



# TOGETHER WE GROW

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Term 3

Week 9

Issue 28

September 9th 2022

## Upcoming Dates



### SEPTEMBER

#### **Mon 12th**

F-2 Sports Day PM.

#### **Wed 14th**

Last Day for Term 3 for students 3.15pm.

P&F Donut Day fundraiser.

School Board Meeting 7.30pm

#### **Thurs 15th & Fri 16th**

Staff Development Days.

### OCTOBER

#### **Mon 3rd**

Term 4 Starts.

#### **Fri 7th**

P&F Family Movie Night at school.

#### **Thur 13th**

Nhill Show P&F catering

Pupil Free Day (Nhill Public Holiday)

## Birthdays

We wish the following student a very happy birthday:

Helena 14th Sept.



## Important Information

Our school has had correspondence from the Hindmarsh Shire Council in regards to supervised crossing hours, please read below:

### **School Crossing Supervised Hours**

Please be advised that the school crossing on the Western Highway, is supervised from

**8:20am to 9:00 and 3:10pm to 4:00pm**

Monday to Friday during the school term.

If your child is crossing before or after these times, please note that will not be a school crossing supervisor to assist with crossing the highway.

**A school crossing is only operative if flags are displayed.**

## Get 'Em Going

For our last Get 'Em Going playgroup for Term 3 we played with the rice sensory bin, playdoh, read books and had fun in the room. Have a wonderful break and look forward to seeing you all in Term Four.



## From the Principal

### Concert

What a wonderful performance of Porridge on Thursday evening! I hope all audience members enjoyed seeing the students display their dramatic capabilities on stage. A huge congratulations to all the students for their efforts on the night, and also for the manner in which they participated in lead up rehearsals. Thank you to all who helped, and a special acknowledgement of Mrs Erin Alexander who displayed great leadership throughout the whole concert process.

### End of Term 3, start of Term 4

Term 3 concludes next Wednesday at usual school finishing time. Term 3 has been a very productive term and it has been wonderful to hold events where parents and other guests have been able to attend. This is a world away from Term 3 last year! I hope the students and staff can enjoy the upcoming holiday break and ready themselves for a successful Term 4. Term 4 commences on Monday October 3.

### Passing of Queen Elizabeth II

Nhill Lutheran School would like to acknowledge the passing of Queen Elizabeth II, a much loved figure who has graciously served others throughout her life. As a sign of respect and mourning we have been flying our flag at half mast. Additionally, prayers were included in our chapel this morning.

### Thanks Joel

A big thank you to Joel Borgelt (and helpers) for pressure cleaning the pavers at the back of the school. Not only do they look a lot cleaner, sections are far safer and less slippery when wet.

### School TV

Check out the latest articles on SchoolTV: <https://nhills.vic.schooltv.me>. SchoolTV is a great resource for parents/caregivers looking for helpful information to support raising their children.

Every blessing for your week,

Damon Prenzler

## Hats and uniforms

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.

For the last week of term, and for the first two weeks of Term 4, students may wear either winter or summer uniform. From the third week of Term 4 all students must wear summer uniform.

### 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.

### Year 3 & 5 Naplan Test Results

The Naplan Test results have been forwarded to the school, if parents would like to collect results please contact Mrs Fisher at the office, either by phone, call in or email.

### Jump Rope for Heart



Jump Rope Off Day today! We as a school have raised over \$830 for Jump Rope For Heart.

Everyone who participated should be very proud of their efforts with all the skipping they have done.



## Devotional Thought

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers (Psalm 1:3).

[Read Psalm 1](#)

There is a poem called 'Trees' by Joyce Kilmer, which ends with the line, 'But only God can make a tree'. Trees are apparently the most frequently mentioned living things in the Bible and are used either literally or symbolically in many different ways. Central to Psalm 1 is the image of a tree planted by streams of water. It grows because of life-giving water and being planted in just the right place. Its roots reach down so that it is firmly grounded, and its leaves, therefore, never wither.

