

# TOGETHER WE GROW

#### 2 Mackay Street, Nhill 3418 P: 53 912 144 E: admin@nls.vic.edu.au Term 3 Week 6 Issue 24 August 18th 2023 Students of the Week Upcoming Dates Congratulations to the following students who were presented with Student of the Week awards at assembly today: August Mallee Nhill Foundation: utheran Mon 21st - Fri 25th Book Week & Book Fair School Jed Wed 23rd Dress Up Day- "favourite book" Year 1/2: character Lexie & Jessie Tues 29th & Wed 30th 3 Way Conversations (between student, parent and teacher) Year 3/4: September Tom Fri 1st Father's Day Chapel and Footy Match Year 5/6: Tues 12th No Playgroup Nathan School Concert @ Community Centre 7pm "The Adventures of Bananas the Monkey Superstan" Wed 13th Term 3 ends 3:15pm Congratulations Nhill Lutheran to Savior for Thurs 14th/ Fri 15th Staff PD Pupil Free School receiving ier We Grow October Bananas the Monkey at Mon 2nd Term 4 starts assembly today. Thurs 12th Year 2 Sleepover We hope you both enjoy your Assembly Dates for Term 3 time together. Note: change of time, now AM **Birthdays** Fri 1st Sept (after Chapel in the morning) Happy belated birthday wishes are sent to the following student and staff: Savior 15th August Ms Rutherford 16th August Happy birthday wishes are sent to the following students:

Nelson 19th August Koda 23rd August

## From the Principal

#### **LEVNT Western Hub Conference**

Last Friday our staff joined with around 250 fellow educators from seven Lutheran schools stretching from Mildura to Portland. It was a wonderful collegial experience, and we were led through the day by Robyn Moore (the voice of Blinky Bill amongst many others). The day really highlighted the strength of togetherness that exists amongst Lutheran schools.

#### Hockey 7s

Congratulations to our Hockey 7s team for their efforts in the Greater Western Region finals last Friday. Although not recording a win, the players performed most admirably and represented the school with distinction. Thank you to Mrs Alexander and Mrs Clark for helping the team, and for the parent supporters who made the trip to Hamilton.

#### **SchoolTV and Happy Families**

Happy Families (previously Parenting Ideas) articles are frequently placed in our newsletter and these provide helpful information for parents and caregivers. Webinars can also be accessed through Happy Families. An additional support for families is SchoolTV which provides a broad range of helpful information for raising and helping our children. Further information about SchoolTV and how to access it is found elsewhere in this newsletter, and I encourage families to check it out.

#### **Book Week**

Book Week is next week and the theme is 'Read, Grow, Inspire'. We are having our dress-up day, parade and cross-age Book Week activities on Wednesday August 23. Students may dress in costume related to the theme, or as one of their favourite book characters. The Book Fair is running during the week and there are plenty of great books and other items available to purchase, with some of the proceeds going to the school.

#### GJ Gardiner Homes community support

GJ Gardiner Homes presented the school with a cheque as part of their community support fund. This is due to the generosity of the Hiscock family who nominated the school as their preferred recipient of these funds. Thank you Hiscocks! These funds will be put towards resources for the school, and a certificate is displayed in our front office.

#### **Upcoming events**

Some dates for upcoming events:

23/8: Book Week dress up day and activities.

29-30/8: Three Way Conversations. Please return your time preference forms if you have not yet done so.

1/9: Father's Day chapel and footy.

12/9: Concert: "The Amazing Adventures of Superstan"

Every blessing for your week,

Damon Prenzler

Nhill Lutheran School is committed to providing a child safe and child friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.



#### Worship News

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



NhillLutheranParishOnline.com

## Prayer of the Week

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



- $\Diamond$ Trinity, Zara & Lexie and their family
- Nelson & Luka and their family  $\Diamond$
- Ms Rutherford and her family  $\Diamond$
- $\Diamond$ Helena and her family

### Chapel

Foundation will host Chapel Friday 25th August 9am in the multi – purpose room.

#### Chapel Offerings

At today's Chapel \$6.55 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.



#### 2024 Term Dates

Term One: January 30 – March 28

Term Two: April 15 – June 25. Student Free Days April 26, June 26-28.

