



# TOGETHER WE GROW

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Term 4

Week 2

Issue 31

October 14th 2022

## Upcoming Dates



### OCTOBER

#### **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

#### **w/c 5th Dec**

Week of Year 7 Orientation for current Yr 6

#### **Fri 9th**

Pre-Prep and Whole School Transition Day

## Great Western Region Athletics

Last Friday, the School had 2 students represent us in Ballarat at the Great Western Region Athletics.

Those students were Henry & Shilah, competing in Discus and Shot Put respectively. We would like to thank the parents for their support to give them the opportunity to compete.

Henry came 6th in his age group, so a great effort to make it that far for him personally.

Shilah measured a distance of 8.08m to take the first place, which ensures her a place in the next level which will be the State level.

## Birthdays

We wish the following student a very happy birthday:

Tom 17th Oct



## Volunteers to Cover Library Books

Our new books in the Library need to be covered to protect them.

We have been blessed and grateful to have Mrs Debbie Kerber undertake this job for over 20 years for our School Community.

As we can all appreciate, Deb would like to hand this over to some one else who can give a few hours every few months or so. If anyone is interested to help please let the School know.

## From the Principal

### School Fees for 2023 and Bursaries

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. In addition to this, the school offers bursaries each year: three bursaries of \$200 and two bursaries of \$100. This amount is deducted from the fees. A letter will be distributed to families next week outlining the application process and criteria for the bursaries. If families require financial assistance they are welcome to speak to either myself or our Business Manager, Mr Dalton Burns.

### Staffing update

Mrs Jessica Mason has announced that she and her family are relocating to Queensland at the end of the year. Mrs Mason has served at Nhill Lutheran School for a number of years, first as an Integration Aide and more recently as a classroom teacher. I wish Jess and her family God's richest blessings as they conclude their time in Nhill and start a new chapter up north. We are now searching for two classroom teachers for 2023 and pray that we will be blessed with caring individuals to join our community.

### Thank you

Thank you to the P and F for their wonderful catering efforts at the show yesterday, and for the planning and preparation leading up to the day. The pavilion looked great thanks to being decorated with student artwork, and it appeared to be the warmest and driest place at the show.

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

From the next week, week 3 of Term 4. All students must wear summer uniform.

## Flying Visitors

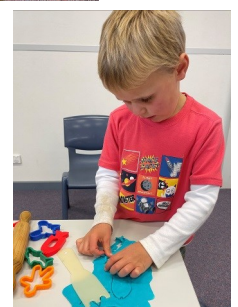
Currently the School is being visited by many mosquitoes.

The School has a limited supply of insect repellent.

Families are welcome to supply their own repellent for their children to use. I would be advised to name the repellent.

## Get 'Em Going

At Get 'Em Going playgroup this week we read books, played in the room and made Hungry Caterpillar craft. Playgroup will be held next Tuesday the 18th of October the at 9.30-11am. To register interest please email or phone the school before Monday.



## Devotional Thought

Great are the works of the Lord; they are pondered by all who delight in them

(Psalm 111:2).

[Read Psalm 111](#)

We have a great amount of uncertainty about the length of our existence here on Earth, and we don't know what lies ahead of us that we have to face before we die. But we do have the certainty of God's grace right now.

No matter what the future holds for us, we can be confident that God will lead us into it, remain at our side as we experience it, and remind us over and over again that nothing will happen, and there's nothing we can do that will ever make him stop loving us.

Or, as the psalmist said: the Lord is gracious and compassionate; he remembers his covenant; the works of his hands are faithful and just; all his precepts are trustworthy; they are steadfast forever and ever; holy and awesome is his name.

So even though we have uncertainty about how long we will live here, we can live each day as a brand-new opportunity to rejoice in what God has given us, to say thank you to him, and in response to his grace, offer service to those about us.

We can make plans and decisions for the future. We can look forward to many different experiences, good and bad, through which God can continue to teach us to trust in him, so he can mould and shape us into the kind of people he still wants us to become.

We can recommit ourselves to action. And we can pledge our support to the work of God's church willingly and joyfully – even though it may cost us a great deal.

When God is in control, we can live every day as if it were our last, and we can live every day as if it were our first.

Today, and all the tomorrows that God may give us, can be a time of renewal and refreshment as he showers his love, forgiveness, mercy and peace all over us.

**Lord God, thank you that in and through your Son Jesus Christ, we have hope and confidence about your presence, power and promises as we live here on this Earth. Renew us each day in our faith in you, and keep us active and joyful in our service so that we can share our joy in our relationship with you. In Jesus' name. Amen.**

## Worship News

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

Sunday 9th October

Nhill - 9 m

Jeparit - 11am



## Prayer of the Week

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

- ♦ Cooper & Abby Cramer and their family.
- ♦ Harper Crouch and her family.

