

## Upcoming Dates



### **NOVEMBER**

#### **Sat 5th**

P&F Quiz Night

#### **Fri 11th**

Pre-Prep Orientation 9am to lunch  
Assembly 2pm

#### **Tues 15th**

School Board Meeting 7.30pm

#### **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 at  
St Pauls Lutheran Church

#### **Wed 14th**

Last Day of School for Term 4

#### **Thurs 15th**

Staff PD Day

## Get 'Em Going

At Get 'Em Going playgroup this week for Melbourne Cup we played in the room, rode horses, read books and made our own horse craft. Playgroup will be held next Tuesday the 8th of November 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.



## Birthdays

We wish the following students a very happy birthday:

Harrison 2nd November.

Miss A 10th November



## From the Principal

### Building update

Earlier this week I emailed families about the school being approved for a grant of \$1.1 million through the Victorian Government Non-Government Schools Capital Fund. This is exciting news as we can look forward to new facilities which will better cater for our students and their learning, and we certainly thank God for this opportunity. I will update the community with details about important steps in the building process. If you wish to see plans of the new building there are some located in the front office area.

### Grandparents and Special Friend's Day

Last Friday we enjoyed the company of many grandparents and special friends. Our students loved showing their guests the school and spending time with them. Thank you to all guests who visited, and a special acknowledgement to those who travelled a long way.

### Pre-Foundation visits

It was a delight to welcome our 2023 Foundation students for their first pre-Foundation visit. Today they stayed up to recess, next week they will attend up to lunch, and then full days the weeks after then.

### Assessments and Reports

Teachers are currently conducting assessments with their students in preparation for end of year reports. At Nhill Lutheran School we follow a standardised assessment plan which provides useful information on student progress in key learning areas. Student progress reports will be distributed at the end of term. Parents and caregivers are welcome to discuss your child's progress with teachers at any time.

### End of Year Graduation Service

The End of Year Graduation Service will be held at the Lutheran Church in Nhill on Tuesday December 13. This will be an evening service and all students are expected to attend.

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.





## Devotional Thought

**Here and now, I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount (Luke 19:8).**

[Read Luke 19:1-10](#)

Have you ever felt lost?

Maybe not lost in the sense of physical location but a 'lost in life' or spiritually lost feeling. Or perhaps you have been ostracised by people and left feeling lost and alone. Maybe you have been directionless in life, drifting with no sense of where your life was going, or perhaps you were heading off a cliff!

Maybe you have lost someone who meant the world to you. For me personally, it has been two years since I lost my mum, and part of me still feels numb and directionless – an emptiness, like something is missing from my life.

Feeling lost is not a nice feeling.

It appears that Zacchaeus is lost at the start of our reading today.

How was he lost? His job as a tax collector for the hated Roman Empire certainly would have made him a social pariah, as indicated by the muttering of all the people in verse 7. Being a tax collector made him ritually unclean – even excommunicated from the synagogues – and outside of God's mercy. Zacchaeus is lost spiritually and socially.

What is he seeking? Most people who are lost don't really want to be lost! Verse 4 tells us Zacchaeus wants to see Jesus and discover who he is, but he is too short (and he has certainly fallen short!). Seeking answers, he climbs a tree. To some, this seems amusing: 'a short loser climbing a tree!'. Personally, I think it is an act of audacity – a brave risk by a desperate man!

How is Zacchaeus found? Jesus sees him. Jesus breaks down the social/religious barrier and speaks to him. Jesus calls him down. Jesus welcomes him. Jesus wants to be with him in the most intimate way – in his home.

How does Zacchaeus react? 'Look, Lord! Here and now, I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount' (Luke 19:8).

Zacchaeus acknowledges Jesus as Lord. He acts immediately in giving of himself freely, releasing his wealth to help those in need and making restitution for his misdeeds. It is a stark contrast to the rich man in Luke 18:18-27 (and Mark 10:22), who walks away empty and lost.

How is Zacchaeus saved? Jesus says, 'salvation has come to this house'. The word here also means to heal or be made whole. Jesus makes us whole!

