

Thank you to the providers of slices and fruit that helped us keep going!

Book Week

Next week we will be celebrating Book Week, and on Friday students may come dressed as their favourite book character or fitting in with the theme 'Dreaming With Eyes Open'.

Our school emphasises literacy development and has numerous programs and initiatives to aid student growth, including THRASS, Minilit, Reading Tutor Program, Literacy Pro, levelled readers, and more.

One of the most important contributors to reading competency, however, is reading done at home whether children read to adults or vice-versa.

The Book Fair is also happening next week where books and other goodies may be purchased, with some of the proceeds going towards the school.

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.

School Fees for Term 3

We would like to bring to your attention that the Term 3 School Fees have been sent home this week.

100 days of Foundation



Luka celebrated his 100th day of school last Friday. He received this 100 days of learning certificate at assembly.

Get 'Em Going

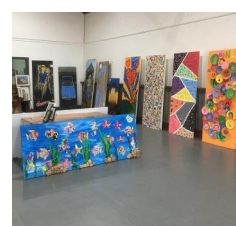
At Get 'Em Going playgroup this week we read books, played in the room and made Hairy Maclary craft using wool. Playgroup will be held next Tuesday 23rd of August the at 9.30-11am. To register interest please email or phone the school before Monday.

(admin@nls.vic.edu.au or 53912144). Look forward to seeing you all there.



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

But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me (Micah 7:7).

[Read Micah 7:4-7](#)

Unfortunately, you may be able to relate to Micah in today's passage. He laments the state of chaos around him. The godly have been swept from the land. Those in power are skilled at doing evil with both hands. Even families seem to be in a shamble.

All you need to do is turn on your television or scroll your phone to see stories that echo Micah's environment. There is actually a term for the excessive reading of negative news stories: 'doomscrolling'. There is something indulgent about doomscrolling. It justifies our frustrations with the world and gives us the license to despair and to think, 'Woe is me. Things really are as bad as I perceive them to be'.

Micah could have gone this route. But somehow, he had the ability to hold onto hope. Something in his spirit enabled him to end his list of troubles with confidence that God would hear him and save him. He acknowledged his problems without letting them have the final word.

Maybe this is what Jesus means when he talks about faith like a mustard seed. If we can hold onto his promises and remember his goodness, we will see his salvation. Throughout history, the people of God have been 'pressed but not crushed, perplexed but not in despair, persecuted, but not abandoned, struck down, but not destroyed'.

When the headlines or even your personal circumstances become doom and gloom, remember Jesus, who gave you victory once and for all when he rose from the grave. He made all the problems you encounter here on the earth so temporary. He sent you his Spirit to help you navigate this life. Watch in hope for the Lord. Wait for God, your Saviour, for he will hear you.

Jesus, because of you, sin and sadness do not have the final word. Remind me of your hope when I need it most today. Amen.

Worship News

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

Sunday 21st 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.....

- ♦ Pastor Carl and his family
- ♦ Esther Alexander and her family

Chapel

The next Chapel will be on the **Thurs** 25/8/22 at 9 am in the Multi Purpose Room hosted by Year 1/2.



NOTE change of day for this week.

Chapel Offering

Chapel offering from last week we received \$15.40. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

Year 1/2 Pasta Cooking



Last week the Year 1/2 class , got their hands messy cooking pasta from scratch. They got to roll the pasta and cut into strips, before cooking it then enjoy eating it with a lovely sauce.

Premiers' Reading Challenge

The challenge continues! Thanks to all participants on a wonderful effort so far. As of Tuesday morning, we have 6 students completed the challenge and our school has read 466 books. The challenge will close on Friday 2nd September, so there is only 2 weeks 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 \$600 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.jumprope.org.au/register-your-child-online), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.
www.jumprope.org.au/parents .

Term Dates for 2023

Term One: January 30th - April 6th

Term Two: April 26th - June 23rd
Pupil Free Day April 24th

Term Three: July 10th - Sept13th
Pupil Free Days August 11th,
September 14th -15th

Term Four: October 2nd - December 13th

West Wimmera School Sports

This event was cancelled for the this week and now will take place on Thursday 25th August.....

West Wimmera Schools Sports Association are holding the next level of athletics at Warracknabeal on Thursday 25th 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.

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

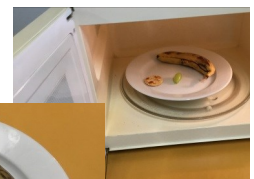
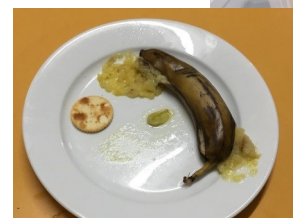
Donut Day: the P&F will be cooking up a storm on the last day of Term 3 for the students. Wednesday 14th September. A form was sent out last week asking for volunteers on the day this is due back by the 19/8/22.

