

Term 2

Week 7

Issue 17

June 9th 2023

Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation: Koda

Year 1/2: Harper

Year 3/4: Darcy

Year 5/6: Trinity



Little Desert Cross Country



Clayton was presented with a ribbon for coming 3rd in the Little Desert Division Cross Country at Horsham.

Bananas the Monkey

Congratulations to Zoe for receiving Bananas the Monkey at assembly today. We hope you both enjoy your time together.



Upcoming Dates



June

Mon 12th King's Birthday public holiday

Tues 13th School Board 7:30pm
(change of date)

Thurs 15th Lightning Premierships

Fri 16th SRC Pyjama Day

Mon 19th Incurion Freestyle Dance Ministry

Tues 20th P&F meeting 8pm (change of date)

NOTE: No Playgroup

Fri 23rd Last Day Term 2 pick up 2.15pm

July

Mon 10th Term 3 begins

Fri 14th Kinder Visits 9:15 - 11am

Tues 18th School Board 7:30pm

Thurs 20th Pet Ownership incurion

Friday Assembly Dates

23rd June (time tbc)

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, please help yourself.

From the Principal

Jonah and the Whale

This morning the Foundation class shared the story of Jonah and the Whale at Chapel. They did a great job of confidently speaking using a microphone to an audience, and when sharing their thoughts of what being inside a whale may have been like a few thought it would have been 'stinky'.

Year 5/6 Camp

The 5/6 students, Ms Rutherford and I enjoyed a 3 night camp at Anglesea last week. There were many highlights including Sovereign Hill, surfing and boogie boarding, the Live Wire park and more. Another highlight was the impeccable manners of the students, their eagerness to listen and learn, and the willingness to push the boundaries of their comfort zones, and the group received many compliments from people we met.

Lightning Premierships

Next Thursday, the Year 3-6 students will be participating in the Lightning Premierships at Nhill College. We will join with students from St Peters Lutheran School in Dimboola to field teams in football, netball and t-ball.

Semester One reports

Teachers are currently writing student progress reports which will be sent home in the last week of term.

Donut Day

It's taken a few days for the smell of donuts to disappear from the school. A huge thank you to all volunteers who helped with our Donut Day last Friday. Just over 1500 donuts were made, an amazing effort!

Every blessing,

Damon Prenzler

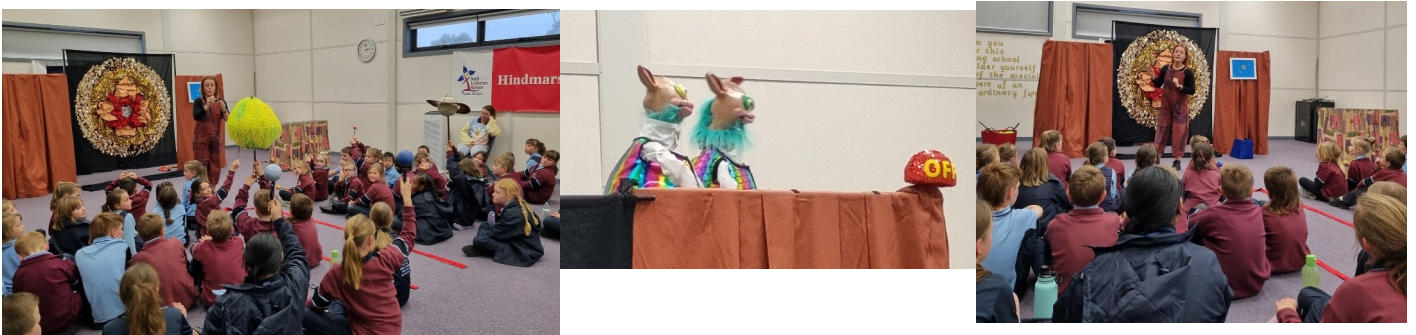
P&F Update

Thank you to everyone for their involvement in donut day, such an amazing fundraiser that would not have been possible without all the awesome volunteers and all the orders of DONUTS, we hope they were super delicious! We cooked just over 1500 donuts raising a total of \$1325.98 for the school which is fantastic so thank you everyone.

