

Upcoming Dates

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 Captain's 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
Assembly 2pm

Tues 13th

End of Year Service and Graduation TBC

Wed 14th

Last Day of School for Term 4

Thurs 15th

Staff PD Day

Get 'Em Going

At Get 'Em Going playgroup this week we read books and played in the room. Playgroup will be held next Tuesday the 1st of November 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 staff a very happy birthday:

Mrs Mason 30th October

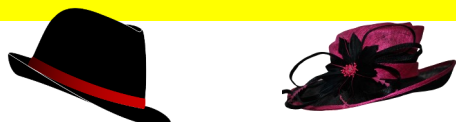


World Teachers Day

Today we celebrate the wonderful teaching staff we have here in our school. We are blessed to have such caring and nurturing teachers, who have nothing but the best interest in the student's wellbeing and their education.



Melbourne Cup Day



Melbourne Cup Day Tues 1st Nov will be a fancy dress for the students to be able to dress up in their Spring Carnival finery or costume. No donation is required just a fun day for everyone.



Students of the Week

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

Foundation: Hunter

Yr 1/2: Harper and Abby

Yr 3/4: Lawson

Yr 5/6: Chelsea



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 call (03) 5391 2144

or email admin@nls.vic.edu.au with the subject line of 'Classroom Teacher Position.'

Applications close:

Monday 14th November, 2022

Applications can be sent to

email principal@nls.vic.edu.au or 2 Mackay St, Nhill 3418

Position commences: 20/01/2023

Devotional Thought

Happy are those whose strength is in you, in whose heart are the highways to Zion (Psalm 84:5).

[Read Psalm 84:1-7](#)

On the eve of a holiday, it's natural to be filled with excitement and anticipation. Especially if we are holidaying with friends, and especially if we are travelling to a place that we have dreamed about, then the journey itself is part of the joy. Even if there are difficulties on the path, the closer we get to the destination, the more conversation with friends grows animated, and the more the anticipation of the arrival is heightened.

In today's psalm, we hear about the joy pilgrims experience as they journey to Zion –to Jerusalem and God's temple. They know that the temple is where God had made himself graciously present to his people. The pilgrims look forward to their arrival and to the joy they will have worshipping together in the presence of the Lord. They picture in their minds the beauty of the temple and the fact that even the birds find homes in God's presence as they build their nests near the altars.

It's not that the journey is without difficulties. Along the way, they have to pass through dry and desolate country. But because the pilgrims have the joy of the destination in their hearts, then even the driest and most unwelcoming places become to them like land blossoming with spring rains. They go from strength to strength on their pilgrim journey.

As God's holy people, baptised into Christ Jesus, we are on a pilgrim journey to be with God. The path is not always easy – in fact, we take up our cross and follow where Jesus leads. But with Jesus, we come to the true and lasting Zion, the eternal city of the living God, the heavenly Jerusalem (Hebrews 12:22). This gives us joy on our path together so that even in the driest places, we find refreshment from God.

Father, as we journey on the path of faith with our brothers and sisters, keep our eyes fixed on our heavenly calling so that we may be filled with the joy of your Spirit and come to see you face to face. In Jesus' name. Amen.

Worship News

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

Reformation Sunday

Lutheran Longest Lunch

10am at Nhill

NhillLutheranParishOnline.com



Prayer of the Week

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

- ♦ Shilah, Clayton, Harper Hiscock and their family.
- ♦ Logan Hickey and his family.

Chapel

The next Chapel will be on Friday 4/11/22 at 9am in the Multi Purpose Room

Hosted by Pastor Carl



Chapel Offerings

At today's Chapel \$117 was collected for the Maw Per Koh orphanage school in Myanmar. Please consider sending an offering each Friday morning as the children there rely on our help.



Today, the students were so excited to have their Grand Parents or Special Friends come to Chapel and enjoyed classroom activities with their cherubs then finished with a lovely morning tea.



What Has Happened This Week



Magic Words

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



Bob Bear

Congratulations to Zoe for receiving Bob at assembly today. We hope Bob enjoys his time with you.

