



TOGETHER WE GROW

2 Mackay Street, Nhill 3418

P: 5391 2144

E: admin@nls.vic.edu.au

Term 4

Week 1

Issue 30

October 7th 2022

Upcoming Dates



OCTOBER

Fri 7th

P&F Family Movie Night at school 7pm

Thur 13th

Nhill Show P&F catering

Pupil Free Day (Nhill Public Holiday)

Tues 18th

School Board Meeting 7.30pm

Fri 28th

World Teachers Day

Grandparents and Special Friends Morning

NOVEMBER

Fri 4th

Pre-Prep Orientation 9am to recess

Sat 5th

P&F Quiz Night

Fri 11th

Pre-Prep Orientation 9am to lunch

Fri 18th / 25th

Pre-Prep Orientation Full Day 9am to 3.15pm

Tues 22nd

P&F Final Meeting for 2022

DECEMBER

Fri 2nd

Pre-Prep Orientation Full Day 9am to 3.15pm

Fri 9th

Pre-Prep and Whole School Transition Day

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

Playgroup will be held next Tuesday 11th of October 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.

Birthdays

We wish the following student and Staff a very happy birthday:

James 9th Oct

Miss Attiwill 14th Oct



From the Principal

Welcome to Term 4

Welcome to Term 4! It has been great to see the students return to school so positively and hit the ground running in their learning. There's been a really happy feel to the school, something that has been evident throughout the year. This term, many classes are focusing on 'creativity' in their Units of Inquiry and I look forward to seeing what great learning outcomes are achieved. The 3/4s were creating stop motion videos this week and loved it. This term we acknowledge the Year 6 students who are now in their final term of primary school. Later this term we will welcome our 2023 Foundation students as they attend pre-Prep sessions in preparation for starting 'big school' next year.

Upcoming events

In the next few weeks we look forward to exciting events, starting with the Movie Night tonight. The movie starts at 7pm and popcorn will be provided. Please enter via the ramp that leads to the multipurpose hall.

The Nhill Show is next Thursday. Students have been busy finalising artworks to be submitted, and our P&F will be catering on the day and have spent considerable time and effort preparing for that. All students are invited to participate in the grand parade at 4pm.

We are holding a Grandparent's and Special Friends Day chapel on Friday October 28. More information about this will be distributed soon. Other activities happening in the next few weeks are the visiting performance 'Circular Circus' and the start of the pre-Prep visits.

School Fees for 2023

With cost of living pressures impacting many families, the School Board has decided to place a freeze on fees for 2023, meaning the tuition fees and composite fees will remain the same as 2022. Nhill Lutheran School does not turn away students for financial reasons, and if families require financial assistance they are welcome to speak to either myself or our Business Manager, Mr Dalton Burns.

Farewell and thank you Mrs Woodward

Mrs Michelle Woodward has concluded her time as Integration Aide at NLS and the school sincerely thanks her for the contribution she has made to our community. Mrs Woodward has served our school since early 2019 and has contributed in numerous ways, including using her considerable artistic talents, bus driving, leading the Reading Tutor Program, and supporting many students with their learning. The school would like to sincerely thank Mrs Woodward and wish her God's blessings. Mrs Cattanach will pick up extra Integration Aide time for the remainder of the term – thanks Mrs Cattanach.

Every blessing for your week,

Damon Prenzler

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.

Uniform Update

Students may wear either winter or summer uniform for weeks 1 and 2. From the third week of Term 4 all students must wear summer uniform.

School Culture Surveys

From Monday 10th October, survey links will be emailed out to all families, students, staff and governance/leadership community of the School.

It would be appreciated that you take the time to participate in the survey as this will give us feedback on the culture of the School.

Devotional Thought

I tell you, use worldly wealth to gain friends for yourselves, so that when it is gone, you will be welcomed into eternal dwellings (Luke 16:9).

[Read Luke 16:1-13](#)

When you first encounter this parable, you may think that Jesus is promoting unethical business practices. However, this parable is akin to the wisdom literature of the Old Testament and is used to illustrate a particular point that Jesus is making.

Some have suggested that the shrewd manager removes the interest charged on each invoice – or reduces the invoice to a fair price – as Israel had been commanded to not charge each other interest and be fair in their business practices. Thus, the master would not be able to be too harsh with the manager as that would reveal too much about his own business practices. Whether this is the case or not, it is the shrewdness that Jesus wants us to ponder.

