

Term 4

Week 8

Issue 37

November 25th 2022

## Upcoming Dates

### **NOVEMBER**

**Fri 25th**

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

**Tues 29th**

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

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

**Thurs 15th**

Staff PD Day

### **2023 Dates**

**Mon 23rd January**

Staff Return

**Mon 30th January**

Term 1 Starts



## Foundation Class Activities



What a creative way to learn about 3D shapes, while the Foundation class were waiting for their cooking to be ready to come out of the oven, they used toothpicks and sultanas to make some 3D shapes.



## 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



## From the Principal

### Advent

This Sunday is the first Sunday in the church season of Advent, and the beginning of a new church year. Advent is a time to prepare for the birth of Jesus remembered at Christmas time. During Advent many churches and homes feature an advent wreath with four or five candles, with one candle being lit each Sunday leading up to Christmas. The first of these candles is often referred to as the hope candle, and Christians focus on the hope that God gives through his Son Jesus.

*"The days are coming," declares the Lord, "when I will fulfil the good promise I made to the people of Israel and Judah. In those days and at that time I will make a righteous Branch sprout from David's line; he will do what is just and right in the land. In those days Judah will be saved and Jerusalem will live in safety. This is the name by which it will be called: The Lord Our Righteous Saviour."* Jeremiah 33:14-16

### Get 'Em Going playgroup

The final playgroup for 2022 will be held next Tuesday. This will also be the final playgroup for Mrs Cattanach before she returns to Melbourne. It has been wonderful to see the number of children attending playgroup increase during the year, and the joy and excitement many have experienced, especially as playgroup could not happen during the Covid impacted years. Mrs Cattanach has done an amazing job leading and organising playgroup and we sincerely thank her. Playgroup will happen again in 2023.

### Bursaries

Bursary applications are due by December 2. Three bursaries of \$200 and two bursaries of \$100 are available to assist families in meeting educational expenses. The application form was distributed to families in October, and is available upon request from the Office Administrator if needed. Nhill Lutheran School aims to keep costs down for families, and if families are experiencing financial difficulties they are welcome to have a confidential conversation with either myself or our Business Manager, Mr Dalton Burns.

### Looking ahead

As we near the end of the school year there is still quite a bit happening. To highlight a few happenings: Pre-Foundation visits continue on Fridays, the Year 6 graduation dinner next Thursday, end of year graduation service on December 14 at 7pm at the Lutheran church, and student progress reports go home. Additionally, our students will be singing at the Nhill Christmas Carols on Saturday December 17 and further information about this will be provided when we know more details.

### Year 6 graduation dinner

Next Thursday, a graduation dinner will be held for our Year 6 students: Shillah, Eden and Toqa. This is a time where the students, their parents and the staff celebrate and acknowledge a significant time in the educational journey of the students, as they prepare to farewell primary school and commence secondary school.

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.

### This months edition from School TV-Bullying

Bullying is an ongoing or repeated misuse of power in relationships, with the intention to cause deliberate psychological harm. Bullying behaviours can be verbal, physical or social. It can happen in person or online, via various digital platforms and devices and it can be obvious or hidden. Bullying in any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders.

Despite the efforts made to reduce bullying behaviours, the research tells us that one in four students still report being bullied every few weeks. However, not all negative behaviour should be considered bullying. The key difference is that bullying does not stop on its own. It's important young people learn how to identify behaviours that are rude, behaviours that are mean, and behaviours that are related to bullying.

Often the reasons for bullying can be complex. Some young people do it to get approval from others, some do it to regain control, whilst others may do it because it makes them feel safe. Supporting young people as they work through their emotions will help them unpack the motivation and reason behind the behaviour.

In this edition of SchoolTV, caregivers can better understand why some young people engage in bullying behaviours and what to do to support a child experiencing it. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition <https://nhills.vic.schooltv.me/newsletter/bullying>

## Devotional Thought

So he called ten of his servants and gave them ten minas. 'Put this money to work,' he said, 'until I come back' (Luke 19:13).

[Read Luke 19:11-27](#)

I don't know about you, but I sometimes wonder how effectively I am using the gifts, talents and resources God has given me. I can safely say I haven't hidden anything away in a cloth like the servant in the parable. But there have been times when I have not stepped forward to do something I could have, or I have found excuses and reasons for why I can't get involved (some of them have been really good!). Or I have been too busy or preoccupied to notice that God may ask me to use my gifts, talents and resources.

God has called us all into his service, and what is more, he has given us all that we need to do what he is calling us to do. Even more than that, unlike the king in the parable who goes away, our King is with us every step of the way as we serve him. Then there's the set of 'steak knives' to clinch the deal. We have the Holy Spirit to lead, guide, prompt and equip us as we serve.

So, there's nothing stopping us from giving our all for our King.  
Or is there?

I think my problem is that I think about myself too much and what I am capable or not capable of rather than who my King is and what he can do through me. I focus too much on my faults, failures and mistakes rather than on my King's provision. The other problem is that the clamour of my busy life can stop me from hearing the still, small voice of the Holy Spirit as he tries to prompt and guide me to use my gifts, talents and resources the way my King wants me to use them.

That's me, but what about you? What might be stopping you from using your gifts, talents and resources the way God wants you to?

Thank God that our King is not like the one in the parable. He loves us and forgives us again and again and again when we get it wrong. He gives us new chances every day to truly live as his servants.

