

Term 1

Week 9

Issue 9

March 31st 2023

Upcoming Dates



April

Mon 3rd Nhill Cross Country

Tues 4th Parent Teacher Interviews

Wed 5th Parent Teacher Interviews

Thurs 6th Last Day Term 1 pick up 2.15pm

Fri 7th Good Friday

Mon 24th Pupil Free Day

Tues 25th Anzac Day public holiday

Wed 26th Students return for Term 2

May

Wed 3rd to 5th Year 3/4 Camp @ Mt Gambier

Wed 10th Little Desert Division Cross Country

Wed 17th Golf Clinic

Tues 23rd School Photos

Fri 26th Athletics Day

June

Mon 12th King's Birthday public holiday

Fri 23rd Last Day Term 2 pick up 2.15pm

We have found a couple things at the school...

A watch & a stud earring, if these belong to anyone please contact Mrs Fisher

Birthdays

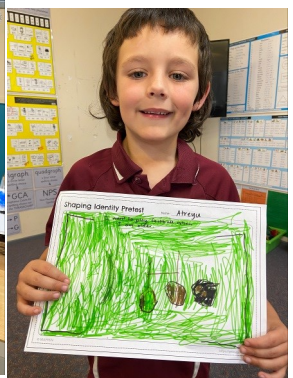
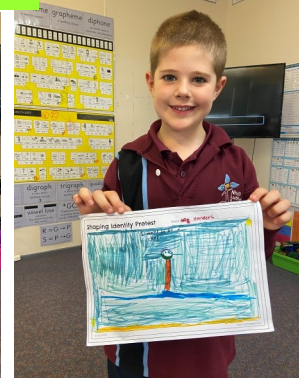
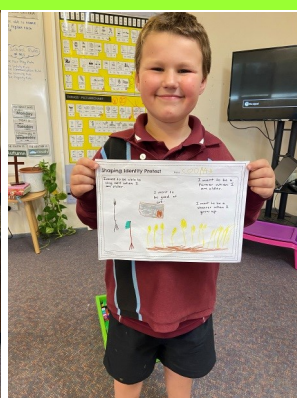
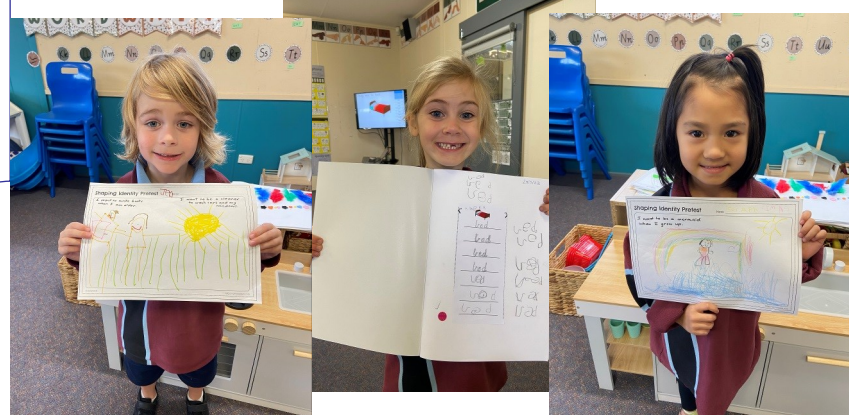
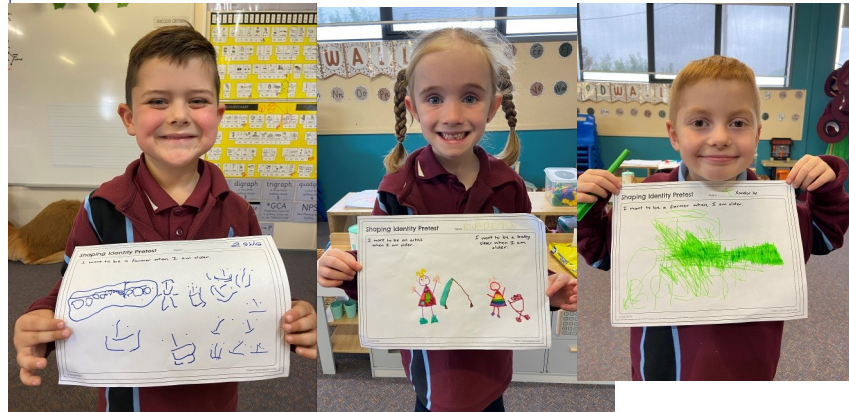
Happy birthday wishes are sent to the following students:

Cooper A 4th April

McKenzie 24th April



Foundation Class



From the Principal

Earlier this week I had the joy of accompanying Mrs Alexander and the Year 5/6 students to Tandara Lutheran Camp in Halls Gap for a leadership camp. Ninety-three students from seven different Lutheran Schools attended to learn more about leadership from Emma Graetz from Australian Lutheran College. It was wonderful to see our students confidently mingling with students from other schools and absorb the information shared.

