

Upcoming Dates



NOVEMBER

Tues 22nd (Note change of date)

School Board Meeting 7.30pm

Fri 25th

Assembly/School Captain's Speeches/Voting
Pre-Prep Orientation Full Day 9am to 3.15pm

Tues 29th (Note change of date)

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
Assembly 2pm

Wed 14th

Last Day of School for Term 4

(Note change of date)

End of Year Service and Graduation at
St Pauls Lutheran Church 7pm

Thurs 15th

Staff PD Day

2023 Dates

Mon 30th January

Term 1 Starts

Thank You IGA Nhill



This week we were blessed to be visited by Steve Braybrook the manager of IGA Nhill, with a generous donation of \$500 to our School. The cheque was received by Mr Prenzler and the School Captains, Shilah and Eden. Thank you IGA, this will go towards much needed resources for our student's educational growth.

Birthdays

We wish the following students a very happy birthday:

Tricia 21st November

Cooper 23rd November



From the Principal

Navigate survey parent response

Around a third of our parents responded to the recent school culture survey. Additionally, over half the staff, members of the School Board, and students in the 5/6 class participated in the survey. The parent results provided positive feedback about Community Building (8.7/10), Excellence in Learning (8.5/10), Organisation and Management (8.5/10), Ongoing Improvement and Innovation (8.4/10) and Lutheran Identity (9.1/10). Thank you to all who completed the survey.

Staffing

We are continuing our search for classroom teachers for 2023 to replace Mrs Mason and Miss Morrison. With Mrs Cattanach returning to Melbourne at the end of the year, we will also be looking for a replacement Integration Aide. This will be advertised in the next week or so.

Covid update

With the incidence of COVID-19 infections rising significantly throughout Victoria (up by 63 per cent last week), following is a reminder of the importance of measures to reduce the spread of infection, namely:

- Stay home when unwell – students and staff who are unwell should not attend school or early childhood education centres. This prevents the spread of infection to others
- Rapid Antigen Testing (RAT) - If unwell, undertake a RAT and if positive, stay home for at least five days from the onset of symptoms and notify the Health Department
- Social distancing – with COVID-19 spread primarily through respiratory droplets and aerosols, avoiding close contact and staying more than 1.5 metres apart from other people will help reduce the spread of infection
- Ventilation – ensure good ventilation of indoor spaces by leaving doors and windows open (except during a thunderstorm asthma warning period and aftermath) and using air purifiers appropriately
- Personal Hygiene – practice good personal hygiene, including covering nose and mouth when sneezing, disposing of tissues after use, coughing into one's elbow and thoroughly washing hands with soap and water (or hand sanitiser containing >70% alcohol)

Mask wearing is also a protective measure recommended to reduce potential spread.

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.

Lions Australia Peace Posters

Reminder to everyone.....

The Lions Club of Nhill invited the School our students in the Year 5/6 class to participate in the International Peace Poster Competition.

The Nhill community will be able to view these works of art at the Gallery Central from Tuesday 15th November for 2 weeks, during opening hours.

Congratulations

Congratulations to Lawson obtaining an ICAS Merit award for Maths.



Term Dates for 2023

Term One: January 30th - April 6th
Staff Return Jan 23rd

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

Devotional Thought

In this world you will have trouble. But take heart! I have overcome the world (John 16:33).

[Read John 16:25-33](#)

It is easy to assume that believing in Jesus means our problems disappear as if by magic. But nothing could be further from the truth. Here, Jesus tells us that we will have trouble in this world; we can expect to. Wars, pandemics, challenges with our neighbours, kids, parents, boss, church leadership, government, health, the health of our loved ones ... the list is long.

But Jesus also tells us to take heart. Why? How can he be so sure that we can do this and be comforted, experience peace and be joyful in the midst of trouble? Because he has overcome the world. The forces of Satan are overcome. Jesus won! Now, of course, Satan doesn't want us to remember that. But in every situation that we face, now and into the future, Satan has been overpowered. Sure, we still live in a world in which the forces of Satan exist – but the important – and only – thing to remember is that Jesus has overcome.

So, take heart. Take comfort in the reassurance of Jesus, 'I have overcome the world'. And remember that he also instructs us not to be afraid. In John 6:20, when he walks on the stormy seas in the dark to the disciples who are alone and rowing a boat, he says, 'It is I. Do not be afraid'. Jesus has overcome. It is him. Do not fear. Now. This day. This week. Ever. How awesome is our God!

Jesus, you told us that you have overcome the world. You say to us, 'It is I. Do not be afraid'. Help me in my unbelief. Thank you that you have overcome the world. Thank you that you are with me and that I need not be afraid. As I go about today, this week and this year, remind me that you are my strength, my fortress, my God, and I need not be afraid. I can take heart because you have overcome. Thank you, Lord. Amen.