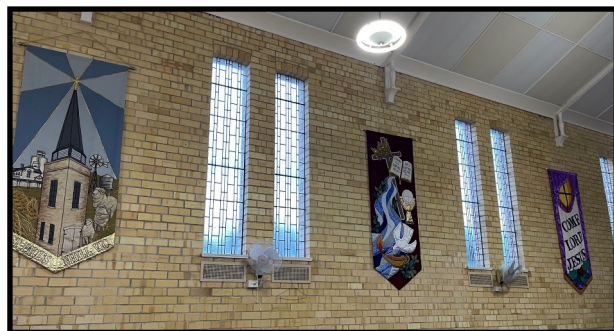
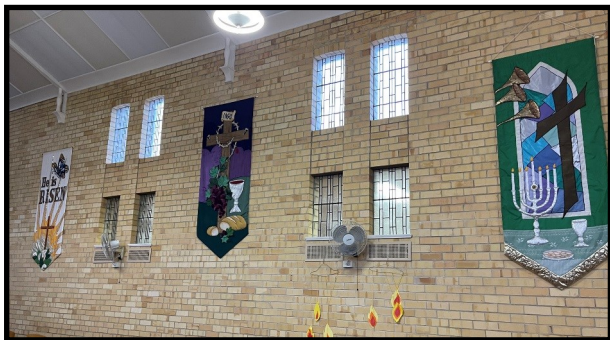
Regards Jamie-lee

NLS P&F Chair

Sussing Out The Solar System Incursion



On Monday afternoon the students were excited to have the Sussing Out The Solar System perform an interactive learning experience about the solar system. Students helped with the props and enjoyed the puppet aliens that were very mischievous. Many laughs and giggles were heard coming from the multi purpose room. It is great the see interactive performances come to Nhill for the schools to participate in.



Devotional Thought

Who are we?

When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are humans that you are mindful of them, mortals that you care for them? (Psalm 8:3,4)

Read [Psalm 8](#)

There are many times in my life when I feel like a bit of a nobody. I know that comparing myself to others is the worst thing I can do, yet I fall into this trap more often than I should. When we get together with the extended family at Christmas or other gatherings, I hear how others are doing amazing things with their lives and positively influencing others. I feel good for them and celebrate with them, but in times of doubt, I wonder who I am and what I am doing that's of any real worth. I know that I am not alone.

God tells us exactly who we are and how much we're worth. In this psalm, we see that the Lord of the entire universe is mindful of us! And not mindful of us as a collective; he is mindful of us individually, as he has created us. This gives me great comfort. It also means that I can say, truthfully, 'I am who God made me, and I am doing what he asks me to do'. I realise that we all do valuable things; it's just that some are more obvious than others. I know that God is at work through me in many ways and often even when I am unaware. We are God's treasure, his love and his masterwork.

Growing in our relationship with God allows us to see how he is at work in and through us. When I have my eyes on him, I am not looking at others and comparing myself. I am content with the provision of God and the work he has for me to do. I delight in his blessing!

Lord God, may we know our worth and grow in relationship with you. Provide for our needs and direct our attention to you. Amen.

Worship News

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

Nhill 11am
Jeparit 9am



NhillLutheranParishOnline.com

Prayer of the Week

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

- ◆ Chelsea and her family
- ◆ Barrett and his family
- ◆ Jed and his family
- ◆ Darcy & Connor and their family