Parent Teacher Interviews

A reminder that parent-teacher interviews for the F, 3/4 and 5/6 classes are happening next Tuesday and Wednesday.

Uniform

We have now entered a transition period for uniforms. With the weather becoming cooler winter uniform may now be worn. Students may wear either summer or winter uniform, depending on weather, up to the end of the second week of Term Two, after that winter uniform is to be worn. Uniform items may be purchased from the front office.

Boots and slippers

At Nhill Lutheran School we allow our students to wear slippers or ugg boots inside. This prevents mud from being spread through the school and also keeps feet warm during the colder weather. Rubber boots are also allowed to be worn outside. The slippers and boots are stored at school. There are several pairs of slippers and boots currently at school that children have outgrown and will need to be replaced. If your child has boots or slippers that are too small, can you please collect them from the school.

End of Term One, beginning of Term Two and ANZAC Day

The last day of Term One is next Thursday with the school day concluding at 2.15pm.

The first day of Term Two is Wednesday April 26. Staff are having a planning day on Monday April 24, and Tuesday April 25 is ANZAC Day. Our school will be marching on ANZAC Day and our school captains will be laying a wreath. It would be great to see many NLS students on ANZAC Day for the march and the ceremony. If so, students are to wear their formal school uniform.

Holy Week

Next week is Holy Week, an important time in the Christian Church calendar. This Sunday is Palm Sunday where we remember when Jesus entered Jerusalem riding on a donkey, and crowds of people welcomed him waving palm branches. At the end of Holy Week we remember the death and resurrection of Jesus. Next Thursday, Maundy Thursday, Pastor Carl is leading chapel at 9am and all are welcome to attend.

Every blessing for your week,

Damon Prenzler



Devotional Thought

Forgiven in Christ

Whoever comes to me I will never cast out (John 6:37b).

Read [John 6:27-40](#)

Our God is gracious and forgiving. His arms are perpetually outstretched for the repentant – for those who, like the prodigal son, return to him. Of course, God does not want us to sin, but Scripture tells us that if we do sin, those who repent will not be condemned on account of what Christ has done. Thanks be to God for his love and unfailing mercy.

As we come to Jesus, look to him and believe in him, he promises not to forget us but give us life. This is such a comfort! For despite our desire to live holy lives, as Christ has made us holy, we perpetually fall short of the lives we are called to live. As St Paul says: 'For I do not do what I want, but I do the very thing I hate' (Romans 7:15). And yet, Christ forgives. His grace is made perfect in weakness.

Christ wants us to also model his life of forgiveness to others. He exhorts us to forgive others as we have been forgiven. Not just seven times but seventy times seven. In other words, always. It almost seems that our being forgiven is conditional on us forgiving others. We must forgive, no matter the cost!

The cost of forgiveness can be enormous. Jesus knows this intimately. Forgiving our sins meant humiliation and a torturous death for him. It meant being separated from the Father he loved, experiencing the anguish of abandonment, and descending into hell. It meant his innocence and glory being unrecognised by the world.

And yet Jesus still says to us – including those who come to him at the eleventh hour, like the thief on the cross– 'whoever comes to me I will not cast out'. Let us trust in this promise and live joyfully, without despair, feeding on the bread of God that comes from heaven.

Oh, Lord, don't cast us out. Have mercy on us, save us and make us right with you. Amen.

Worship News

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

Dates and times can be found below.

NhillLutheranParishOnline.com



Prayer of the Week

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

- ◆ Michael & Hunter and their family
- ◆ Roger and his family
- ◆ Lawson and his family



Chapel



Pastor Carl will host Chapel on Thursday 6th April, 9am in the multi-purpose room.