We can easily fall into the trap of worshipping (or at least paying too much attention to) money and all the 'stuff' it can buy. Jesus is challenging us on this. We cannot serve both God and our 'stuff'. Jesus' proposed solution is for us to be smart and find ways we can use our money and our stuff to help others. Not so that we earn our way into God's kingdom, but because through him, we are already God's children.

Are there ways in which you could better use your money? Have you been blessed with wonderful assets that could be used to help others and thus gain friends for the gospel? Often you can do even more by combining with others – so what ways can you, a group of Christians, wisely use your stuff?

Heavenly Father, thank you for the many blessings you have given me. Help me, through your Holy Spirit, to be wise and generous with it all. Keep reminding me that the things of this world will pass away, but all you have given me through your Son will remain forever. In his mighty name, I pray. Amen.

Worship News

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

Sunday 9th October

Nhill - 11am

Jeparit - 9am



Prayer of the Week

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

- ♦ Oleara and Sierra Cattanach and their family.
- ♦ Barrett Clark and his family.

Chapel

The next Chapel will be on the 14/10/22 at 9am in the Multi Purpose Room hosted by Year 5/6



Primary Basketball Competition

Primary Basketball will return in 2022 with an expected start date in late October. The Primary Competition will run on Tuesdays for Years 2 – 6.

An Aussie Hoops program is currently being developed for Foundation – Year 2 for a November start – stay tuned for more details!

Registrations are now open for Primary Basketball at <https://www.playhq.com/> (search Nhill Basketball Association).

Registration will include \$26 annual Basketball Victoria Licence (renewal lands on 12 months from payment in 2021) and \$30 to cover stadium entry.

The Nhill Basketball Association has confirmed Free membership for all players for the 2022/23 season. It will be wonderful to see as many kids back playing basketball as possible. We will be also looking for Coaches and Team Managers for the Primary Competition to support the coordinator and players. Enquiries can be directed to Tracey Bell 0418 607 321 or Kat Colbert on 0409 527 041 or nhillbasketball@gmail.com.

P&F Update

On Tuesday night 6 ladies met for a P&F catch up. It was a bit longer than normal with lots going on.

At the end of last term we held a very successful donut day raising \$1300 for resources for the school. A thank you to all those who supported this fundraiser by purchasing donuts, a huge thank you to the volunteers who worked so hard to make a mountain of donuts, and a massive thank you to Jamie-Lee and Maree who did a fantastic job of coordinating the fundraiser. And a special shout out to Alex for doing all the deliveries and feeding our busy cooks on the day!

We are looking forward to tonight's movie night at 7pm. Popcorn provided. Please bring along bean bags and water and wear your PJs for a relaxing night out.

Next week we have our biggest fundraiser for the year catering the luncheon at the Nhll Show. This isn't a one day event but we will be working everyday next week to make it happen and it simply couldn't happen without your help so thank you to everyone who has volunteered time next week or produce/groceries to use at the event. Next week will be huge and very rewarding.

Later in the term we, with lots of help from Mr Holt will be holding a quiz night. So mark November 5th in your diary and watch this space for more details to come.

Thank you to everyone who has supported our recent P&F events, without you P&F couldn't exist.

Our final meeting for 2022 will be on November 22nd. We will have a bit of food and drinks to celebrate our year. Please feel free to come and join us.

Jackie Rethus

Position Vacant



Classroom Teacher - Upper Primary 12 months Contract for 2023 (with potential to be ongoing).

Nhll 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.

The successful applicant should be willing to support the Christian ethos of the School.

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

Applications close:

Friday 14th October, 2022

Applications can be sent to

✉ principal@nls.vic.edu.au
or 2 Mackay St, Nhll 3418

Position commences: 20/01/2023

P&F Community Freezer

An initiative of the P&F is the Community Freezer at the school. The idea is that any families can contribute to the freezer by supplying frozen goods. This can be homecooked or purchased frozen meals, cakes, snacks etc. Then if the school is aware of families who need a helping hand, maybe due to illness, personal problems, birth of a child, parent away for business etc. the staff can discreetly distribute the food in the freezer. This information is confidential, and P&F are never made aware of who has received a helping hand. For home cooking please include an ingredients list.

Currently we have families in our community who are needing a little extra care and a helping hand. If you can help by supplying food, it would be appreciated. If you can help, please leave food at the school and the staff will see it gets to the right people.

This is a wonderful way we can support our community.

Thank you

Jackie Rethus



What Has Happened This Week



This week the Year 5/6 class had buddy time with the Foundation class.



Today, Shilah came 1st at Ballarat for shot put, next level is State.

Congratulations!



Year 5/6 class Tested their communication skills and ability to trust their peers.



