

## Book Week Celebrations – "Read Grow Inspire"



### Upcoming Dates

#### August

**Tues 29th & Wed 30th** 3 Way Conversations  
(between student, parent and teacher)

#### September

**Fri 1st** Father's Day Chapel and Footy Match

**Thurs 7th** Little Desert Athletics Division @ Stawell

**Tues 12th** No Playgroup

School Concert @ Community Centre 7pm  
"The Adventures of Superstan"

**Wed 13th** Term 3 ends 3:15pm  
Board 7:30pm

**Thurs 14th/ Fri 15th** Staff PD Pupil Free

#### October

**Mon 2nd** Term 4 starts

**Thurs 12th** Year 2 Sleepover

**Thurs 19th** Nhill Show Day– Public Holiday No school

**Fri 27th** Grandparents Day & World Teachers Day

#### November

**Sat 4th** P&F Quiz Night

**Thurs 16th** Beats 'n' Pieces Incursion

**Assembly Dates for Term 3**  
**Note: change of time, now AM**  
**Fri 1st Sept**  
**(after Chapel in the morning)**

### Birthdays

Happy birthday wishes are sent to  
the following students:  
Ruby B 28th August



## From the Principal

This morning our Foundation class led chapel focusing on compassion, a value of Lutheran schools. The students shared the story of The Good Samaritan which highlights the compassion of a Samaritan towards an assault victim, when other people ignored the victim's needs. Having compassion is to be open and responsive to the needs and concerns of others and being active in the caring for others, which is love in action. Romans 12:9-13 says, "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.....Share with the Lord's people who are in need. Practice hospitality."

### **Book Week: Read, Grow, Inspire**

Our Book Week dress up day and activities created a lot of excitement and enjoyment on Wednesday, and thank you to all for your efforts with costumes – there certainly were many amazing, creative characters! Book Week is a wonderful opportunity to celebrate books and reading.

### **Iona visit**

The 5/6 class visited Iona Digby Harris home yesterday and again spent time with the residents, playing games and singing concert songs. These visits are mutually beneficial for both our students and the residents. Our students get to serve others through sharing their God given talents and qualities, and they also learn from the residents of Iona.

### **Enrolments for 2024**

Schools in Nhill are looking at finalising enrolments for 2024 and are asking families yet to enrol their child to do so. This will help schools with planning class compositions, staffing etc... Enrolment application forms for Nhill Lutheran School are available from the school upon request.

### **Teacher Aide Appreciation Week**

Next week is Teacher Aide Appreciation Week. At NLS we are blessed to have Ms Rutherford, Mrs Leitch and Miss McLean help our students in so many ways, and with love, patience and kindness. Thank you to our Integration Aides!

### **Wellbeing Officer**

Our school has received funding through the Australian Government's Wellbeing Boost as a way to address the impacts of COVID-19 on the mental health and wellbeing of school students. Together with St Peter's Lutheran School, Dimboola, we are hoping to use this funding to employ a Wellbeing Officer to assist students and families.

### **Some dates for upcoming events:**

29-30/8: Three Way Conversations. These conversations empower the children as learners as they communicate their areas of strength and growth, and identify learning goals for future improvement.

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

12/9: Concert: "The Amazing Adventures of Superstar". The students have been regularly rehearsing for our concert which will be held at the Community Centre at 7pm on Tuesday September 12. Stay tuned for further concert information in the next few weeks.

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 11am  
Jeparit 9am



NhillLutheranParishOnline.com

## Prayer of the Week

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



- ◇ Tom & Zoe and their family
- ◇ Ruby & Freya and their family
- ◇ Miss A and her family
- ◇ Tricia and her family

## Chapel



All students will host Father's Day Chapel Friday 1st Sept 9am in the multi – purpose room.

## Chapel Offerings

At today's Chapel \$11.50 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.



## 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.

## Devotional Thought

### I will not cause them to fall

Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall (1 Corinthians 8:13).