Term Three: July 15 – September 20

Term Four: October 7 – December 12

#### **Devotional Thought**

#### Bring them here to me

'We have here only five loaves of bread and two fish,' they answered. 'Bring them here to me,' he said (Matthew 14:17,18). Read Matthew 14:13-21

I was okay at maths during my school years, but to the best of my ability, five plus two doesn't equal five thousand. I often wondered at the size of the fish and loaves in this story, thinking that the fish must have been massive and the loaves enormous. My mind would wonder about the person who brought them. Did the mother in their household represent the first Scout Leader who had the mantra, 'always be prepared', firmly etched in their thinking as they headed out each day?

How easy it is for us to enter any number of situations in life that seem overwhelming with a list of what to bring running through our minds? Think of what you might need as you enter a room full of strangers, knowing you have to cope with conversations with them. What will I talk about for two hours over the dinner table? How can I make the new person at the office feel more at home? What can I give to the neighbour in my street who has just moved in?

Being prepared is one thing - trusting God to provide us with what we need is often another. When Jesus gave directions for the people to be seated, he revealed something so wonderful about himself that should catch our attention also: Jesus turned to his (and our) Heavenly Father, gave thanks, and distributed what was necessary for the people in that situation, even if that meant those observing couldn't see a logical or possible good outcome.

I can't help but think of what little I often have when entering some of life's overwhelming situations and how underprepared I am for the task ahead. It's wonderful to know that turning to our Heavenly Father to multiply our 'little bit' will provide enough for the best outcome. A smile, a flower or 10 minutes of our time can leave plenty of room for him to do what he does best - answer our prayers using that which we willingly offer him to bless those present in some way.

What resources, skills, gifts, talents and abilities do you have that God can multiply to bless others?

Heavenly Father, thank you for taking what you have first given me to use to bless others in ways I could never have imagined. Please do it often so that you can be honoured and glorified. Amen.







Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible information from trusted sources with practical strategies to help alleviate some of the challenges being faced by young people today.

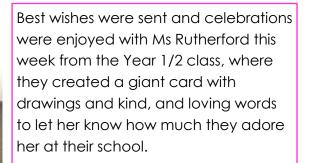
Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

This award-winning resource helps families build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It will assist you in starting those conversations on topics that can sometimes be awkward or difficult to tackle.

Parents and caregivers are the greatest influence on a young person's life and SchoolTV focuses on empowering confident parenting.

Explore SchoolTV today - <u>https://nhillls.vic.schooltv.me</u>

## Happy Birthday To A Very Special Staff Member





## What has happened this week at NLS

# Foundation Class Word of The Week—Shark



















## Hockey 7's Competing at the Western Region Division at Hamilton





The games were all very close on the day, except for the one against St Arnaud, and those kids are going places!

We scored one goal for the day by Trinity, thanks to the opposition coach who exemplified what sportsmanship and fair play are all about, by informing the umpire that the ball had been hit inside the scoring D so that it counted! This was a great experience for the

team, we were so proud how the players kept their heads high

and played at their best to have matches that were close against the likes of Ballarat Grammar, Camperdown College and Hamilton & Alexandra boys and girls teams.

The school would like to thank Rachel for the coaching and support she gave the team on the day, the parents who drove down to Hamilton to cheer on the team and provide transport, the student cheer squad and Mrs Alexander for the organizing the team on the day.









## West Wimmera Sports Athletics @ Warracknabeal



Savannah: 1st Discus, 4th Long Jump. Helena: 1st High Jump, 5th Shot Put & 200m, 3rd 100m. Toleen: 1st Long Jump, 4th 100m, 3rd 200m. Zara: 4th 800m & 1500m. Mia: 5th 1500m. Matilda P: 2nd High Jump , 4th Long Jump. Miss A: 2nd Long Jump, 3rd Triple Jump, 6th 100m. Savior: 4th Shot Put, 5th Discus.

Tom: 1st High Jump, 100m & 200m. Clayton: 1st 200m, 2nd Discus & Long Jump. Henry: 1st Discus & Shot Put, 5th Triple Jump. Aaron: 3rd High Jump, 5th 100m.

#### Learning About Fractions



There were lessons on Wednesday, learning all about fractions and dividing different objects and shapes into equal parts. The best part about this learning experience was getting to eat the muffin used . Now it is all together again inside the tummy!

## Premier Reading Challenge

Well done to the students who have completed the challenge so far for our school, just a reminder if



you are wishing to participate in the challenge, it ends at the start of September.

The log in details for the students were sent home earlier in the year, if you have misplaced them please contact the school for them.

Any questions please contact Kelsie Attiwill the Reading Challenge Co-Ordinator.