**Lord Jesus, save us. Fill our emptiness with your love. Grant us your peace. Holy Spirit, show us how we can reach out to the lost with your love and acceptance. Amen.**

## Worship News

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

9am at Nhill

11am at Jeparit

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



## Prayer of the Week

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

- ◆ Grace Jensz and her family.
- ◆ Jackson Jordan and his family.
- ◆ Chelsea Bone and her family

## Chapel

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

Hosted by Year 1/2



## 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](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**



## What Has Happened This Week

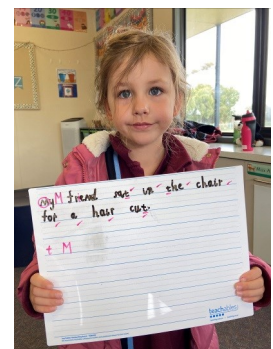
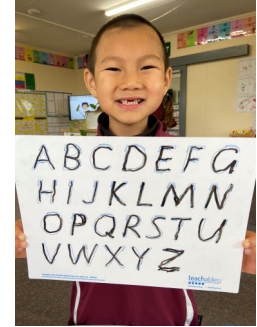
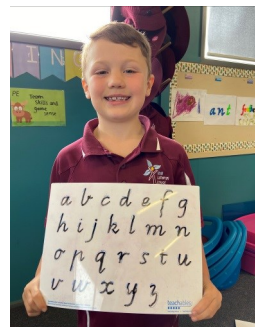
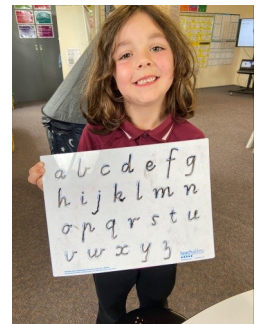
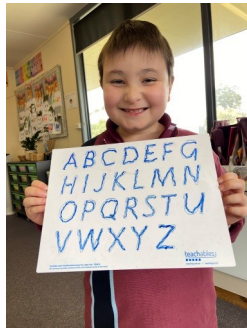
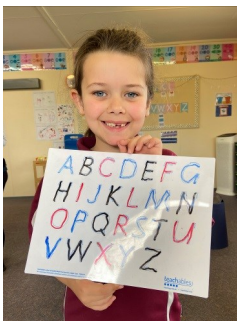


The Foundation class were learning their word of the week "Hair".

They came to school with some crazy hair, they did many activities throughout the week to remember how to spell and recognize the Word of the Week in books and in the world around them.



What a busy week the Foundies had! They were learning the Auslan language in class, this is something they can teach you at home. All the students letter formations were so impressive, they then got to write their Word of the Week into a sentence.







## Term Dates for 2023

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

**Term Two:** April 26th - June 23rd  
Pupil Free Day April 24th

**Term Three:** July 10th - Sept 13th  
Pupil Free Days August 11th & Sept 14th -15th

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





There's a perception in our society that perfectionism is a good thing, akin to 'being perfect..' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

### Reduce your praise

There are two ways in which we tend to praise children. '**Content praise**' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, '**process praise**' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, 'What a fantastic drawing! You're an amazing artist – what were you worried about?', it's more helpful to say something like, 'It's great to see you having a go at drawing. I love watching you try new things'; or, 'I love seeing the ideas you come up with when you draw'.

Of course, most of the time we needn't praise children at all. Saying simply, 'Drawing is fun isn't it?', is often enough to provide children with that all important sense of connection.

### Model making mistakes

At my children's school, they're taught to embrace 'flearning' – learning through failure. Admittedly, my children witness me 'flearning' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed. Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

## Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

## Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's



### Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at [www.drkaylenehenderson.com](http://www.drkaylenehenderson.com). You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here:

## 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](mailto: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](http://messagesofhope.org.au) or on iTunes and Spotify.

**6<sup>th</sup> November**

**Alone**

**(Pastor James Winderlich)**

Loneliness isn't a feeling restricted to people who are single. It can affect anyone. Rev James Winderlich talks about how we can feel alone and unconnected, even when we're surrounded by people. But there is hope to feeling connected again.

**13<sup>th</sup> November**

**You're Not Alone**

**(Interview)**

Do you ever feel lonely? Join us this week as we listen to Andrew and Sarah talk about some of the unique struggles of single parenting, and how they cope with the loneliness of raising children on their own.

**20<sup>th</sup> November**

**After the Firestorm**

**(Interview)**

Hear from people who have lived through a major disaster such as bushfires and how they coped after the crisis.

**27<sup>th</sup> November**

**Fighting Fires**

**(Interview)**

How do you sense of a natural disaster like floods, drought, and bushfires? Even when you're well prepared, disasters have a way of surprising you! Hear stories of what it's like to survive a catastrophic bushfire.



**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)

**Parent  
Seminar**  
For parents/carers  
of 4 - 17 year  
olds

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**



## DIMBOOLA RIVERFRONT

*Twilight Market*

**SATURDAY 5 NOVEMBER  
5.00 - 9.00PM**

### 30+ Stalls

A fabulous time to start your Christmas  
shopping, with over 30 stall we will have  
something for everyone!

### Rowing Club Beer Garden

Come and enjoy the ambience of our  
gorgeous riverfront and enjoy a cold  
beverage at the Dimboola Rowing Club  
Beer Garden

### Food Stalls & BBQ

A fun family night, grab some dinner and  
catch up with friends this Saturday night!



DIMBOOLA RECREATION RESERVE



**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*