***My King, thank you for giving me my gifts, talents and resources. Help me use them the way you want me to in your service. Forgive me when I get it wrong or miss the opportunities you give me. Open my ears and eyes to hear and see the promptings of the Holy Spirit. Amen.***

## Chapel

The next Chapel will be on Friday  
2/12/22 at 9am in the Multi Purpose  
Room . Hosted by Foundation



## Worship News

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

9am at Jeparit

11am at Nhill

NhillLutheranParishOnline.com



## Prayer of the Week

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

- ♦ Oakley and his family
- ♦ Robbie & Jessie and their family
- ♦ Savior and her family
- ♦ Aaron & Nathan 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](mailto:manager@horshamplaza.com.au)



## Chapel Offerings

At today's Chapel \$3.40 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.



### Note change of start time

At playgroup this week we spent some time in science room with the animals, plenty of fun in the room, fish craft and read books. The last playgroup for the year (Christmas Playgroup) will be held next Tuesday the 29th of November at 9.15 - 11am. Bring your Christmas cheer and dress up if you please. 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.

## Get 'Em Going



## Positions Vacant



## Nhill Lutheran School

**Classroom Teacher**  
12 month contract for 2023 (with potential to be ongoing)  
&  
**Integration Aide**  
3-4 days per week

Nhill Lutheran School is seeking applicants for a passionate and innovative teacher. Additionally, we seek one Integration Aide to provide learning support to students.

The successful applicants should be willing to support the Christian ethos of the school.

For a job description please phone (03) 53 912 144 or email [admin@nls.vic.edu.au](mailto:admin@nls.vic.edu.au) with the subject line of 'Classroom Teacher Position' or 'Integration Aide'.

Applications can be sent to [principal@nls.vic.edu.au](mailto:principal@nls.vic.edu.au) or 2 Mackay St, Nhill 3418

**Applications close: Monday 12th December 2022**

Position commences Monday 23rd January 2023

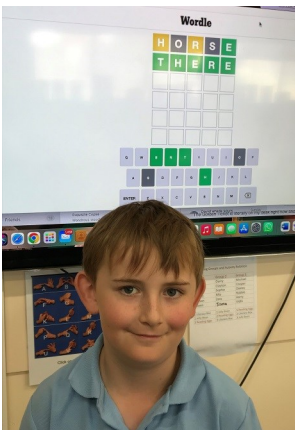
## No More Dim Sims for 2022

It is with much regret that the SRC will not be able to supply Dim Sims on a Wednesday for the rest of the term. We hope they will be back in 2023.





# What Has Happened This Month in the Year 3/4 Class



Mr Holt (while not holding the AFL Cup) has been teaching his class about symmetry, volume, and creative design to produce a vehicle. The students were tracing their body outlines, measuring water into various containers and making their designs and thoughts into reality.

Michael solved the Wordle puzzle in 2 goes.







The need to spend time with their parents differ's for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

### Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

### The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a café catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing
- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and end-less compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further de-

## 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](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.

### **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.

### **4<sup>th</sup> December** **Reconciling Family Conflict** **(Interview – Pastor Paul Kerber)**

How do reconcile family conflict? Pastor Paul Kerber shares personal stories demonstrating what has helped him reconcile with his daughter and wife. Stories that may help you reconcile family conflict.

### **11<sup>th</sup> December** **Life Together When Apart** **(Interview – Jo and Luke)**

How do you keep your relationship together, especially when you are apart? Listen to Jo and Luke share about the challenges they face as Luke works away for weeks at a time. There are helpful insights for your relationships.

### **18<sup>th</sup> December** **How God sees Christmas** **(Pastor James Winderlich)**

Listen as Pastor James Winderlich tells the story of one troubled family, and a stranger in the rain. Discover how they all experienced the true meaning of Christmas.

### **25<sup>th</sup> December** **Messy Christmas** **(Richard, Celia and Noel)**

Do you look forward to Christmas or would you rather avoid it? Listen as Richard, Celia and Noel discuss the messy side of Christmas. Is it possible to still enjoy the peace, joy and hope of Christmas, even in the mess



# Kids Camp 2023



**Araluen Lutheran Camp**  
**January 11-13**

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

**Ages 9-12**

**Cost : \$195 per/child**

*the fruit  
of the  
spirit*

Now taking  
expressions  
of interest

## Summer Camp 2023



### Our Summer Camp in Roses Gap is returning.

Registrations are now open for the camp which will run from 17-20 January 2023.

We have up to 40 places available for children aged 9-12, who might be rurally isolated, disadvantaged or have additional needs.

The camp experience will be built on fun, adventure and friendship with a focus on enhancing leadership qualities through the values of:

- Gratitude
- Resilience
- Optimism
- Wellbeing
- Trust
- Health.

Summer Camp 2023 will be an experience that your child will never forget.

**Cost**  
\$200 per child (50% of the usual cost).

#### Get in touch

To learn more or book your child's place, get in touch with Arianna Vettos:

T 03 5362 4000  
E [wimmeracommunity@vt.uniting.org](mailto:wimmeracommunity@vt.uniting.org)



## Volunteer at Summer Camp

### Senior Leaders needed

**We are looking for enthusiastic community members.**

Roses Gap is a summer camp for young people aged 9-12 years old.

It runs from 17-20 January 2023, providing fun in the sun for up to 40 kids.

We need volunteer Senior Leaders to make this camp possible. Anyone aged 18 and above can apply.

This would be great for anyone who enjoys spending time with young people, having fun, and making memories along the way.

Sign up now to support Wimmera kids to have a great summer this year.

Complete an application form and make a difference with Uniting this summer.

All activities are preorganised, and equipment is supplied for volunteers. There is no cost to you.

Appointments are subject to satisfactory Police and Working with Children Checks, reference checks and a successful interview.

When  
17-20 January 2023

Where  
Roses Gap

Get in touch  
Call Arianna  
on 5362 4000 or  
[wimmeracommunity@vt.uniting.org](mailto:wimmeracommunity@vt.uniting.org)

Expressions of Interest  
By 2 December 2022

**Uniting**

**Uniting**