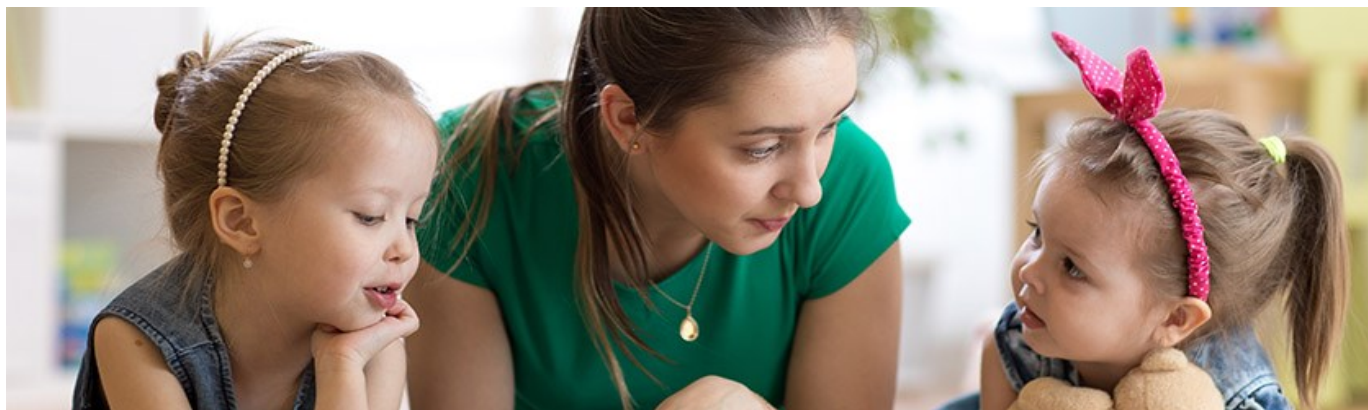
Year 1/2 class Learning about Capacity this week



Year 3/4 class Learning about Heat this term

Wednesday's activities were to demonstrate the effect of heat on different foods including sausages, chocolate, bananas, butter, grapes and corn. It may have had something to do with the fact that they got to eat chocolate, popcorn and sausages but several students were heard to say "Science is my favourite lesson".





We teach water safety and road safety to the children in our care, but too often 'Body Safety' is left in the 'too-hard basket'. And yes, it is a difficult topic to discuss but our fear of this topic could be placing our children at risk. Below are 8 Body Safety and Consent Skills you can cover with your child formally and informally as your child grows. They're applicable (in different ways) for children at all ages.

1. Encourage your child to talk about their feelings

From the earliest of years, encourage your child to talk about their **feelings**. This way they will learn from a young age how to express, manage and understand their emotions. Allow time for them to tell you exactly how they are feeling, and listen with empathy and intent. Provide a ready bank of 'feelings' words beyond 'happy' and 'sad'. (see www.e2epublishing.info for free posters on feelings)

2. Talk about feeling 'safe' and 'unsafe'

Children find it hard to distinguish between the two. It is important they understand what it is to feel 'unsafe', so if ever they are feeling this way at any time, they can talk to you or another trusted adult straightaway. Explain that our body is amazing, and when it feels 'unsafe' it always lets us know. For example, we might feel sick in the stomach or our heart might beat really fast. Tell your child that these are called their **Early Warning Signs**. Reiterate that if your child does feel any of their Early Warning Signs, they need to tell a trusted adult straightaway. Draw a body shape with your child and label their Early Warning Signs and discuss.

3. Allocate time for your child to choose 3 to 5 trusted adults

Your child can tell anything to these adults and they would be believed. These people are part of their **Safety Network**. One should not be a family member and all should be easily accessible by your child. For younger children, draw a large outline of a hand and have your child draw a picture of each person on their Safety Network. Add labels and phone numbers. Note: ensure you talk to these adults and let them know your child has chosen them and it is an honour.

4. Explain to your child that everyone has a body boundary

A **body boundary** is an invisible space around their body. No one should come inside their body boundary without them saying it's okay (consent). Your child has the right to say 'No' to kisses and hugs if they want to. They can always give a hi-five or blow a kiss instead. Have your child outline their body boundary.

5. Teach your child to respect another person's body boundary also, and that they need to ask for consent before entering it

That means, for example, if they want to hold another child's hand, they need to ask permission. And if that child says 'No', they need to respect and accept that child's wishes. Explain also that just because a person may say 'Yes' to handholding or a hug, consent can be withdrawn at any time.

6. Have your child practise the empowering 'pirate stance'

The '**pirate stance**' is, hands on hips, legs slightly apart, shoulders thrown back and head held high. This is a very empowering stance and should be practised regularly. Once in the stance, your child can also practise saying 'No' or 'Stop! I don't like that!' Both these phrases are useful in bullying situations and also if anyone does try to touch their private parts. If your child can do this at 4 or 5 years old, then there is a good chance they will be able to do this at 13 or 14, and into adulthood.

7. From day one, call your child's genitals by their correct names

Ensure your child knows that their **private parts** (including the mouth) are private. Explain that private means 'just for you'. Tell your child that if anyone touches their private parts, asks them to touch their private parts or shows them pictures of private parts, they need to tell a trusted adult straightaway. They also have the right to say 'No!' or 'Stop' before alerting an adult on their Safety Network. At this point, talk about 'public' and 'private' places, for example, the kitchen is a public space, but the bathroom is a private space. Ensure your child knows the difference. Let them know that it is perfectly okay for them to touch their own private parts in a private place such as their bedroom.

8. Talk about the difference between secrets and surprises

Secrets can be asked to be kept indefinitely, whereas surprises will always be told and are only kept for a short time. Discourage the keeping of secrets in your family. Explain that your family has 'happy surprises' instead of secrets because happy surprises will **always** be told. Explain that if someone does ask them to keep a secret, they should tell that person that they don't keep secrets. Reinforce that if someone does ask your child to keep a secret that makes them feel unsafe or uncomfortable, they **must** tell an adult on their Safety Network straightaway!

In closing

In a perfect world, our kids would be safe. Full stop. End of story. But we know it's not a perfect world. We need to have the conversations. We must talk. These ideas will help. **Jayneen Sanders**



Jayneen Sanders is an author, teacher, mother of three and an advocate for the empowerment of children. Her books on Body Safety, consent, gender equality, emotional and social intelligence and many free resources including 'My Body Safety Rules' poster can be found at www.e2epublishing.info.

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.

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!

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

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