

# From the Principal

### Three Way Conversations

Thank you to all parents who attended the Three Way Conversations. Comments from the students have indicated they enjoyed being part of these discussions and being able to share their learning and goals with parents. The next 'formal' reporting will be the end of year reports distributed at the end of Term Four, however parents/caregivers are always welcome to touch base with their child's teacher to discuss learning progress.

#### Happy Father's Day

Wishing all dads and significant males a very happy Father's Day for Sunday. Today we thanked God for our fathers in our chapel, followed by a fun footy game and hot dogs.

Thank you to P&F for supplying the hot dogs.

### Concert

Things are really ramping up as we prepare for 'Porridge'. Our concert will be held on Thursday September 8 at 7pm at the Nhill Community Centre, with doors open at 6.30pm.

The cost is a gold coin donation and all are welcome. We ask that students arrive at 6.30pm. A separate concert letter has been distributed to families with extra detail.

#### Hats

With the arrival of Spring and the steady increase of UV ratings, we ask that students now wear hats when outside and when the UV rating is 3 or above. This is in line with our Sunsmart policy.

Every blessing for your week, Damon Prenzler

## West Wimmera School Sports

Congratulations to the following students who achieved a top 3 placing in their age group at the WWSSA Athletics at Warracknabeal:

Clayton – long jump (2nd), 100m (3rd), 200m (2nd) Henry – discus (1st), shot put (2nd) Oleara – 100m (1st), 200m (2nd), 800m (1st) Shilah – discus (1st), shot put (2nd) Annabella – 100m (3rd) Eden – high jump(2nd), shot put(1st) triple jump(3rd) Henry, Oleara, Shilah and Eden have qualified for the Little Desert Athletics squad to compete on September

9. Congratulations!

### 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 a Father's Day craft. Our last playgroup for term 3 will be held next Tuesday the 6th of September the at 9.30-11am. To register interest please email or phone the school before Monday.



## Jump Rope for Heart

Only 1 more week to go! We have already raised over \$730 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.jumprope.org.au/parents.





## **Devotional Thought**

They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them (Matthew 23:4). <u>Read Matthew 23:1–12</u>

Schools are great places for lots of rules. Rules apply to what time you arrive and leave and what you can and cannot wear. There are rules for the playground and rules for the classroom. Clearly, there needs to be some sort of order so that students can learn, but sometimes it might feel as if schools exist almost solely to ensure students learn to follow the rules, such as learning how to wear uniforms correctly. Any other learning is almost incidental. However, some families struggle to provide the correct uniform or other school essentials. Such a proliferation of rules means that schooling for those families can be a burden, which is not always recognised.

At the beginning of today's reading, Jesus tells his followers that the Pharisees really know Jewish law, and it is important to do everything they say. Unfortunately, though, these knowledgeable people do not feel the law applies to them. Laws exist for others to follow, even if it creates a burden for them. It is all law and no mercy. In addition, they enjoy being seen as important people in places of honour and importance, more important than those around them. It was all about looking good in the eyes of others, not about their relationship with God. The hypocrisy of appearing to be one thing while actually being the opposite is not difficult to see in Matthew's account.

If we look honestly at our society and our own behaviour, we may not find much is different. It's easy to condemn the Pharisees, but it is not so easy to hold a mirror up to our own prejudices against those who are different and those who don't meet our high standards. It is quite uncomfortable to realise that from the time they start school, some children learn they are not as important as others. Humbly looking to God and showing acceptance of all is one way of easing the cumbersome load of those in need.

Heavenly Father, we thank you for the great mercy you show us. Help us to also show compassion to those in need in your name. Amen.

## Worship News

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

<u>Sunday 28th August</u> 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.....

- Sophie Blackwood and her family
- Chelsea Bone and her family

## **Chapel**

The next Chapel will be on the **Fri 9/9/22** at **9 am** in the Multi Purpose Room, led by Mr Prenzler.

## **Chapel Offering**

Chapel offering from last week we received \$14.40. Please consider sending an offering each Friday morning as the children in Myanmar rely on our help.

## 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.

# Premiers' Reading Challenge

The challenge is finished! Thanks to all the participants on a wonderful effort you have all put in. We have had 21 students that have completed the challenge and our school has read 793 books.



# Year 3/4 Soccer

After narrowly defeating Nhill College, the Year 3-4 soccer team, Holt's Hotspurs, challenged St Patrick's Primary School to a game which they gladly accepted. The Lutherans' long-standing rivalry with the Catholics dates back to the middle ages so an intense contest was expected. After marking the lines and filling in the puddles following all the rain, St Pats arrived on Wednesday afternoon, August 24. Mr Holt nailed the rules to the changeroom door and we were ready for action. It was a dominant display from the first

whistle with the NLS kids scoring in the first two minutes and continuing to assert their authority on the contest for the rest of the game.

It appeared the training sessions had been held at the Pinball Museum the way so many players crowded around the ball and continually bounced it off one another in the congestion. Clayton and Henry shared five goals between them as we cruised to a 5-0 victory. The pitch was soggy, the game was played in great spirit and fun was had by players and spectators alike.