Chapel Offerings

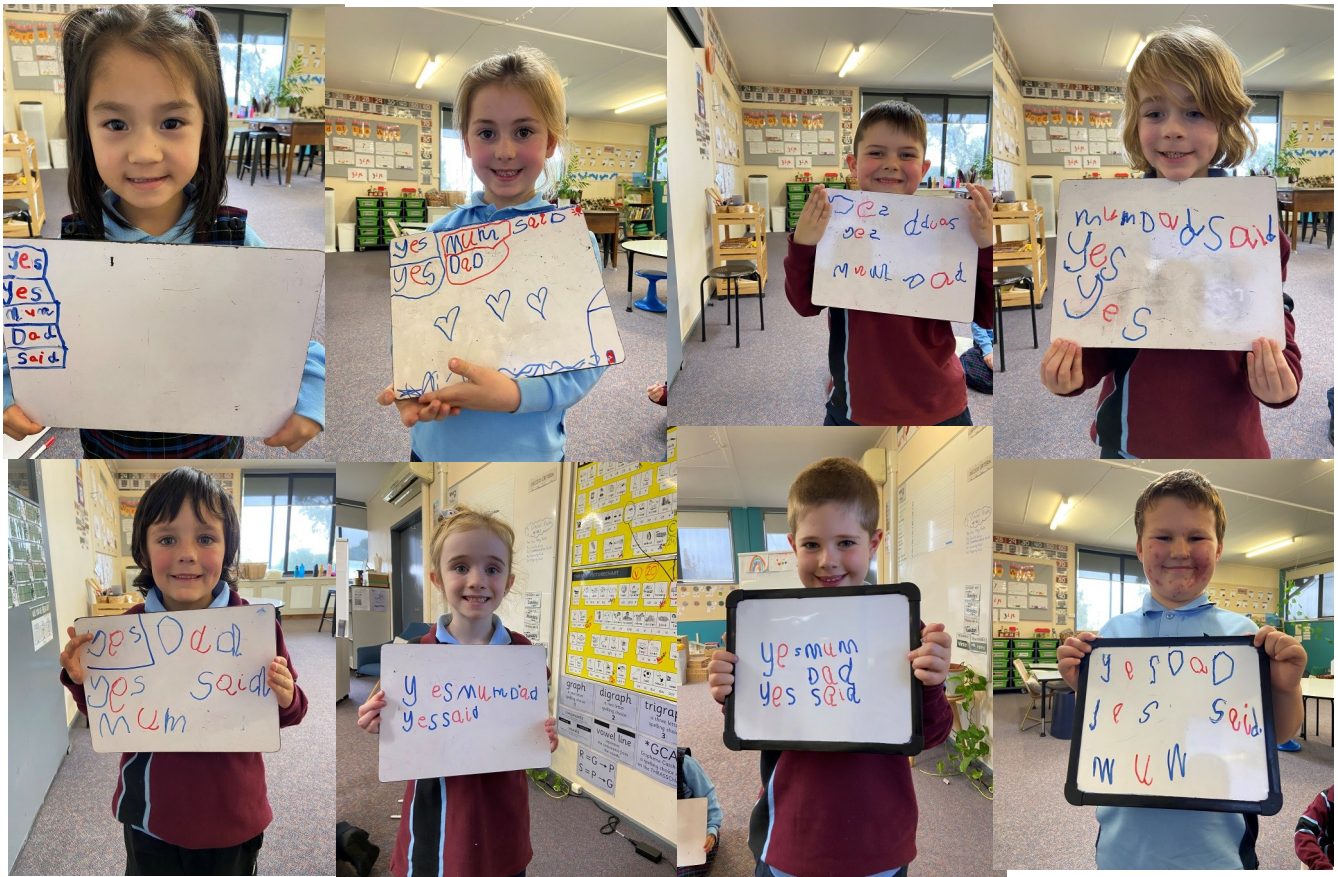
At today's Chapel \$8.55 was collected for the Maw Per Koh orphanage school in Myanmar. Please consider sending an offering each Friday morning as the children there rely on our help.

Chapel

The Pastor Carl will host Chapel next Friday, 9am in the multi – purpose room.



Foundation Class



Foundation students were busy learning their "Word of the Week" - YES.

This will come in handy at home when you ask for their help, you will be able to remind them that they know the word yes!

It's great to see their happy faces when they learn something new.

