



## Upcoming Dates

### AUG

#### Mon 29th Aug

Year 6 Science at Horsham.

#### Tues 30th & Wed 31st

Three Way Conversation Interviews  
(allocated times have been sent home).

#### Wed 31st

Fathers Day Raffle tickets due back.  
Hot Dog Day form due back.

### SEPT

#### Fri 2nd

Father/Significant Male Day -Chapel 10am  
Footy Game and Hot Dog Day.  
Students may dress in Footy/Sports attire.

#### Wed 7th & Thur 8th

Dress Rehearsals for Concert at the Nhill  
Community Centre.

**Thurs 8th CONCERT Porridge** at the Nhill  
Community Centre. 6.30pm for 7pm start.

#### Fri 9th

Jump Rope For Heart JUMP OFF

#### Mon 12th

F-2 Sports Day PM

#### Wed 14th

Last Day for Term 3 for students 3.15pm  
P&F Donut Day fundraiser

#### Thurs 15th & Fri 16th

Staff Development Days

## Book Week Parade

Today we celebrated Book Week! The theme for this year was *Dreaming With Eyes Open* and the students showcased brilliant flair and creativity with their costumes. All students paraded this morning and prizes were awarded for best dressed from each class. Students and parents then enjoyed a morning tea catered by our wonderful students and special thanks to Mrs Alexander and Mrs Mason for assisting the students with the cooking preparation. The day culminated in activities relating to the shortlisted books run by each classroom teacher. We thank all parents for their hard work with the costumes, and for the wonderful attendance we had for the parade and morning tea. It is wonderful after two years of not being able to run our full celebrations.



Best Dressed:

Foundation - Zoe as Poppy the Troll from Trolls and Connor as Russell from Up!

Year 1/2 - Harper H as Little Miss Princess from the Little Miss and Mr Men series and Esther as The Hungry Caterpillar from The Very Hungry Caterpillar

Year 3/4 - Oakley as Sam I Am from Green Eggs and Ham and Darcy as The Old Man from Up!

Year 5/6 - Chelsea as Sunrise the Wolf/Gwen the Girl from Wolf Girl and Eden as Frida Kahlo from Little People, Big Dreams



## From the Principal

### Three Way Conversations

Students and teachers are preparing for the Three Way Conversations next Tuesday and Wednesday. Families should have received their session times, if not please contact Mrs Fisher at the front office.

### Father's Day Chapel and Footy

Next Friday, September 2, we are holding a Father's Day chapel starting at 10am, followed by the Students v Dads footy game. Students may dress in footy attire or other sporting wear. The P&F will kindly be supplying hot dogs to replenish energy levels after the game. It would be great to see many fathers and significant males at chapel and footy.

### Concert

We are pleased to present 'Porridge' on Thursday September 8 at 7pm at the Nhill Community Centre. Doors open at 6.30pm. Cost is a gold coin donation and all are welcome. Students, capably led by Mrs Alexander, have been rehearsing their lines, songs and actions, and are looking forward to showing their dramatic talents. In the time leading up to the concert there will be numerous rehearsals at school. Apart from performing to an audience, the concert meets many requirements of The Arts curriculum.

### School TV and Parenting Ideas

Raising children provides many joys as well as a few challenges. To support parents and families, the school provides access to resources through Parenting Ideas and SchoolTV.

Parenting Ideas articles appear in newsletters and webinars can also be accessed.

SchoolTV has been a more recent acquisition and parents can find a range of useful information on [nhills.vic.schooltv.me](http://nhills.vic.schooltv.me), which covers areas such as cybersafety, school survival, mental health, positive parenting, healthy body and special reports.

### Staffing update

Miss Georgina Morrison has indicated that she will follow a different path next year which may include moving away from Nhill and is unable to commit to a full time teaching role at NLS. We sincerely thank Miss Morrison for her contribution to our school and the students and pray for God's blessings for whatever lies ahead. Advertisements seeking a replacement teacher will appear online and in newspapers.

Every blessing for your week,  
Damon Prenzler

## Staff Professional Development Days September 15-16

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

## Get 'Em Going

At Get 'Em Going playgroup this week we read books, played in the room and made book worm book marks.

Playgroup will be held next Tuesday 30th of August the at 9.30-11am.

To register interest please email or phone the school before Monday.

([admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au) or 53912144).

Look forward to seeing you all there.



## Jump Rope for Heart

We are off and skipping! We have already raised over \$708 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**, 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](http://www.jump rope.org.au/parents).



## Devotional Thought

And let us consider how we may spur one another on toward love and good deeds (Hebrews 10:24).

[Read Hebrews 10:19-25](#)

Let's reflect for a bit on verse 24 today: 'spurring one another on to love and good deeds'.

We Lutherans are somewhat reluctant to talk about good deeds because of the potential for self-righteousness. We are the people of grace after all, and we don't much like 'those boastful ones' who draw attention to themselves.

This can mean we rarely talk about the actions that flow because we love Jesus. We miss out on the encouragement of hearing about the good things happening in our midst.

When someone obeys the law, they strive in various ways to do good and earn their own salvation. This is the pattern that underpins every world religion other than Christianity.

Christianity is unique in that we live under the 'good news' – Jesus intervened and saved us (when we were lost). This is equivalent to someone hopelessly in debt finding out that another person has paid it all.