Jump Rope For Heart, sent prizes for the participants, they raised over \$830

Tricia was presented with her Bible gifted from the School

Lawson was awarded his ICAS certificates



Grandparents

by Marcus Holt



As we gather here today we have one important job
To honour and bless a very special mob
A group of people to whom we owe a debt
Whose lifetime of service we must never forget

They've been around a long time now
They've seen it all and yet somehow
They continue loving, they keep on giving
As if that is the very purpose of living

Their eyes light up with a sparkly twinkle
Their faces may be lined with wrinkles
Their smiles spread joy and warm our souls
They celebrate when we reach our goals

This group have known us since we were born
They've seen us grow and cheered us on
They've been there in all our special times
They've forgiven us our sins and (minor) crimes

They are ever faithful and always ready to support
Our every endeavour in music or drama or sport
They give us comfort when we're feeling sad
They calm us down when we get mad

Because they are such kindly folks
They laugh at all our silly jokes
They care for us and dry our tears
They help us cope with our doubts and fears

This group come from all walks of life
They have lived through all manner of strife
But they all have one common trait
They share something truly great

They are our grandparents, our nan and pa
Our granny or nanny, our pop or grampa
They love us in a special way
No matter the time, or the day

They care about us as only grandparents can
They cherish each little grandchild in their clan
They hope and pray our lives will be blessed
They believe in us and hope for our success

This is not their first time around the block
They've got plenty of miles on the clock
They raised their own kids a few years back
And worked hard to keep them on track

They saw your parents through kindy and school
They pulled them in line when they acted the fool
They watched them grow up from babies to kids
Into the teen years, saw the things they did

As your parents matured they swelled with pride
And rejoiced when a partner stood by their side
They gave thanks for their health and fortune
And hoped that more joy would come along soon

That's when you arrived, when you entered the world
They gave thanks for each precious boy and girl
They showered you with love right from day one
Their precious granddaughters and grandsons

You are the pride and joy of their family
You are the ones they love and long to see
They love to hear your stories and tales
They have a well of love that never fails

They love it when you come to visit them
They love your prayers and say amen
They love to babysit, they'll feed you a stack
And they love it when they give you back

Even though at times they can be odd
Your grandparents are a gift from God
They're old you know so be patient with them
If they weren't here you'd really miss them

Give thanks to the Lord for your Pa and Nan
Pray for them whenever you can
That's the very least that you can do
They've prayed many prayers for each of you

Thank you Lord for my grandparents
Thank you that they raised my parents
Thank you for the way they love and care
Thank you that they're always there.

Lord please bless them with many more years
Spare them from pain, sorrow and tears
Fill their hearts with love, joy and peace
And let your blessings never cease

Amen





In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

Early detection is critical

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

Anxiety is individual

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

The tools anxious kids need

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

Lifestyle factors that minimise anxiety

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.

Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

In closing

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.



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.

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.



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

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.

The poster features three large yellow circles, each containing a black question mark, set against a teal background. Below the circles, the text is as follows:

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 St
Cost \$10 adult | \$5 child

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

P&F Quiz Night

Only a little over a week until the Nhill Lutheran School Trivia Night, Saturday 5th November 2022 at 7.00pm in the school multi-purpose building. Still time to revise your knowledge, brush up on your footy stats and other general knowledge.

Apologies that the note that went home last week failed to mention the cost of \$10 per adult and \$5 per child. This can be paid on the night.

All families and friends are invited, tables of 8 can be pre-arranged or organised on the night if you don't have a full team. BYO nibbles.

The P&F association wish to thank Mr Holt for offering to host this evening.

Under the quiz masters instructions, additional points will be awarded to those wearing Geelong colours..... Hope to see you there.

Uniting

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



All welcome from
Horsham and
surroundings areas

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

*Please note this session is not suitable for children

- For Horsham and surrounding areas
- Bookings essential via link:
www.trybooking.com/CDMQH



www.talkingthetalksexed.com.au

**Tuesday 22nd November
2022**

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

To book a ticket:
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

Ages 9-12

Cost : \$195 per/child



ART CLUB

TERM 4

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.