A shady tree planted by streams is just what dreams are made of in a hot Australian summer. This tree, however, has not just prospered out of nowhere, nor does it exist just to provide shade. It symbolises a person who has studied and grown to know and delight in the teaching of God. It represents a person who, according to the words of the text, prospers in whatever they do. This does not mean prosperity in the way the world might view it. It does not mean getting whatever you want that looks good in the eyes of the world. It means being connected to God through learning about God. It is connected to the water, so often seen as life-giving, but perhaps in this context, it represents learning that flows from God.

Psalm 1 offers us two choices: to thrive like the tree planted by the stream or be blown away like worthless chaff. It is tempting in our society to want to have it both ways – sit with the scoffers and stand firmly grounded by the stream. The fear of missing out even has its own acronym – FOMO – because it is so tempting to see what others are experiencing just in case it is better than what we already know. There is, however, only one choice – to ground ourselves in God's word and thrive through this connection. This is true prosperity.

***We thank you, Heavenly Father, for the waters of learning that flow from you. We ask you to help us thrive in the knowledge of all you have done and continue to do for each of us. Amen.***

## Worship News

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

Sunday 11th September

Nhill - 11am

Jeparit - 9am



[NhillLutheranParishOnline.com](http://NhillLutheranParishOnline.com)

## Prayer of the Week

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

- ♦ Darcy & Connor Borgelt and their family.
- ♦ Vidhi Brahmbhatt and her family.

## Chapel

No Chapel for last week of Term3.

Recommence first week of Term 4.



## Chapel Offering

Chapel offering from last week we received \$13.10. 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.

## 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 Update

On Tuesday night, the P&F meeting had a great attendance with 3 via zoom and 6 face to face including 2 staff.

We recapped the fantastic work that was done at the working bee a few weeks ago, all jobs were completed. Thank you to all the families that attended.

Last week the P&F provided hot dogs for the Father's Day lunch. This was a wonderful day with lots of Dads in attendance and everyone enjoyed all the festivities.

We are looking forward to our donut fundraiser next week and thank everyone who has supported this by volunteering their time or purchasing donuts.

Term 4 is looking like a busy P&F term, starting in week 1 with our movie night which was postponed earlier this term and we are pleased it can finally happen. Please come along and enjoy a relaxing night out. This will be a free event to thank everyone for their support in the events that happened in Terms 2 & 3.

Week 2 we will be catering the luncheon at the Nhill Show. This is a wonderful way for us to do something for the wider Nhill community, while also fundraising it showcases our school. We thank the many people who have volunteered time for this big event and donated goods towards it. We do still have a few time slots to fill so if you haven't handed in your form and you wish to help, please let me know.

We are also going to hold a quiz night, with help from Mr Holt on November 5th. More details about this will be released in Term 4, watch this space.

We would like to thank everyone for their continued support of the P&F, we have held several events recently and are always so appreciative of the support we receive.

Our next meeting will be October 4th at 8pm at the school or via zoom if need be. Please feel free to come along and give a meeting a go, we keep them short and relaxed. We look forward to seeing you.

Jackie Rethus  
NLS P&F

## Position Vacant



### Classroom Teacher

1 Year Contract for 2023

(with potential to be ongoing).

Nhill Lutheran School is seeking applicants for a passionate and innovative teacher. The successful applicant will demonstrate enthusiasm and creativity in their daily work as a classroom teacher, fostering an environment where students are fully engaged in their learning.

A desire to work as part of a Professional Learning Community will be highly valued. The successful applicant should be willing to support the Christian ethos of the School and be part of a professional team committed to excellence in education.

Nhill Lutheran School is well resourced, has great facilities, values and provides opportunities for professional growth, and is known as a caring community.

For a job description please ☎ (03) 5391 2144 or ✉ [admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au) with the subject line of 'Classroom Teacher Position.'