Deep gratitude is the appropriate response to grace! Our lives are bought with a price, and we just want to walk with Jesus and be like him.

Jesus lived a life full of 'love and good deeds', and as he lives in us, the same deeds can flow. Perhaps getting this right depends on where we are focusing.

If our eyes are on ourselves, and we find ourselves in the 'midst of a good deed', we become like Little Jack Horner in the nursery rhyme, thinking, 'what a good boy [or girl] am I!'. When our eyes are on Jesus, we are just amazed that he includes us in the good he is doing. We might be involved, but it feels like it is 'all him', and we just had the privilege of joining in.

The writer to the Hebrews points out how much we need encouragement. We are part of a body capable (in Jesus) of many sorts of good deeds. We are to encourage one another to all be our best reflection of him.

***We thank you, Lord, for settling the big question of our salvation and taking away the stress of trying to be righteous in ourselves. You are so wonderful, Lord – help us walk closely with you today and hear your prompt when we are to act. Amen.***

## Worship News

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

Sunday 28th August

Nhill - 11am

Jeparit - 9am

Online services can be viewed at:

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UC2uy0xrShyyQVC4sy0xjOJg)

UC2uy0xrShyyQVC4sy0xjOJg

NhillLutheranParishOnline.com

## Prayer of the Week

Each week we pray for someone in our School Community. This week we pray for.....

- ◆ Sienna Alexander and her family
- ◆ Toqa & Toleen Ali and their

## Chapel

The next Chapel will be on the **Fri 2/9/22** at **10 am** in the Multi Purpose Room for Fathers/ Significant Male Day



**Note change of time**

## Chapel Offering

Chapel offering from last week we received \$24.05. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.



## 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 .



## 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 - Sept 13th  
Pupil Free Days August 11th & Sept 14th -15th

Term Four: October 2nd - December 13th

## P&F Catering for Show

The P&F have sent out information during the week for the catering at the Nhill A&P Society Show, Thurs, 13th October, 2022. If all families could get the forms back by Mon 5th September, to allow for the catering organization to commence.

## 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 and the Nhill community on Wed 14th September.

## Golf Clinic at the School



Tony Collier came to the school on Thursday, the students got to experience the skills that are required to play golf, there was lots of laughter and a general can do attitude. It was a great activity had by all the students. So let's see if any 'Tiger Woods' will come from the school.





## Book Week Parade Gallery







Finding skillful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family. Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner one felt as if they were walking on eggshells around the boys. Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother. There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears. Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness. We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear. Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion. Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion – threat, strive, and connect – are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems. When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom. The parenting program Circle of Security calls this shark music. But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system. Running on the "feel good" hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what's difficult, then we don't learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying. Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skillfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment. Research has revealed many ways in which we can build strength in the system of connection. In closing As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shut out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was going on at a deeper level.



Dr Diana Korevaar Dr Diana Korevaar is a perinatal psychiatrist, whose priority has been to help parents raise resilient and happy children. In her book *Mindfulness for Mums and Dads*, she adapted the science of neuroplasticity and mindfulness into practical skills which translate the challenging experiences of parenting and relationships into opportunities for growth.

## Parenting Ideas

### Webinars and Guides

parenting\*ideas

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.

### **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](mailto:admin@nls.vic.edu.au) or phone the school.

## West Wimmera School Sports at Warracknabeal



Congratulations and well done to the following students who represented Nhill Lutheran School at the West Wimmera Athletics day at Warracknabeal yesterday: Barrett, Henry, Darcy, Clayton, Oleara, Matilda, Annabella, Eden and Shilah. Congratulations to place getters who received a ribbon, and to all students for trying their best.



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

**28<sup>th</sup> 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!

.Listen at [www.messagesofhope.org.au](http://www.messagesofhope.org.au) & [www.messagesofhope.org.nz](http://www.messagesofhope.org.nz) or on iTunes and Spotify.

**4<sup>th</sup> September Fatherhood (Rob Schubert)**

Do you or someone you doubt themselves as a parent, as a father? Rob Schubert reflects on his experience of fatherhood, and on God, who reveals himself to us as a loving dad.

**11<sup>th</sup> September 75 Years of Hope (Pastor Richard Fox)**

What gives you hope, even when the situation seems impossible? Richard reflects on 75 years of Lutheran Media reaching people with hope.

**18<sup>th</sup> September Early Onset Dementia (Interview)**

Early onset dementia can come as a shock. Hear Ann and Tim's story of challenge and discovery after Ann's diagnosis of dementia.

**25<sup>th</sup> September Families coping with dementia (Dr Chris Materne)**

Coping with a diagnosis of dementia is difficult for families but there is hope. Dr Chris Materne reflects on what she has learned through her doctorate and her own family story.



**MORE FUN THAN YOU CAN IMAGINE!**



MyGolf is Australia's introductory golf program for 5 to 12 year olds. The program introduces kids to golf in a safe and friendly environment. Participants learn new skills, make new friends and most importantly, HAVE FUN!

REGISTER NOW AT [MYGOLF.ORG.AU](http://MYGOLF.ORG.AU)

Nhill Golf Club  
Term 3 MyGolf Clinic  
Commencing Mon 29th Aug  
Contact Shane 0412603917



**FATHER'S DAY RAFFLE**

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

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

**TICKETS**

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**TICKETS ARE DUE ON:** WEDNESDAY 31ST AUGUST, 2022

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

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