Read [1 Corinthians 7:32-40](#)

Would you give something up if it caused another to stumble in their faith? Today's reading is interesting when we consider it in our 'me-focused' generation. As a teacher of teens, I often hear statements that echo blatant selfishness. 'I haven't done anything wrong'; 'It wasn't my fault'; 'I can do whatever I like!' – sentiments that overtly reflect a lack of empathy for others. However, as young people grow into maturity and test the moral boundaries of life, it is to be expected that they will question their identity, which will inevitably shape their questioning regarding what they like and dislike. As Christian adult role models, then, our aim is to guide our young ones to consider others so they not only look to fulfilling their own needs but also be considerate of others – because empathic, caring young people grow into empathic, caring adults. The message of the Bible is to consider the needs of others, as the Philippians text teaches us all to:

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others (Philippians 2:3,4).

It's a tall order, though, isn't it? Born into sin, we innately find it difficult to put others' needs before our own. We can only achieve this loving duty when we ask for God's help. More than ever, in our modern social climate, there are so many distractions and influences that do not even consider the effect that one's own actions might have on another. Behaviours heralding increasing greed, selfishness and utter individuality, which equates to what many identify as a 'me' generation, seem only to be escalating.

Today's reading paints such a refreshingly different picture. Let us consider for a brief moment what Jesus has done for us! He gave his life so we can live as free people: free to love and serve our brothers and sisters. We have been freed from the bondage of sin, guilt and shame. We are free to go that extra mile when we might be feeling tired or discouraged. We are free to give up that pet sin that might cause us to be a stumbling block for others, therefore, witnessing Christ working in us. All is possible with God's help (Matthew 19:26)! We just need to ask him.

***God of love and truth, we pray that you empower us to seek your ways – the perfect way. Help us reflect on how our lives might be a stumbling block for others: please reveal these ways to us. Lord, have mercy. Amen.***

## More Photos of Book Week celebrations



## The Book Week Parade Winners.



## Students Participating In The Activities And Enjoying The Sausage Sizzle





## 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.

## Employment Opportunities

## 2024 Term Dates



### Nhill Lutheran School

#### Classroom Teacher Middle/Upper Primary

Nhill Lutheran School is seeking a passionate and innovative teacher. The successful applicant should be willing to support the Christian ethos of the school.

*For a job description please email  
principal@nls.vic.edu.au with the subject line of  
'Classroom Teacher Position' or view teachers.on.net*

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

**Applications close: Thursday 31st August 2023**

Position commences 23rd January 2024



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

## Father's Day Chapel and Footy Competition

Reminder to everyone that next Friday 1st September there will be a Father's Day chapel led by the students.

Followed by....

- the annual NLS Father/special person V's children Footy Match.
- eating hotdogs provided by the P&F @ 11am by players and spectators.



Students and visitors can wear their favourite footy colours or casual clothes on Friday 1st September. No cost.

## 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](mailto:admin@nls.vic.edu.au)

Smiling faces were everywhere today at playgroup, they were busy enjoying playing with the kitchen/diner, using the playdough to make all the food. There were noodle horses being ridden around the room, while others were climbing through tunnels. For book week we read Clap Hands and followed the actions.

See you next week  
Mrs Leitch



## School Stream

 Just a reminder that there have been some changes with the school stream reporting app. to make it easier for parents/ caregivers to use.

The regular used forms have been moved to their own folders, they are; Absence Reporting & Bus

## Note from NLS Board Chair

Dear parents, caregivers, and community. As many of you would have been aware throughout June-July there was a Principal's review conducted on Damon as a periodical requirement of his tenure at the school; many thanks to all those who took part. The results of that review were, to say in a word, excellent! We thank God for Damon's commitment and service heart towards the school and all who are involved, and are blessed by his continuing leadership.

In Christ's Service  
Matthew Miller  
NLS Board Chair

## SRC Hot Chocolates

Hot chocolates are available every Monday, they are enjoyed by the students after they have eaten their lunch. They cost \$2.



## SRC Dim Sim Wednesdays

Our popular "Steamed Dim Sim" Wednesday is still happening to help raise funds for the SRC, for their various projects they support and any equipment for the school, which will benefit the students.



parenting  ideas  
schools

## The How-to's of Healthy Parenting



If there's one thing, more than anything else, that our children need to thrive, it's health involvement. It's *us*. Being there. Not just *for* them, but *with* them. We don't just have their back. We're at their side... *in healthy ways*.