#### Applications close:

Monday 12th September 2022

Applications can be sent to

✉ [principal@nls.vic.edu.au](mailto:principal@nls.vic.edu.au)

or 2 Mackay St, Nhill 3418

**Position commences:** 20/01/2022

## Magic Words

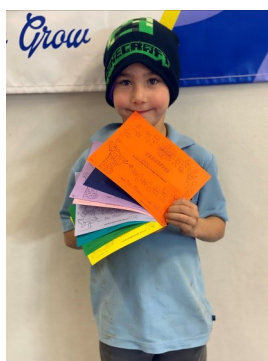
Today at Assembly, Alyssa, Luka, Siena, Abby and Logan were awarded their certificate for achieving the blue magic words award.

More photos later in newsletter.





## What Happened This Week



## Students of the Week

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

Foundation: Zoe

Yr 1/2: Savannah

Yr 3/4: Darcy

Yr 5/6: Miss A





For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

### Why does this matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:



### **Have one moment of roughhousing/physical play each day**

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

### **Allow at least 45 minutes of uninterrupted free play each day**

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with *real people*.

### **Spend two hours outside daily**

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

### **In closing**

While these goals may seem lofty and unattainable, remember that *"If you're trying and failing, you're still getting one step closer to success than if you're doing nothing."* (Jeanette Coron). Any play time is better than none at all.



#### **Dr Justin Coulson**

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting.

For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au)

## 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

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.

**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.

## Term Dates for 2023

**Term One:** January 30th - April 6th

**Term Three:** July 10th - Sept 13th

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

**Term Two:** April 26th - June 23rd

Pupil Free Day April 24th

**Term Four:** October 2nd - December 13th

## Little Desert Athletics Division at Stawell



Today the students that made it through to the Little Desert Athletics Division, had to travel to Stawell, due to weather conditions. It was a good effort by Henry, Shilah, Eden & Oleara considering they were performing last night in the school production. Congratulations to you all for making it to this level.





# Free Animal and Kids First Aid Session Strictly 9 – 13 year olds September 21<sup>st</sup> 9 – 12 pm Nhill Memorial Community Centre Bookings: 53914444 Limited places Free Goodies Bag



School Holiday Program

Ph: 5382 9575

Open 10am - 4pm daily - Tours & worksheets available upon request.



Mythical Creature Dance Party Animals

Hannah French

10:30am - 12:00pm - Tuesday, September 20th 2022

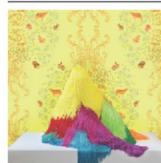
Join in for our own mythical creature dance party in the Wimmeral! Come and make a wondrous creature, then make it dance with its friends using stop motion. Materials required: quick-dry clay.

Crazy Robot Drawing

Belinda Eckermann

10:30am - 12:00pm - Wednesday, September 21st 2022

Do you like doodling? Why not have fun and use your creative engineering skills to come up with a cool noodle bot that can do art too! Experiment and see what you can make your bot draw!



Myth Making - Sculpture & Modelling Workshop

Kate Rohde & Troy Emery

10:30am - 12:00pm - Monday, September 26th 2022

Fresh off the opening of their enthralling exhibition, Myth Making, renowned sculptural artists Kate Rohde & Troy Emery return to the Horsham Regional Art Gallery to pass along their creative skills to the Wimmera's next generation of artists.

Drawing Legends With Mars Drum

Mars Drum

10:30am - 12:00pm - Tuesday, September 27th 2022

Join prominent Wimmera artist Mars Drum as she guides you through drawing original, experimental never-before-seen Wild Things!