## 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 & 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.

## Annual Concert



JOIN US FOR A FUN NIGHT!

A fairytale play told in a different way

Thursday 8th September Doors open at 6:30pm for a 7:00pm start Nhill Community Centre gold coin donation

# Rotary Science Challenge

On Monday the 29th, the Year 6 students went to Horsham College to compete in a Science challenge run by the Rotary Club.

We were put into groups of four and the first challenge we had to make was to create a water wheel that worked. We made this with polystyrene, popsticks, limited masking tape and a metal rod. With these limited materials it was challenging to make the wheel work.

The second challenge was to control electricity to light up a mini town, we had to connect different cords and cables to light up 25 different lights. Overall, we really enjoyed the opportunity and it was cool working with other students from different schools. By Shilah Hiscock



# parenting **\***ideas

## Why dads matter



Father IS Day can be a tricky occasion for some families, especially for those who don thave a father who is present in their life because of family breakdown, or a geographical distance which may not allow them to be close by. There are also those of us who have lost a father, or who are being raised by single mums who are both mum and dad to their kids. This too can impact how our kids view Idad and what he means to them. Other family structures exist where dad is not present either, and this can complicate Father IS Day further.

The reality is that dads, when present and safe, take different shapes and forms. And research shows that kids thrive when dad is that positive, safe presence in their lives.

Over the past few decades, research has shown us that dads (and other male role models like teachers, coaches, church leaders, uncles, grandpas, and more) matter. Enormously. Their positive impact cannot be understated or waved away. And research also tells us that dads (and those other male role models) are stepping up and presenting that positive and active presence in their children **B** lives.

### Why do dads matter?

Having involved fathers, however they might look to you and your family, has a lasting effect on their children I lives, for the better.

Firstly, dads engagement can help kids achieve better results at school, help increase their self-esteem and even reduce the risk of delinquency, substance abuse and other high-risk behaviours in kids. Known as the **[father effect**] + this umbrella term describes these and the many other benefits of a paternal presence, a presence who values and prioritises quality time.

Secondly, these dads matter because their influence, attention, nurturing, and affection help promote children social and emotional development. They set up a healthy relationship with their children, allow for emotional growth and help develop positive health and wellbeing. And they provide a model of healthy masculinity for their kids; the kind of masculinity that helps those around them feel safer and stronger.

Third, there is a sense of acceptance and security that fathers can help provide which not only help our kids in the short term but continues as they move into adulthood as well. This protective presence can come from both parents but seems particularly present with actively and positively engaged fathers.

Fourth, engaged fathers matter because they can also help our kids develop important life skills including respect, problem solving, empathy and social skills. They teach them about limits, consent, and responsibility. Researchers aren 1 quite sure why or how, but these things seem to develop differently when dads are present versus when they re not.

#### What does an engaged dad look like?

In TV talk, an engaged dad looks like everyone **B** favourite blue heeler dad, Bandit from Bluey.

If you ve watched the show, you have seen that Bandit isn perfect. He can be dismissive now and then. He can say things that are challenging. But despite his imperfections (which we all have), Bandit listens to his children – their thoughts, their concerns, their dreams and their ideas. He encourages them, he challenges them, he shows an interest in them.

And Bandit talks to his children – he makes jokes, he reads books, he tells them about his day, he involves them in other parts of his life. He is verbally expressive with clear communication but without being controlling or belittling.

Bandit plays with his children – he kicks the footy in the backyard, or feeds the baby doll a bottle; he helps put together Lego or find the missing piece of a puzzle. He supports their interests, imagination, and growth. He helps set limits and boundaries and regulate emotions.

Bandit also supports his children – emotionally he helps navigate their problems or worries with them, he doesn't dismiss them. Rather he guides them to solve problems or cope with disappointment themselves. He supports them physically– he watches their sports matches, or dancing recitals; he is their biggest supporter.

Bandit is a positive role model – he demonstrates values that he wishes to instil within his own child/ren. He is honest and shows integrity. But he is not perfect. He makes mistakes – because he is human and when he does, he will own them and will say sorry.

He grows alongside his kids – as his children get older and mature, his relationship with them evolves with it. They learn about each other and grow and feel confident and secure in their relationship together. He values self-care – he has time for himself and ensures his own wellbeing and health is prioritised too because without this, he can the best self.

#### All dads are different but equally important

These qualities of an engaged dad aren it a checklist that dads need to tick off. Every dad will be different and that is okay. What is important is that dads are there for their kids and want to grow with them. That is what our kids will notice the most and how they will know you matter... because you do!



Shona Hendley Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on Instagram.

## 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.

# parenting **\***ideas

### 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 <u>admin@nls.vic.edu.au</u> or phone the school.

# Messages of hope

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

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.		

# 11th September75 Years of Hope(Pastor Richard Fox)What gives you hope, even when the situation seems impossible? Richard reflects on 75 years of Lutheran Media<br/>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.

