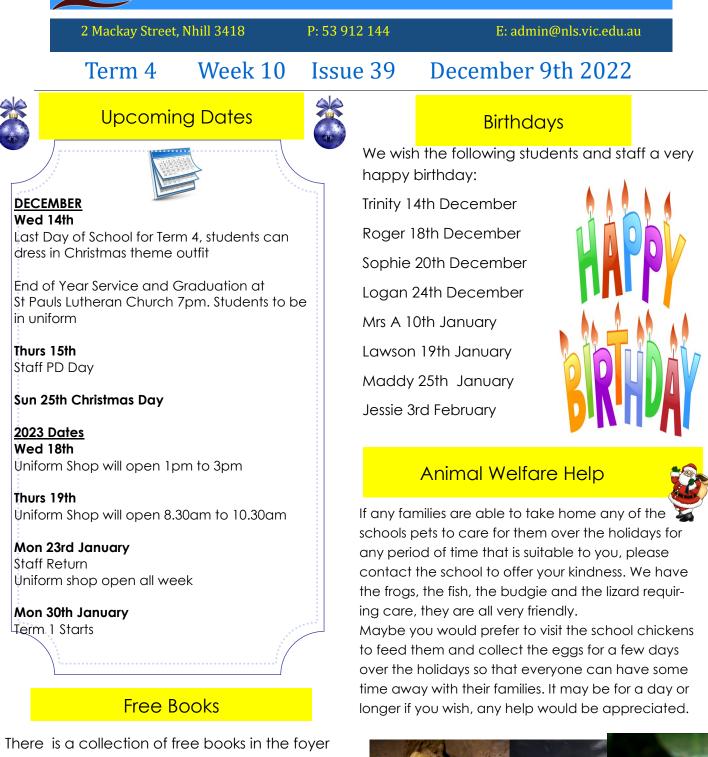


TOGETHER WE GROW



for anyone to take home for free, please help yourself.

Rapid Antigen Tests

If anyone needs RAT tests please come to the school and take as many as you need, they are in the foyer, you don't even need to ask.

From the Principal

This is the last newsletter for 2022. I would like to sincerely thank all members of our school community for supporting our school, and for contributing to the school. I also wish you a very happy and safe Christmas, a time where we remember the wonderful gift of Jesus.

Next Wednesday, December 14, is the last day for the students. School will conclude at usual finishing time, 3.15pm. Classes will be holding class parties on Wednesday, and teachers will provide details about the parties to families in their class.

On Wednesday, students may dress in Christmas attire or casual clothes. This will keep their uniforms clean for the End of Year Graduation Service. All students are expected at the service which will be at the Lutheran Church on Macpherson Street, 6.30pm for a 7pm start. They are to wear their formal summer uniform.

Student Leadership

Congratulations to Chelsea Bone and Imogen Hedt for being award the role of School Captain for 2023. Chelsea and Imogen will receive a badge at the End of Year service. Thank you to Eden Woodward and Shilah Hiscock for being great School Captains this year.

Every blessing for your week,

Damon Prenzler

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 - Sept13th Pupil Free Days August 11th Sept 14th -15th

Term Four: October 2nd - December 13th

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.

Positions Vacant



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 with the subject line of 'Classroom Teacher Position' or 'Integration Aide'.

Applications can be sent to principal@nls.vic.edu.au or 2 Mackay St, Nhill 3418

Applications close: Monday 12th December 2022 Position commences Monday 23rd January 2023

Chapel Offerings

At today's Chapel \$5.10 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.



Devotional Thought

Stop trusting in mere humans, who have but a breath in their nostrils. Why hold them in esteem? (Isaiah 2:22). Read Isaiah 2:5–22

Have you ever really taken some time to think about who influences you? We have influencers in society, and their job is to influence others. This language we hear describing people and what they do wasn't used until recently. Yes, people have always influenced others in society, even in biblical times, but what does it mean when we have people in our world who are influencers?

Do you take the time to wonder how many decisions you make each day simply because others have influenced you to think a certain way? Do you find yourself trusting some of those influencers more and more?

The most dangerous thing about listening to an influencer is that they hope to influence others to like something or spend money on something that might be a little bit more expensive. They even influence others to act or speak a certain way. But life is surely more than being influenced by other humans who can make us believe a lie as the truth.

God does not lie nor try to influence our decisions. He doesn't say, 'Stop swearing, or I will destroy you'. Instead, God gently, through his Spirit, calls to you through his word. He speaks the truth, for his word is truth. Jesus Christ is the way, the truth and the life the Word of God incarnate.

As we head toward the season of Christmas, whose voice is the loudest in your life? What are the influencers saying about Christmas?

Will they say it is all commercial or all about feelgood things? Maybe they might say the same as the angels to the shepherds. 'Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Saviour, who is Christ the Lord.'

Let us never forget the reason for Christmas or Easter. Let us remember that God kept his promise and sent a Messiah, the Saviour of the world, so that no matter what people say, the truth remains that God loves so much that he gave himself up for us all.

Dear Jesus, you are the truth. Help us hear your voice amona the many voices of our time. Thank you for dying for me so that I might have life and that I might have it to the full. Let me never be ashamed of the truth that you set me free from sin and that you have called me to follow you where you lead me. In your name, I pray. Amen.

Worship News

Please see below for this week's church service times: 11am at Nhill 9am at Jeparit NhillLutheranParishOnline.com





Prayer of the Week

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

- Helena and her family
- Eden, Ruby and their family
- Tom, Zoe and their family
- Henry, Matilda and their family

Chapel this week

This morning Mr Prenzler led chapel and spoke about different Christmas symbols. The students gathered by our nativity scene at the front of the school and noticed that directly opposite the nativity is the cross, a reminder that the baby Jesus who we remember at Christmas, grew to be a man who died on the cross, and rose again, to save people from their sins and give them the promise of eternal life in heaven.



Magic Words

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













Bob Bear

Congratulations to Sophie for winning Bob at assembly today., after her name was drawn from the hat. We hope you enjoy having Bob being part of your family from now on.



What Has Happened This Week

Foundation Class

The Unit of Inquiry for the students this Term has been creativity, they have been learning about this subject through reading fairy tales making puppets, making the stage set, and creating their own performances.





parenting *****ideas **Technology holiday guide for parents** schools

As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:



Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time. Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say. We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

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:

Messages of hope

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 <u>admin@nls.vic.edu.au</u> or phone the school.

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

11th December Life Together When Apart

(Interview - Jo and Luke)

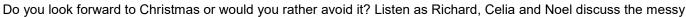
How do you keep your relationship together, especially when you are apart? Listen to Jo and Luke share about the challenges they face as Luke works away for weeks at a time. There are helpful insights for your relationships.

18th 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.

25th December Messy Christmas (Richard, Celia and Noel)









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

<u>Uniting</u>



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 spend 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 immeracommunity @vt.uniting.org

Expressions of Interest By 2 December 2022