HOLY WEEK 2023



PALM SUNDAY

2nd April

9am - Nhill
11am - Jeparit



MAUNDY THURS

6th April

Parish Service
7.30pm - Jeparit



GOOD FRIDAY

7th April

Parish Service
10am - Nhill



EASTER

9th April

6.30am - Jeparit
10am - Nhill



Nhill Lutheran Parish

St. Paul's Nhill: 39 Macpherson Street, Nhill
St. John's Jeparit: 33 Sands Ave. Jeparit



LUTHERAN CHURCH
OF AUSTRALIA
where love comes to life

Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am.

Each week children will be given the opportunity to participate in physical, social and mental stimulating activities to assist in preparing them for their learning journey ahead.

Please bring along the following:

- A water bottle / Fruit snack / Gold coin donation

If you have any questions or would like more information on the program please contact Mrs Fisher at the front office. 53 912 144 or admin@nls.vic.edu.au

This week at playgroup we had the music playing, we enjoyed the story time, future engineers were building tall constructions, some skateboarding and jumping on the mini tramp got them all active. Lots of giggles could be heard as creativity was on display with painting and using the play dough.

A great time was had by all, see you all next week for the Easter themed morning.

Thanks

Mrs Leitch



CSEF Forms

A reminder for all families that the CSEF forms were sent home this week, if you are eligible please return the forms to the school office before the closing date (can be found on back page of notice). Note that the money will be directly deposited to the School to use against the cost of camps, sports or excursions for your child.

Parent and Friends

This Tuesday P&F met and we discussed some exciting dates coming up in Term 2. We are looking forward to cooking up a storm with National Donut Day in June!

Our next meeting will be held on 9th of May at 8pm, we would love to see some new faces.

P&F Chair

Jamie-Lee Jupp



Year 5 /6 Leadership Camp at Tandara Halls Gap

Group 8

Loving one another
 Encourage others to
 Achieve their goals
 Determined to make
 Everyone count
 Respectful and encourages
 Saffy
 Honest and
 Intelligent
 Passionate about leading others

Leadership



Role Model
 Good listener
 Behind the scenes
 Friendly
 Honest
 Humble
 Enthusiastic
 Quiet
 Public Speaker
 Up-front
 Organised



At 10:00 am we set off to our great leadership camp! At 10:45 am we went to May Park for recess, then back in the cars at 11:00 am! Around 12:00pm we arrived at Tandara Lutheran Camp where Emma (the lady who taught us about leadership) was waiting for us. A couple minutes later we got to see our dormitories, us girls shared a room that had 17 people! We then met in the hall with the 6 other schools and began our activities and started learning about the 4 S's of Leadership. The first 'S' we learnt about was Spiritual leadership. We read a story about puppies and learnt that no matter how different you are, we all have the same value. God created us all different but equally as important, and we should serve everyone the same.

After that we had biscuits and fruit for afternoon tea. After that we learnt about the second 'S' which was Significant Qualities. We had to act out a drama scene about someone who was doing something good or bad and how we could use our leadership qualities to help solve the problem. Before we knew it, it was tea time. We had chicken schnitzels and veggies, then chocolate mousse for dessert. At 8:30pm it was time to get ready for bed. Not all of us went to sleep that early though! On the second day of leadership camp we had breakfast at 7:30am which was toast, pancakes, porridge and cereal. After breakfast we learnt about our third 'S' of leadership which is Servant leadership. This means to help other people and serve the school as a leader. We came up with ideas of how we can serve others around the school and in the community. After learning about servant leadership we had morning tea which was fruit, we also got to play outside while eating. Then we played a game where we got a number out of a hat and rolled a die and whatever number you got you would answer the question with that number. We also got to meet a lot of new people. After a quick game we got to learn about our last 'S' of leadership which is Support. This was about how we can support our friends, family and all the people in our school and community. We then got to spend time in our school group and talk about how we can use the 4 S's to lead people at Nhill Lutheran School. We ended the camp with another quick game and then packed up and got in the cars. Before we left Halls Gap we got ice cream and cupcakes because someone had a birthday (Chelsea's). After eating our ice cream we got in the cars and set off to Nhill. Sadly for the girls their car broke down, but while waiting for help to arrive the girls got to eat cupcakes to celebrate Chelsea's birthday. Miss Rutherford and Ben came to the rescue and the girls made it back to school before the end of the day the boys also made it back to school before that.

And that was our leadership camp!