#### 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.

## **Employment Opportunities**





## 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



The last two weeks we have been exploring sound by playing with the musical instruments and dancing to music. Learning the concept of sharing with others and entertaining ourselves with toys and activities such as playing together with the new kitchen (thanks Mr Holt for finding it for us), playdough creations and making art 'n' craft. Improving our motor skills with the mini trampoline, balance beam and throwing and kicking the balls. Thanks Mrs Leitch













# parenting **\***ideas schools

# **Book Week**



For over 75 years, the Children's Book Council of Australia has promoted Children's Book Week®. Book week isn't just about finding a costume for the parade (and hoping that this year your child doesn't want to dress up as Captain Underpants again), it's about celebrating books. Australian authors and illustrators are particularly celebrated, as classroom teachers and librarians in schools and public libraries create displays, run activities, and tell stories relating to each year's theme. This year, Book Week is this week (Aug 19-25), and the theme is Read, Grow, Inspire.

This article isn't about Book Week though. It's about why books and reading are so important for our kids that we should be celebrating books every day, not just one week a year. In this article I'll also describe how you can help your child to get more out of their reading. And lastly, I'll give you some tips on what to do when your kids don't seem to want to read.

## The science

It is never too early to start a habit of reading with your kids. A <u>meta-analysis (a study that</u> synthesises the results of lots of other studies, in this case 99 other studies) found that when children are exposed to book reading from an early age, it begins a 'causal spiral'; being exposed to books stimulates language and reading development, and in turn children who are more proficient in comprehension and reading skills choose to read more. Significantly, this study looked at every age from preschool to university and found that the gap between readers and non-readers widened every year, culminating in greater academic success in university. There is also <u>some evidence</u> that people who read more live longer, and that <u>reading fiction boosts social skills</u> such as empathy.

## Getting the most out of reading

Reading is good, regardless of how it's done or what is read. But there are a few things we can do to help our children enjoy the benefits and satisfaction it offers. Here are three ideas:

(i) Have your child read to you. Children don't even need to be able to read to do this. Babies enjoy lifting up flaps and turning pages. Toddlers love pointing at the pictures in their favourite books. Preschoolers may even memorise the words to a well-repeated story. Then as our children learn to read independently, they tend to be really excited to read to us if we can find the time to slow down and turn reading into an activity to share.

(ii) Read to your child. In addition to bonding, reading to your child helps them to learn about expression, pacing, and the different ways we can experience books. Please remember, when you read to your child, to read slower than you think you should. And for younger children, pause and ask them questions about how they'd feel, what the characters are feeling, and what they're thinking about the story. (It can be hard to stay awake, I know! But it's worth it.)

(iii) Have FART time regularly. FART stands for Family All Reading Together. Perhaps once or twice a week, let everyone know it's FART time. Grab some treats. Have everyone select a book. And sit together in the living room while you read those books together, either aloud or in silence.

## What to do when your child doesn't want to read

Not everyone loves reading. However, kids who lack motivation for reading are usually struggling with a small handful of challenges. They either (i) have a reading disorder such as dyslexia, (ii) feel disconnected and want connection with someone, (iii) don't feel competent, or (iv) are feeling controlled and want more choice in what they read. Each of these will reduce intrinsic desire to read. Our role as parents is to help them overcome those boundaries. We can do this by:

(i) Helping them find appropriate support. With time, patience, and the right structures in place, anyone can learn to enjoy reading. Being dyslexic doesn't prevent that; in fact, one of the greatest writers of the 20th century, F. Scott Fitzgerald, is believed to have had dyslexia.

(ii) Reading together – them to us and us to them. There are few things cosier than snuggling up together with a good book

(iii) Finding books that are at a level that stretches them but not so much that it's demotivating, and

(iv) Offering them as much choice as possible in terms of what they read... even if that means reading Captain Underpants again.

One more important point: never bribe your kids to read, unless the bribe for reading one book is the chance to choose another one!

Reading isn't just about academics, just as Book Week isn't just about winning the award for Best Dressed. Books provide a doorway to the world; through them our kids can climb mountains, experience new cultures, and travel through time and space. As Barack Obama once said, "Reading is



#### 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 9 books



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

#### 20<sup>th</sup> August I remember when (Richard Fox)

Remembering who we are is vital to our identity, but what happens when the memories start to fade?

#### <u>27<sup>th</sup> August Dementia is not the end (Interview)</u>

Gaye has worked in aged care for over 20 years and has specialised in Dementia care. Learn some surprising insights and encouragement for living with Dementia.