Chapel

The next Chapel will be on Friday 25/11/22 at 9am in the Multi Purpose Room . Hosted by Pastor Carl



Worship News

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

9am at Nhill

11am at Jeparit

Last Sunday of Church Year

NhillLutheranParishOnline.com



Prayer of the Week

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

- ♦ Maddy & Charlotte and their family
- ♦ Roger and his family
- ♦ Michael & Hunter and their family
- ♦ Sophie & Lucy and their family

community
christmas
Sensitive Santa
for families with special needs
Tuesday, 6th December, 2022 from 6pm

Quiet setting, low key session, photo's available,
No waiting in queues, pre-booked 5 minute time slots

Bookings essential
Phone 03 5382 0912 manager@horshamplaza.com.au



Chapel Offerings

At today's Chapel \$17 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.

Get 'Em Going

At Get 'Em Going playgroup this week we spent some time in science room with the animals, plenty of fun in the room and read books. Playgroup will be held next Tuesday the 22nd 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.



What Has Happened This Week



The Year 1/2 class, were busy being creative this week, looking into the future and building robots that may come in handy for some of the tasks that are not so pleasant to do.



Mr Holt has many talents, and he is more than willing to share his life skills with his Year 3/4 class. The students were both impressed and learnt a skill that will help keep them active throughout their lives.



The Year 5/6 class were busy making their “market projects” this week, bringing together all their previous work and ideas over the term, into production. These young entrepreneurs are showing lots of talent.



Our Pre Foundation students had their very first full day, they were very busy learning what BIG School is going to be like. There will be some tired youngsters around the district tonight.





Conversations can be challenging with every age group, young and old, and for so many different reasons. With children and teens, just getting the conversation going can be the biggest challenge. How many times have you said, “How was your day?” only to be told “Good” or asked them what they did today only to be told “Not much”? So where to start?

8 tips for turning chit-chat into richer conversation

1. Don't wait for young people to ask questions or reach out. Raise discussions yourself.
2. Be open about your own experiences. In doing so, children are more likely to be open and honest.
3. Choose your timing – preferably when you are naturally together anyway in a relaxed setting, rather than setting up a stressful, anxiety provoking meeting. Side by side chats work well (e.g. while driving, walking, doing an activity together like a chore or jigsaw).
4. Be calm, prepared and genuinely ready to give your time and attention.
5. Listen in a non-judgmental and curious way. Ask, don't assume! Remember that this is a chance for the speaker to talk through their feelings, not for you to fix their problems.
6. Acknowledge and validate their feelings. Don't minimize their concerns or fears. Whilst they may seem trivial to you, they are real for your child and part of their current experience. Try to understand the importance of what is going on, and the impact for them. Reassure them that whatever they are feeling is okay.
7. Leading relationship research tells us that ‘understanding must precede advice’. Premature problem solving tends to shut people down. Solution finding should only begin once you feel you understand what your teen is going through, and your teen feels understood.
8. Remember that you do not need to have all of the answers. Ask young people questions like ‘what do you need?’, ‘what do you think would help?’, ‘how can I support you better?’, ‘what would make this easier for you?’. Then together you can come up with an action plan.

How to be a good listener

Great conversation requires great listening. Listening well reduces misunderstanding, eliminates conflict and allows us to understand the other person's perspective.

Listening is the key to empathy.

- Feeling heard is very validating for young people and it helps to increase their self-esteem, confidence and independence. It also improves relationships and communication skills. So how can we do it well with young people of all ages?
- Be present, make eye contact and remove distractions – don't be half in half out.
- Listen with the opportunity to learn, not respond.
- Play the same role for your child as a trampoline does – to bounce ideas off, amplify, energise and clarify, provide support.
- Be comfortable in silence – you don't need to respond immediately; holding space and silence for someone; share insights.
- Have a beige face – neutral, not reacting, remain calm and listen.
- Remain curious throughout.

Becoming an active listener to further improve conversation

Active listening has 3 steps.

Hearing

What did you think you were told?

Understanding

What does this mean to you?

Active listening includes:

- Non-verbal responses – eye contact, nodding, posture
- Encouragers – mmm, yes, right, okay, uh-huh
- Reflection of content and feelings – stating back events or emotions
- Matching young people's language/terms – when appropriate
- Summarising – brief replay of what was said
- Noticing what is missing – gaps, conflicting information, hidden meanings

Finally, here are some effective responses to keep the conversation going while listening actively

- Could you tell me more about that?
- What happened next?
- That must have hurt/felt
- How have you handled things like this before?
- I can see this is really troubling you.
- You feel (emotion) because of (situation)?
- Could you repeat that? I want to really understand.
- I like how you said
- What options might we have in this situation?

Good conversation with young people comes down to time – creating the time and space and then using that time wisely, perhaps by using the tips above. The art of good conversation teaches us all to build great communication skills, skills that improve our quality of life enabling us to express ourselves clearly and confidently through every aspect of our life.



Lucy Snowball

Lucy Snowball is the Data and Youth Insights Director at Raise Foundation. Raise offers early intervention, evidence-based mentoring for young people in high schools with trained and trusted independent adults. Find out more about Raise at www.raise.org.au.

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. Upcoming webinars include:

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.

Messages of hope

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

20th 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.

27th 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.

**Parent
Seminar**

For parents/carers
of 4 - 17 year
olds

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