Written by Imogen and Chelsea

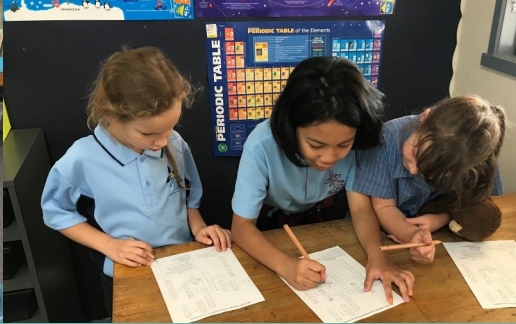
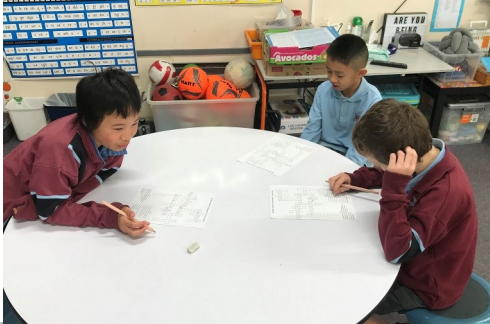
What Has Happened This Week



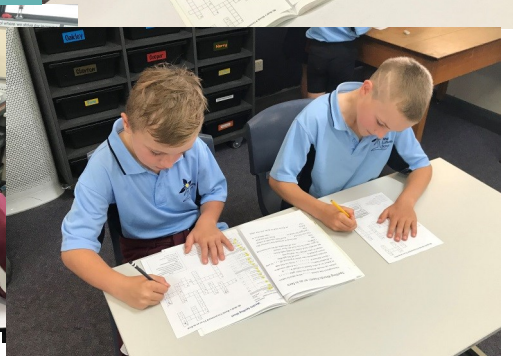
The spider web is between stalks. The insects fly by. The snake slithers over the soil. Can you hear all the 's' sounds?

This week Mrs Clark was teaching the sound the letter 'S' makes, in the Year 1/2 class.





Mr Holt's Year 3/4 class love having fitness first thing in the morning, then go on and be as productive as they can be in the classroom.



Foundation to Year 2 Roses Gap Excursion



How much fun can be had on a Flying Fox.....their smiles say it all!



A note of comfort to the working mother

Apparently, a stay-at-home mum should earn \$184 000 a year. That’s how hard the typical stay-at-home mum works for her family, doing everything from being the head chef, to first aid provider, to dental hygienist (you can check out how much you’re “worth” here). While motherhood may be the most rewarding job on earth, the sad reality is that it’s also the lowest paying job on earth. And with increasing interest rates, increasing inflation, and an increasing cost of living, many women are faced with increasing mother’s guilt – either guilt for not contributing financially, or guilt for working and not being there for the kids.

Interestingly, mothers have always worked, right from our hunter-gatherer days. It’s only recently that mothers have felt guilt for working outside the home (thanks in part to societal pressure such as the ‘perfect 1950s housewife’). And with that guilt has come the question – “Will I ruin my kids’ lives by working too much?”

The reality is that there is some evidence for negative impacts on our kids when mothers jump into full-time work very early. However, most mums choose to delay getting back to work until after the first year or two of their child’s life – and the research supports this. While not everyone has the choice to stay home, when full-time work is commenced in the first year of the child’s life there are small negative effects on child development and the quality of the attachment relationship.

But long term, maternal employment seems to have a lot of benefits for children. A longitudinal study showed that there were better socio-emotional outcomes (such as increased prosocial behaviour and reduced conduct problems) for children whose mothers work. And an international survey of over 100 000 people showed that as adults, daughters of mothers who work are more likely to be employed and earn higher incomes, and the sons of mothers who work are more likely to spend more time caring for family members. The data definitely shows that you are benefiting your children by returning to the workforce, and that the benefits extend into adulthood!

However, while your kids may be thriving with a working mother, you may not be. In fact, while you may have increased feelings of self-worth and competence from being in employment, working mothers are twice as likely to experience high stress compared to their non-working counterparts. Balancing paid employment with all the demands of motherhood is not simple, and parental burnout often results. According to research, part-time employment seems to provide the best balance for mothers, resulting in fewer depressive symptoms and better health, more involvement in learning opportunities, and more sensitive parenting than full time employment. If you’re a working mum, either by choice or due to financial necessity, full-time or part-time, here are 5 quick tips to improve your work/life balance and ditch the guilt:

Find your why behind working and embrace it. It’s great to have a job you’re passionate about, but it’s also great to admit that you’re working to afford the mortgage repayments on your house. Own your reason.