Year 5/6 Class Anglesea Camp Report

Once upon a time in a land far away was a town called... Nhill,

where the 5/6's set off on a great adventure to Anglesea. It took a while to get to our first stop Sovereign Hill in Ballarat, so we were talking nonstop to make the time fly by. As soon as we walked into the place it was like we went back in time when the famous Australian gold rush was taking place. At Sovereign Hill we got to look around at all of the old shops, and watch educational demonstrations such as gold pouring, candle making and lolly making. We also got to down into a replica mine and have a tour. Then it was off to our Araluen in Anglesea for tea and games before bed.



On Day 2 we started with archery and teamwork activities such as the low ropes course. These were both really fun. Then it was off to the beach for boogie boarding and surfing. Even though it was cold we braved the water with our wetsuits and a lot of us were able to stand up and ride the waves.





On Day 3 we got to go to the Live Wire Park where we got to do the canopy walk, go on a circuit, and play in trampoline/ball pit. This was all really fun. After that we went to the Great Ocean Road Chocolaterie, which was AMAZING!! We got to do a chocolate tasting and also got to make our own rocky road. We were very sad to leave the chocolate factory, but didn't go without buying lots of chocolate first.



On our last day of camp, we had to get up early to pack up our stuff before hitting the road for home. On the way we stopped at Gum San in Ararat where we got to go up on the roof and learn about the design of the building. We also had a go at Chinese calligraphy, and learnt more about the Gold Rush.

And that was the 5/6 camp for 2023!!

Thanks for looking after us all Mr Prenzler and Miss Rutherford.

Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am to 11am.

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

A group of 7 made up our play group session today. We made caterpillars before we read *The Very Hungry Caterpillar*. The hurdles were out for the horses to jump over as they were ridden. Some new toys were enjoyed by all today.

Reminder there will be no play group last week of Term 2.

See you all next week.

Thanks





The art of deep listening and why it matters to our kids.

“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they bloom like flowers.” —Thich Nhat Hanh

Most of us have had the experience of talking to someone who is listening, but not *really* listening—listening, but not *deeply* listening.

Deep listening is a sense of presence, inner stillness, openness, and mindful attention to what the other communicates in their body, speech, and silence. In parenting, deep listening helps us identify and respond sensitively to children’s needs.

Decades of evidence shows that attuned, sensitive, and emotionally available caregiving promotes children’s healthy development, secure attachment, and mental health. The founders of the Circle of Security program convey the feeling of listening deeply to one’s child in a simple phrase: **“I am here, and you are worth it.”** This is a powerful reminder to us as parents that our presence and attention can be instrumental in cultivating our child’s sense of self-worth and mental health. We have only to recall the last time that we felt truly listened to in order to conjure that same sense of worthiness. “Wow, my voice matters; I am someone worth listening to.”

Unfortunately, deep listening doesn’t come naturally to all of us. It may even seem counter-intuitive in our culture of quick fixes and endless scrolling for fast advice.

Learning to Listen Deeply

So how do we practice the art of deep listening? Just as weight training helps us build and strengthen the muscles of our body, practicing deep listening builds and strengthens our capacity to listen. Every day we are presented with opportunities to practice being truly present with our families and connecting to their experience in a more powerful way. Here are some tips for building your deep listening “muscle”:

1. Connect with yourself first. One of the best ways to build our capacity to listen deeply to others is to practice slowing down, turning our attention inward, and being present with our own experience—with our own thoughts, emotions, and bodily sensations. In other words, by listening deeply to ourselves and connecting with our own experience, it becomes easier to do so for others.

2. Make time. Deep listening requires our time. It may be helpful to build regular, intentional time into your schedule to truly be present with your loved ones.

For couples, this could be a once-a-week check-in in which you give each other space to discuss what is on your mind and in your heart, with an emphasis on connection over criticism.

For parents, the walk or drive home from school and mealtimes may be good opportunities to check in with your child and simply be present for whatever comes up.

Build a routine that works for you and your loved ones, whatever that looks like. The important thing is that we make time.

