



# TOGETHER WE GROW

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Term 4

Week 3

Issue 32

October 21st 2022

## Upcoming Dates

### OCTOBER

#### **Fri 28th**

World Teachers Day  
Grandparents and Special Friends Morning  
and Chapel  
Assembly 2pm

### NOVEMBER

#### **Tues 1st**

Melbourne Cup Day Dress Up Day

#### **Fri 4th**

Pre-Prep Orientation 9am to recess

#### **Sat 5th**

P&F Quiz Night

#### **Fri 11th**

Pre-Prep Orientation 9am to lunch  
Assembly 2pm

#### **Fri 18th / 25th**

Pre-Prep Orientation Full Day 9am to 3.15pm

#### **Tues 22nd**

P&F Final Meeting for 2022

#### **Fri 25th**

Assembly/School Captains Speeches/Voting

### 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



## Welcome

Our School has been fortunate to welcome a new student, Tricia. We wish Tricia and her parents, Loryann & Kim a warm welcome to our School and may many friendships and wonderful memories be found in Nhill.

## Congratulations

We would like to congratulate Oakley and his family on the safe arrival of a baby girl, Kenzie.



## Get 'Em Going

At Get 'Em Going playgroup this week we read books, played in the room and made beautiful butterfly craft.

Playgroup will be held next Tuesday the 25th of October 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.



## From the Principal

### Grandparents and Special Friend's Day

Next Friday we will be holding our Grandparents and Special Friends Day, starting with a chapel at 9am. Guests will also be able to tour the school and have a morning tea. We give thanks to God for the gift of grandparents and special friends who love and care for our children.

### Pre-Foundation visits

Later this term we will be welcoming our 2023 Foundation students to six Pre-Foundation visits. These days will provide an opportunity for the incoming students to familiarise themselves with 'big school'.

### Community Concert

A big thank you to the students who sang at the recent community concert for Nhill Heritage weekend. The students sounded great and admirably represented our school.

### Congratulations Miss Morrison

Miss Morrison has secured a teaching position at St Paul Lutheran School in Blair Athol, SA, commencing next year. It is wonderful that Miss Morrison is able to continue to serve in Lutheran education and we pray for God's blessings as she contributes to her new school community.

### World Teacher's Day

Next Friday, October 28, is World Teacher's Day. We are blessed at Nhill Lutheran School to have such kind, dedicated and caring teachers, and we thank God for their contribution to our students and the school community.

*Psalm 37:5: "Commit everything you do to the Lord. Trust him, and he will help you."*

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.

## 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. It would be advised to name the repellent.

## Position Vacant



### Classroom Teachers - 1 Lower & 1 Upper Primary 12 months Contract for 2023 (with potential to be ongoing).

Nhill Lutheran School is seeking applicants for passionate and innovative teachers. The successful applicants 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 applicants 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](mailto:admin@nls.vic.edu.au) with the subject line of 'Classroom Teacher Position.'

#### Applications close:

Monday 14th November, 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: 20/01/2023**

## Devotional Thought

I lift my eyes to the hills – from where does my help come from? My help comes from the Lord, the Maker of heaven and earth (Psalm 121:1,2).

[Read Psalm 121](#)

The hills in this psalm may have looked lovely and inviting to the pilgrims walking up to Jerusalem each year. But the psalmist encouraged them not to look there as they fixed their eyes on their endpoint in Jerusalem. The hills were where little temples and shrines to other gods were located. So, were they good places to go for help and guidance? Definitely not!

What are our equivalents today? I suggest that our false gods and idol temples don't require us to look up anywhere today. Because most of us are looking down. Maybe if it were written now, Psalm 121 would look more like this:

'I drop my eyes to my phone – from where does my help come from?'

We don't need to look much further than the end of our arms to find our longed-for guidance and answers to life problems. Phones can comfort us when we are lonely, entertain us when we are bored, answer all our questions about anything we've ever wondered and connect us in an instant with every person we have ever known in our lives. And, yes, it is also true that we can read the Bible on them, listen to sermons and encourage friends. What's so bad about that?