**ALL FREE!**

**SEPTEMBER 2022**

**WEEK 1** **SCHOOL HOLIDAY PROGRAM** **WEEK 2**

Hindmarsh Shire Council

<p><b>MONDAY 19 SEPTEMBER</b></p> <p>Science with Cam Jeparit Library 10am - 11am</p> <p><b>Level Up! Gaming</b> FREE BUS AVAILABLE FROM ALL HINDMARSH TOWNS Mecca Supper Rooms Rainbow 2pm - 6pm</p>	<p><b>MONDAY 26 SEPTEMBER</b></p> <p>Tennis Coaching with Steffi McDonald FREE BUS AVAILABLE FOR ALL HINDMARSH TOWNS Dimboola Tennis Courts &amp; Recreation Reserve 10am - 11am for 6-11 year old 11:30am - 1:30pm for 12+ year old</p>
<p><b>TUESDAY 20 SEPTEMBER</b></p> <p>Science with Cam Dimboola Library 10am - 11am</p> <p><b>Games Day</b> Dimboola Oval &amp; Recreation Reserve 4pm - 6pm</p> <p>Followed by... <b>BBQ Dinner &amp; Outdoor Cinema</b> Dimboola Sound Shell 6pm - 9pm</p>	<p><b>TUESDAY 27 SEPTEMBER</b></p> <p>Crafty Art with Danelle Dimboola Library: 2pm - 3pm</p> <p><b>Games Day</b> Jeparit Oval 2pm - 4pm</p>
<p><b>WEDNESDAY 21 SEPTEMBER</b></p> <p>Animal and Human First Aid with Casey Kosch &amp; Horsham's Your Family Vet FREE BUS AVAILABLE FROM ALL HINDMARSH TOWNS Nhill Memorial Community Centre 10am - 12pm</p> <p><b>Painting Workshop</b> The Patch Nhill 2pm - 4pm</p> <p>Science with Cam Rainbow Library 2pm - 3pm</p> <p><b>Outdoor Cinema</b> Jeparit Primary 7pm - 9pm</p>	<p><b>WEDNESDAY 28 SEPTEMBER</b></p> <p>Crafty Art with Danelle Jeparit Library 10am - 11am</p> <p><b>Games Day</b> Rainbow @ The Oasis 4pm - 6pm</p> <p>Followed by... <b>BBQ &amp; Outdoor Cinema</b> Rainbow @ The Oasis 6pm - 9pm</p>
<p><b>THURSDAY 22 SEPTEMBER</b></p> <p>Science with Cam Nhill Library 10am - 11am</p> <p><b>Nhill Cinema</b> Minions: The Rise of Gru Nhill Cinema 2pm - 4pm</p>	<p><b>THURSDAY 29 SEPTEMBER</b></p> <p>Crafty Art with Danelle Nhill Library 10am - 11am</p> <p><b>Cricket Fun Day + Sausage Sizzle</b> FREE BUS AVAILABLE FROM ALL HINDMARSH TOWNS Dimboola Recreation Reserve 10am - 2pm</p>
<p><b>FRIDAY 23 SEPTEMBER</b></p> <p>Public Holiday for AFL Grand Final Weekend!</p>	<p><b>FRIDAY 30 SEPTEMBER</b></p> <p>Crafty Art with Danelle Rainbow Library 10am - 11am</p>

We look forward to seeing you!

For more information on all of our activities, or to book in, visit [www.hindmarsh.vic.gov.au/events](http://www.hindmarsh.vic.gov.au/events), call 03 5391 4444 or email [info@hindmarsh.vic.gov.au](mailto:info@hindmarsh.vic.gov.au).

Please note that if your child is less than 11 years of age, a parent/guardian are required to supervise them.

Hindmarsh Shire Libraries

Hindmarsh Shire Council  
Hindmarsh Shire Libraries  
Hindmarsh Shire Youth Council

@hsyouthcouncil  
@hindmarshshirelibraries

VICTORIA  
State Government

**CALLING ALL FAMILIES!**

**NLS P&F  
MOVIE NIGHT**

PUT ON YOUR PJ'S, BRING YOUR BEAN BAG OR  
SOMETHING COMFY, AND ENJOY MOVIE NIGHT

**OCTOBER 7TH 2022**  
**7.00PM**  
**SCHOOL MULTIPURPOSE ROOM**  
**FREE ENTRY**  
**POPCORN PROVIDED**  
**WATER AVAILABLE FOR PURCHASE**