Create more time by saying no to unnecessary commitments. That might mean saying no to taking on another project at work, but it also might mean saying no to your child joining the soccer team. When time is limited, you don’t want to squander it. Spending time together doing nothing much at all is one of the most valuable gifts you can give your kids.

Implement rituals of connection. Make time for daily family dinner. Or cuddle your kids and read them a story before bed. Just make sure that there are predictable moments throughout your day where you will put away distractions and focus on connections.

Start family traditions that you can all look forward to. It can be as simple as a weekly movie night, or as elaborate as a yearly holiday to an exotic location. The enjoyment comes from looking forward to the tradition.

Take time to meet your own mental and emotional health needs. You can’t be there for your kids if you’re burnt out. Taking time to look after you is the first and most important step in being able to look after anyone else.

You’re definitely not going to ruin your kids by working. In fact, they’ll probably benefit from it.

But I don’t think anyone, at the end of their lives, has ever said, “Gee, I wish I’d given more time to my work. I sure regret spending so much time with my family.”

Make the most of the time you have. It doesn’t matter if you only have 10 minutes a day with your kids, make it the best 10 minutes of your whole day.

You will never regret it.



AUTHOR Dr Justin Coulson Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families Podcast. He has written 6 books about families and parenting.

School Holiday Term 1 Program

Enjoy the experience of creating, making and acquiring new art skills by enrolling in our Horsham Regional Art Gallery School Holiday Workshop Program for Term 1.



-  PAINTING WITH BELINDA
-  DRAWING WITH SHANE BOLAND
-  ECO PRINTING WITH RAE TALBOT

REGISTER NOW

11-20 APRIL

AGES SEVEN AND OVER

VISIT WWW.HORSHAMTOWNHALL.COM.AU/HTHEVENT/SCHOOL-HOLIDAY-PROGRAM-TERM-1-2023/ FOR MORE INFO

NHILL AUSKICK



JOIN THE FUN TODAY

Registrations now open!

Join in the fun at Nhill; Davis Park,

Thursday afternoons - 4:30

Come Try Free Session: 27th April 2023,

week 1 starts 4th May.

Boys and girls best suited to 5-12,
all skill levels welcome.

For more information or to register visit

<https://www.playhq.com/afl/register/ab7d09>

Contact Zanny 0410 292 094.

Horsham Arts Council Inc.