3. Minimize distractions (and put down your phone!). Many of us have become master multi-taskers, splitting our attention between multiple tasks and flicking between tabs on our screens. Deep listening can’t be just another tab open; it requires our full mind and heart to show up. Even young children can tell when adults in their lives are distracted, and research shows that parents’ increased distraction can take a toll on children’s development. Therefore, it is important to minimize distractions during the time we devote to deep listening. This may mean putting down our phones, turning off the TV, and shutting down the computer; it may mean going someplace away from the hustle and bustle of the office or home. We don’t

4. Notice the urge to move away (interrupt, fix, distract, move on) and choose to come back. Mindful listening is all about paying attention and noticing, and this includes noticing when tension, anxiety, or distraction arise. Often, these signal a desire to move away from being with the person and towards doing—for example, interrupting, changing the topic, or trying to “fix” the problem. When this tendency arises, simply notice it. Name it silently, “Ah! There’s me trying to fix this,” and gently return to listening.

Be gentle with yourself. Many people didn’t experience deep listening in their childhood and enter adulthood with a limited capacity for listening to and being with others’ emotions. We tend to fall back on the communication styles and habits that we experienced in our family of origin, even if these are unhelpful in our adult relationships. Notice when these old tendencies are present and appreciate that it takes time to learn to communicate differently. Thankfully, deep listening does not require perfection; it requires awareness—and a willingness to practice coming back to those we love again and again.



AUTHOR Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram](#)



Listen to Messages of Hope and invite others to do the same. Download or listen online at [messagesofhope.org.au](https://www.messagesofhope.org.au) or on iTunes and Spotify.

11th June 3 Dollars in the Bank (Interview)

When Kerry’s marriage broke down, she went from living in a comfortable house and lifestyle, to being a single mum with two young children and only 3 dollars in the bank. Listen as Kerry shares how she got through this difficult period of her life and discover the hope she found to get through tough times.

18th June When God Seems Far Away (Interview)

Depression challenges us, not only physically and emotionally, but also spiritually. Listen to Mark’s story, a pastor who has struggled with depression for about 20 years. How does someone with faith reconcile a God who often seems far away, especially when you feel so totally alone?

25th June Send me an Angel (Interview)

For the person struggling with depression, and the loved ones who care for them, depression can challenge and test us. Listen to Jane’s story of depression and how she finds hope to live through it.

F-2 Excursion to St Pauls Lutheran Church



On Wednesday, the Foundation, Year 1 and Year 2 students had an excursion to the church. They got to learn about the church, it’s history, the alter, significance of the candles and the beautiful stain glass windows.

Have you registered for Kindergarten
& Long Day Care in 2024?

OPEN DAY

Come, look and play...

Virtual Tours
available on
EEYS website

Nhill Kindergarten

3 & 4 year old Kindergarten

Tuesday 11th July 2023

2.00pm - 3.00pm

2/20 Whitehead Avenue, Nhill

2024 KINDERGARTEN REGISTRATIONS
CLOSE FRIDAY, 21ST JULY

LONG DAY CARE OPEN WEEK

Monday 10th - Friday 15th July 2023

**Book a tour of our Long Day Care services
during this week by contacting**

0428 485 933

LONG DAY CARE REGISTRATIONS CLOSE MONDAY, 18th SEPTEMBER



Scan QR Code for
direct link to
online kindergarten
registration form

TO REGISTER FOR KINDERGARTEN

Online: www.eeys.com.au

Email: enrol@eeys.com.au

Phone: 5382 7997

or pick up a form from an EEYS Office

TO APPLY FOR LONG DAY CARE

Download online: www.eeys.com.au

Email: kimberley@eeys.com.au

Phone: 0428 485 933

mates

MENTORING PROGRAM

WIMMERA
SOUTHERN
MALLEE
LLEN



24 hours to change a life!
You can make a difference



VOLUNTEER

Can you spare 1 hour a fortnight to visit a young person in their school? For more information on how you can help, please come along to our Information Session.

The three schools in Nhill will be holding a combined:-

Information Session

for anyone interested in
becoming a
mates mentor

Date - Monday 19th June

12noon - 2pm

At Nhill College

Check in at reception

All welcome

For more information contact:

Kerri Nichols

Email: mates@llen.com.au

Ph:0408 810 123