There has been lots of research on this, but perhaps at the heart of it is that our phones draw us away from being fully present from where we are. Do you ever go to them for one thing and end up drifting from one screen to another, flicking, scrolling, searching ... for what? They take us from being 'now-here' to 'no-where' at all and severely challenge our ability to pay attention to the people and the God right in front of us.

Next time you are tempted to 'drop your eyes', remember where it is that your help comes from. As tempting as the hills of idol worship was to the pilgrims on the way to Jerusalem and our modern-day idols might be to us, the satisfaction, guidance and relationship he is offering are worth us fixing our eyes straight ahead for. The heavenly Jerusalem is the endpoint of our earthly pilgrimage, and incredibly, our God both walks with us and waits for us there.

***Forgive me for the times I look everywhere else but you for all I need to flourish as your child. Help me to notice you at work in my life and the gift and opportunities you give me in the relationships right in front of me. I am blessed. Amen.***

## Worship News

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

Sunday 9th October

Nhill - 11am



## Prayer of the Week

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

- ♦ Imogen & Savannah Hedt and their family.
- ♦ Mia Grover and her family.

## Chapel

The next Chapel will be on the 28/10/22 at 9am in the Multi Purpose Room

Hosted by all the Classes

Special guests will be  
Grandparents/Special Friends



## School Culture Surveys

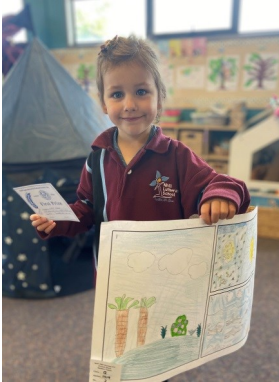
On Monday the 10th October, survey links were emailed out to all families, students, staff and governance/ leadership community of the School.

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.

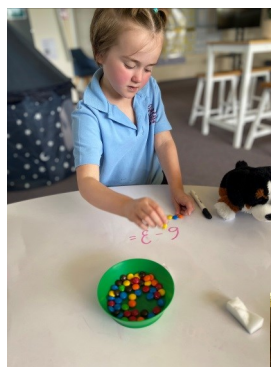
The survey closes on the Friday 28th October.



## What Has Happened This Week

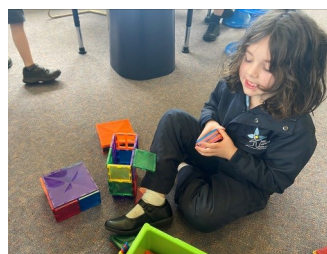
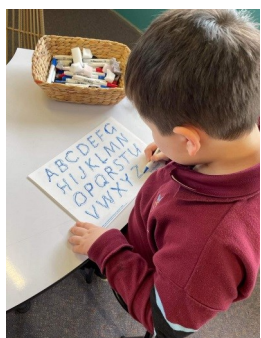


The Nhill Show Day may have been a bit wet, but our students certainly came home with some prizes for their various artwork they entered.



The Foundation class were busy doing class various activities and learning the skills to be able to subtract, minus and takeaway.

"Rock, Paper, Scissors" was played with the Year 1/2 class







The school had a visit from an echidna this morning, it was brought in from a home where dogs had found it under a cubby, so will be relocated on the families farm where it will be able to roam freely and safely in the countryside ...not in a yard shared with dogs.

## Melbourne Cup Day

Melbourne Cup Day will be a fancy dress for the students to be able to dress up in their Spring Carnival finery. No donation is required just a fun day for everyone.



## P&F Quiz Night

Mr Marcus Holt together with the P&F Association are excited to invite the school community to a Trivia Night on Saturday 5th November 2022 at 7.00pm in the school multi-purpose building. All families and friends are invited.

There will be tables of 8, which can be arranged on the night, or you can bring a full team with you.

iPads will be provided for answering the questions, however if you have a lucky iPad or laptop, feel free to bring that with you to use if you wish. Don't forget to BYO nibbles.

The P&F association wish to thank Mr Holt for offering to host this evening and once again bring our school community together for loads of fun, laughs and games.

Please mark the date in your diaries.

The quiz master has also indicated that additional points will be awarded to those wearing Geelong colours.....