Seussical™

The Musical

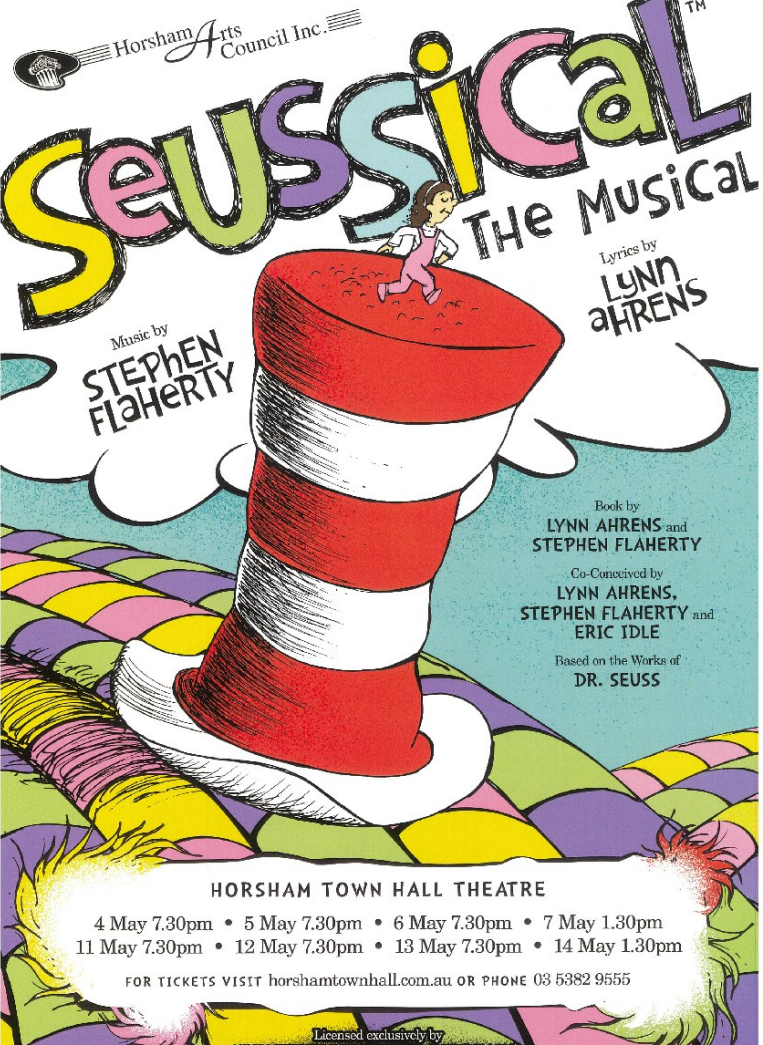
Lyrics by LYNN AHRENS

Music by STEPHEN FLAHERTY

Book by LYNN AHRENS and STEPHEN FLAHERTY

Co-Conceived by LYNN AHRENS, STEPHEN FLAHERTY and ERIC IDLE

Based on the Works of DR. SEUSS



HORSHAM TOWN HALL THEATRE

4 May 7.30pm • 5 May 7.30pm • 6 May 7.30pm • 7 May 1.30pm
11 May 7.30pm • 12 May 7.30pm • 13 May 7.30pm • 14 May 1.30pm

FOR TICKETS VISIT horshamtownhall.com.au OR PHONE 03 5382 9555

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Hindmarsh Shire Council
Consultation for Nhill
Community

Find the link below for details of the next community consultation meeting in Nhill

<https://www.hindmarsh.vic.gov.au/Community/Events/Upcoming-Events/Consultation-for-Nhill-Community-Plan-and-Economic-Development-Plan>

Mr Holt's Riddle

How do you cut the ocean in half?

Answer else where in the newsletter



GUEST SPEAKERS
WILL SHARE THEIR
KNOWLEDGE AND
RESOURCES TO
HELP US TALK
WITH OUR TWEEN-
TEEN(S).
TOPICS INCLUDE:
DRUGS & ALCOHOL,
SOCIAL MEDIA,
MENTAL
WELLBEING,
RELATIONSHIPS &
SEX

"AWKWARD CONVERSATIONS"

the how to for talking with your tween-teen(s)

APRIL 5 2023, 7PM
NHILL COLLEGE MUSIC SHED

FOR PARENTS/CARERS OF STUDENTS IN YEARS 5-9
COFFEE & CAKE TO FOLLOW
RSVP: 29/3/2023 TO NHILL COLLEGE 5391 2111 - FOR CATERING
PURPOSES

Answer With a sea-saw



WEEK 1

APRIL 2023 SCHOOL HOLIDAY PROGRAM

WEEK 2



MONDAY 10 APRIL

Easter Monday
Public Holiday

TUESDAY 11 APRIL

Crafty Art with Danelle
Nhill Library
2pm - 3pm



WEDNESDAY 12 APRIL



Cooking with Sharon
Jeparit Library
10am - 11:30am

Cooking with Sharon
Rainbow Library
2pm - 3:30pm



THURSDAY 13 APRIL



Crafty Art with Danelle
Dimboola Library
10am - 11am

Level Up! Gaming
Nhill Memorial Community Centre
1pm - 5pm



FRIDAY 14 APRIL



Cooking with Sharon
Dimboola Library
10am - 11:30am

Cooking with Sharon
Nhill Library
2pm - 3:30pm

Crafty Art with Danelle
Rainbow Library
2pm - 3pm



MONDAY 17 APRIL

Crafty Art with Danelle
Jeparit Library
10am - 11am



FREE
BUS >

Shredability Skate Lessons
Rainbow Skatepark: 10am - 11am and
11:15am - 12:15pm
Nhill Skatepark: 2pm - 3pm and 3:15pm -
4:15pm



TUESDAY 18 APRIL



Science with Cam
Nhill Library
2pm - 3pm

FREE
BUS >

Shredability Skating Competition
Nhill Skatepark
12pm - 4pm



WEDNESDAY 19 APRIL

Science with Cam
Jeparit Library
10am - 11am



Science with Cam
Rainbow Library
2pm - 3pm



THURSDAY 20 APRIL

Science with Cam
Dimboola Library
10am - 11am



Level Up! Gaming
Dimboola Library
1pm - 5pm



scan to register



REGISTER NOW!
Registrations Due:
Friday 7 April, 12pm

For more information visit
www.hindmarsh.vic.gov.au/events,
call 03 5391 4444
or email youth@hindmarsh.vic.gov.au.

Children under 11 years of age
are required to have
parent/guardian supervision.