### What involvement looks like

Involvement comes from the Latin: *involvere*. It means "to envelop, surround", or literally to "roll into". Involvement is showing love, warmth, and affection. In a practical sense, involvement can be ferrying children from one activity to another or eating together; bathing a young child or having bedtime stories. It's being across their academic, sport, or cultural experiences.

How are they going at school or on their sports team?

Are they aware that you care, and that you're there to support them if they need you?



At a deeper level, involvement is being present in their spaces, their conversations, and their activities: their world. This involvement can often be (and probably should most often be) benign background involvement. Perhaps you're in the kitchen while they're in the living room or the back yard. But you're present and aware. You're having regular conversations to know about their daily discoveries, their friendships, and their life. It's also their involvement in your world.

Are they cleaning their room with you, or peeling vegetables for dinner with you?

Are they involved in dinnertime conversations with you, playing music with you, learning a new game with you, and exercising with you?

Our children want to be in our world, particularly when they're young. Are your little ones – and your big ones – welcome at the dinner table while you're chatting with friends after a barbecue?

Do they get to be involved in your work, your hobbies, and even your chores?

## Healthy vs unhealthy involvement

According to Professor Wendy Grolnick, a psychology researcher at Clark University in the USA, involved parents do three things:

1. invest time, attention, and energy
2. gain knowledge about their children's lives, and
3. provide support.

The crux of this conversation comes down to how we do these things.

We can do this in a *controlling* way, or we can do it in a *need-supportive* way. Investing time, attention, and energy into our child's school experience can be helpful or harmful. It depends on *how* we do it. When we invest time and attention in a controlling way, we pore over our children's results, push our child to do better, corral them into extracurricular coaching, and harangue them for failing to win the dux of kindergarten award! It's that whole 'parent harder' kind of approach to involvement. The investment, the knowledge, and the support are set up with the best of intentions. But it's us setting the expected standard for them and pushing (sorry ... supporting) them to achieve it because we have unilaterally determined that it matters. There's that intense and controlling involvement that undermines individual motivation and wellbeing. The involvement we share is targeted towards other ends rather than being an end in itself. A form of involvement in schoolwork that supports relationship needs looks more like us taking an interest, asking how they're doing, and inviting them to think about how they'd like to do at school, and why. And it's based on developmentally appropriate timing. Our six-year-old doesn't need to be chasing straight As! It's not important for our Grade 3 child to be reading at a high-school level!

But ... if they love reading and happen to be doing well, great; because they're volitionally seeking it. Perhaps they're doing it for the sake of the activity itself. It lights them up. Learning is intrinsically motivating! Our support and involvement will facilitate rather than undermine that motivation.

In the mid-1980s, Professor Grolnick completed a study of mothers with their one-year-old children. The mothers were asked to play with their children on the floor with a toy for three minutes while being video recorded. The results were analysed to show their style of involvement. The researchers found that mothers were involved in their children's play in different ways. Some were *controlling*, trying to help their child play 'the right way'. Others were *supportive*, exploring together and allowing their child to experience the natural delight that comes through their own discovery. Involvement that supports children's sense of autonomy and positive relationship creates connection; that sense of being seen, heard, and valued. Involvement that is controlling disrupts the experience of connection and autonomy.

This healthy supportive (but non-controlling) involvement requires effort. We have to break away from the inertia of our screens, the couch, or our agendas. We also have to break away from the inertia of our upbringing, our insecurity, our ego, and our desires for our children to fulfil their potential based on our preferences. Instead we need to focus on just three things:

1. Competence. Support their competence needs by developing structures and boundaries with them.
2. Connection. Helping our child feel seen, heard, and valued. And
3. Autonomy support. Giving our children a voice and the freedom to figure things

Kids thrive under these conditions. And we become better parents.

*This is an edited extract from *The Parenting Revolution*, the new book out now from Dr Justin Coulson.*



### **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 about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).



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 - <https://nhills.vic.schooltv.me>



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

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

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.



**WEST WIMMERA WARRIORS**

Competing In the Horsham Cricket Association

**Junior Cricket**

**Expressions of interest\*\***

**Under 16.5**

Training TBC Friday night game

**Under 14s**

Training TBC Saturday morning game

**Under 12s**

Training TBC Friday night game

Contact Terrah Dodds 0438 329 042 or Ash Dickinson 0417 587 002

**\*\*team entry will depend on numbers**