GATHER YOUR FAMILY AND FRIENDS AND HAVE SOME FUN

QUIZ MASTER EXTRAORDINAIRE,  
MR MARCUS HOLT WILL HOST THE

NHILL LUTHERAN SCHOOL  
TRIVIA NIGHT

WITH SUPPORT FROM THE NHILL LUTHERAN SCHOOL P&F ASSOCIATION

GROUPS OF 8. TABLES CAN BE ORGANISED ON THE NIGHT.

SATURDAY 5TH NOVEMBER 2022 | 7.00PM

BYO NIBBLES

NHILL LUTHERAN SCHOOL MULTIPURPOSE HALL  
2 MACKAY STREET NHILL

KAHOOT STYLE QUIZ, IPADS WILL BE SUPPLIED.  
FEEL FREE TO BRING YOUR OWN LUCKY IPAD OR LAPTOP IF YOU PREFER.

*The Quiz Master advises that extra points will be allotted for the wearing of Geelong colours*



Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to “dial down the drama” when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween’s brains seek to be heard and understood in the process of regulating. I’d also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

### Strategy 1: Let’s not fight the intensity

The more I learn about emotions the more I am in awe of our body’s way of coming up with solutions to discomfort, anguish and pain we experience. It doesn’t make any sense to judge that process but rather appreciate it. That’s why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change – our age, our height, freckles or ears.

### Strategy 2: Ask questions that empower

Although it’s tempting (and much quicker) to offer children prescription answers to friendship problems, it won’t help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are. If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

### Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better at moving through our kids rather than festering inside them. One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful..

### In closing

Home really is the hero in kids’ lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It’s a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It’s the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

### Michelle Mitchell presents: Handling tricky friendship days

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar ‘Handling tricky friendship days’ at no cost.

## About

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

## When

Wednesday 2 November 2022 8:00pm AEDT

## To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-trickyfriendship-days>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code FRIENDS and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'



### Michelle Mitchell

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. For further details visit [www.michellemitchell.org](http://www.michellemitchell.org)

## 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).

**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.



**Uniting**

...to inspire people, enliven communities  
and confront injustice.

## TALKING THE TALK

# Respectful Relationships, Human Sexuality and Body Safety Presentation



Presented by

**Vanessa Hamilton**

25 Years Experience  
Sexuality Educator  
Mother Of Three

Learn how to tailor conversations with your children about:

- Healthy & Respectful Relationships
- Body & Protective Safety
- What Is Normal Early Childhood Sexual Behaviour
- How Babies Are Made And Born
- Puberty Preparation
- Internet Safety And Our Sexualised Society

Learn how to tailor conversations with your children about:

- What is appropriate for my family?
- How much do I need to tell them?
- At what age should I discuss these topics?
- More information: [www.talkingthetalksexed.com.au](http://www.talkingthetalksexed.com.au)

\*Please note this session is not suitable for children

- For Horsham and surrounding areas
- Bookings essential via link:  
[www.trybooking.com/CDMQH](http://www.trybooking.com/CDMQH)



[www.talkingthetalksexed.com.au](http://www.talkingthetalksexed.com.au)



All welcome from  
Horsham and  
surroundings areas

**Tuesday 22nd November  
2022**

**8.00pm - 9.30pm  
Live via zoom  
Bookings essential**

To book a ticket:

[www.trybooking.com/CDMQH](http://www.trybooking.com/CDMQH)

Testimonials from Parents

"Brilliant, every parent should have access to this talk..."

"Such a clear presenter - Easy to listen to, I liked the humour as it took the pressure off heavy topics..."

"I feel a lot more confident talking to my kids now..."

"Vanessa's presentation is probably one of the best parenting sessions I've ever attended. Honest, engaging, knowledgeable, fantastic. Thank you..."

Primary School Parents



# Kids Camp 2023



## Araluen Lutheran Camp January 11-13

Register at: [araluencamp.com.au](http://araluencamp.com.au)

### Ages 9-12

Cost : \$195 per/child





## Let's enjoy making art!

We'll help children discover new skills and express their ideas through a stimulating program of visual art practices guided by renowned local artists

Starts Tuesday 18th October to 29th November, 4-5:30pm for children aged 7-12. A course of 6 sessions for \$72.



This series of workshops is supported by the Victorian Department of Education and Training.