## Chapel

The next Chapel will be on the 21/10/22 at 9am in the Multi Purpose Room hosted by Pastor Carl



## 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](mailto:nhillbasketball@gmail.com).

## P&F Thank You

I would like to sincerely thank each and every person who helped with the show catering fundraiser! From those who gave donations, made slice, were part of the salad making day, loaded, and unloaded and those who worked so hard on show day. Many people stayed extra time on show day, giving up time with their family and we can't thank you enough for giving us your time. We can't pull off days like this without you. We also had some amazing Year 4/5 girls helping out over lunch and a Year 2 at afternoon tea and it was such a joy for us mums to work with our girls and the customers really loved seeing them too. We were very lucky and were one of the very few lunch options, and we were a warm dry place to sit down and eat so we did much better than we expected, considering the weather. Many of us helpers were stopped during the afternoon to be given lovely comments about the food. Show day is a day we can give back to the community, show case the school and fundraise for the school. Thank you all for your efforts!!! Great job team!!!!

Jackie Rethus  
NLS P&F



## School Culture Surveys

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

We would like to thank you for the time you have taken to participate in the survey as this will give us feedback on the culture of the School.

## Covid Update

A recent Covid update has been emailed out to parents, to keep you up with the changing recommendations.



## Students of the Week

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

Foundation: Connor

Yr 1/2: Grace

Yr 3/4: Vidhi

Yr 5/6: Toqa



## Magic Words



Today at Assembly, Lucy, Jackson, Zoe and Connor were awarded their certificate for achieving their magic words award.

## Bob Bear



Congratulations to Toleen for receiving Bob at assembly last Friday. We hope Bob enjoys his time with you.

## Chaplaincy Book Fair

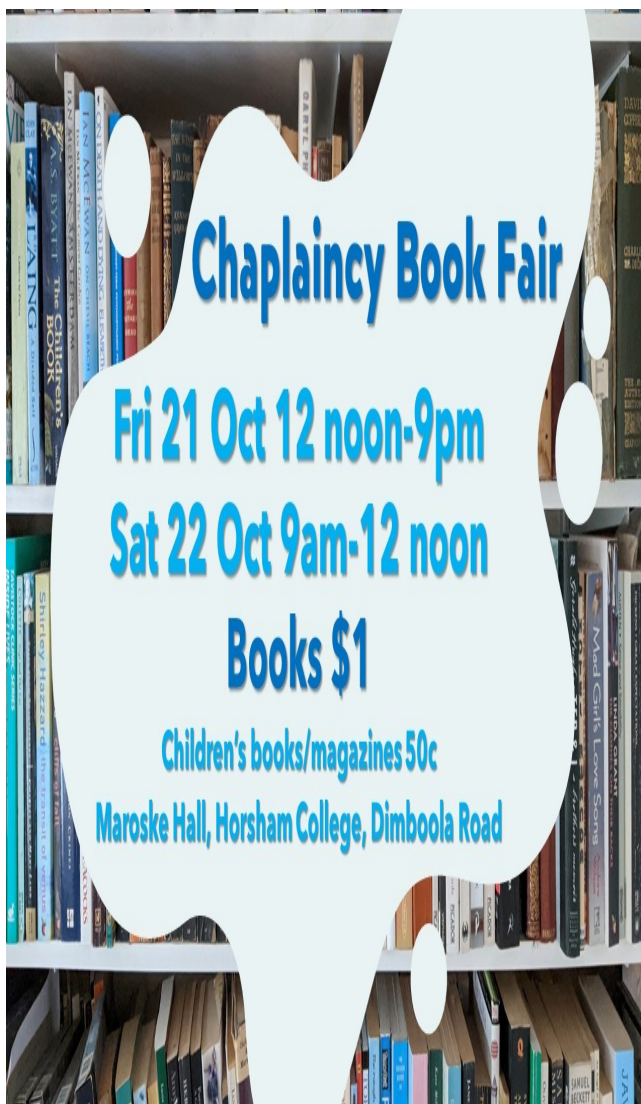
Fri 21 Oct 12 noon-9pm

Sat 22 Oct 9am-12 noon

Books \$1

Children's books/magazines 50c

Maroske Hall, Horsham College, Dimboola Road





Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

### Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

### Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

### Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporated deep breathing into your daily routine to help stay fresh and alert.

### Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

## Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

## In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.

### Michael Grose



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

## 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.

Messages of hope

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

**16<sup>th</sup> 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.

**23<sup>rd</sup> 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.

**30<sup>th</sup> 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.