Nhill Show Grand Parade

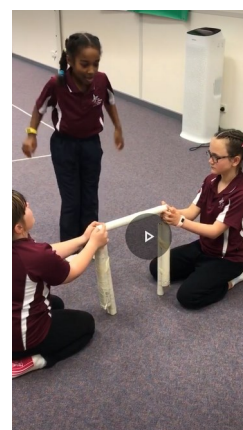


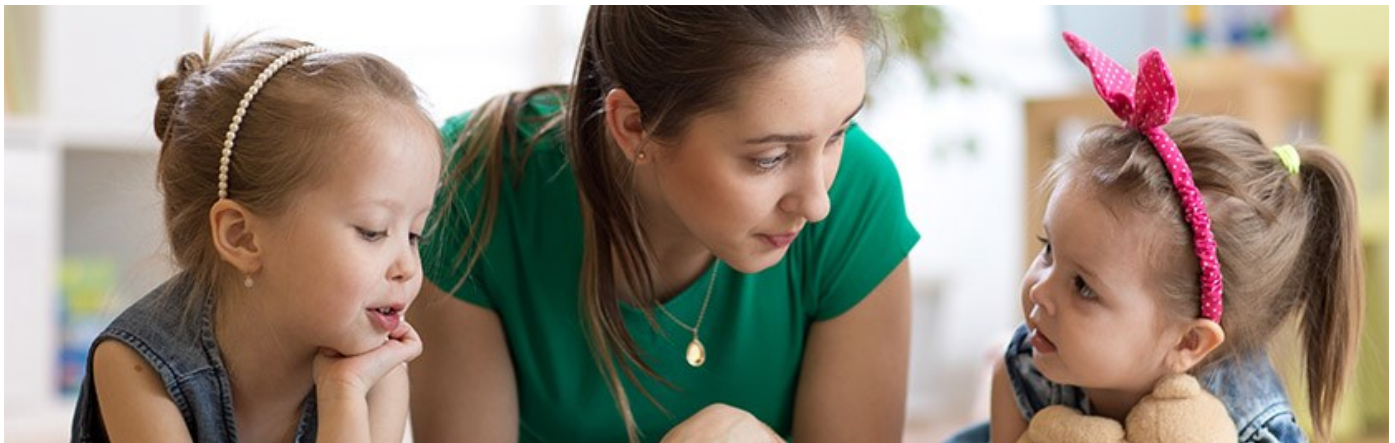
The Show Committee have invited the School, to take part in the GRAND PARADE, again this year. The School students, staff and parents meet at 3.30pm at the arena gate for the parade to start at 4pm. In previous years, the School banner has been carried with pride, some animals from the Nursery have joined in also. Students DO NOT have to be in uniform.



Year 1/2 class were creatively preparing some food, using their imagination.

Year 3/4 Class being active.





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.

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)

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.

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.

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.

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.

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.

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.

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 <https://e2epublishing.info/jay>

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 or phone the school.

2nd October

What about the Carer?

(Interview)

"I've become his carer and his protector. That role of changing from being a wife to that element of carer, that's massive. Sometimes I'm just terrified." Therese talks with us about adjusting from wife to carer – the challenges and how she coped day to day.

9th October

Coping with Cancer

(Interview)

Cancer can come as a shock, but you don't have to face it alone. Join us this week as Michelle and Philip share the story of Michelle's diagnosis of breast cancer.

16th October

Teen Anxiety

(Interview)

Do you know a teenager with anxiety? Hear insights from teenagers living with anxiety – what it's like for them, what helps and what doesn't.

23rd October

Beneath the Stress

(Round the Table)

How would a stress free life look to you? Celia talks with Anna and Janine about why it's so hard to get beyond the stress.

30th October

Good Enough

(Richard Fox)

Are you good enough? Trying to measure up can leave you feeling exhausted, guilty and wondering if it's all worth the effort. Hear the good news for those of us who never quite feel like we are good enough.

NHILL HERITAGE WEEKEND

**Beginning with Nhill Show on Thursday October 13th
through to Sunday October 16th 2022**




Participating Organisations Include

Nhill A&P Society | Nhill Aviation Heritage Centre
Nhill Silo Heritage Project | Nhill Vintage Club | Vintage Fashion Collection
Nhill & District Historical Society | Gallery Central | C.A. Merrett Museum
Australian Pin Ball Museum | Local Traders | Service Clubs

Activities will run from 9am-5pm

More information: www.nhillaviationheritagecentre.com.au

 NhillHeritageWeekend

 nhillheritageweekend@gmail.com



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

