

Term 3 Week 9 Issue 27 September 8th 2023

## Students of the Week

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

Foundation: Xander Year 1/2: Abby & Alyssa

Year 3/4: Toleen Year 5/6: Miss A



## Bananas the Monkey

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



## Upcoming Dates

### September

**Mon 11th** 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

**Fri 24th** Colour Run

### December

**Wed 13th** Last Day Term 4 finish 3.15pm

**Thurs 14th** Staff PD

## Birthdays

Happy birthday wishes are sent to the following students and staff:

Barrett 9th September

Atreyu 12th September

Helena 14th September

Zara 19th September

Miss Schultz 20th September

Harper C 26th September

Zoe 27th September



## From the Principal

### Concert

Looking forward to seeing you at "The Amazing Adventures of Superstan" next Tuesday, September 12, at 7pm. Entry cost is a gold coin donation and all members of our community are welcome.

### Staffing update

Mr Marcus Holt has announced he will be returning home to Ocean Grove at the end of this year. Marcus has lived away from home for four years having taught at Natimuk for two years before his two years at Nhill Lutheran. We wish Marcus God's richest blessings as he concludes his time with us. Congratulations to Mrs Jessica Crouch who has shared the news she is expecting a baby, a sibling to Bobby. We wish her and Ben God's blessings as they expect an addition to their family. Jessica will continue teaching the 5/6s for the remainder of the year.

### Last day of term

Students conclude Term Three on Wednesday at 3.15pm, and I wish all students and their families a safe and enjoyable holiday time. The first day of Term Four is Monday October 2.

### Staff PD

The staff have two days of professional development on September 14-15 led by Derek Bartels from LEVNT, including visiting schools in Bendigo and Ballarat. Some of the best learning for educators comes from seeing fellow educators and schools.

### Hats and Uniform

With the UV rating now on the rise hats are to again be worn. As we approach the end of Term 3 and the weather warming, students may wear either winter or summer uniform. By the beginning of Week 3 next term all students are to wear their summer uniform. If you require uniform items they are available at the front office.

### Kindness

This morning the 3/4 class led chapel focusing on the fruit of the Spirit, kindness. Through a series of short skits and thoughtful poems they shared the importance of kindness, and how it can make a considerable difference in our lives and the lives of others.

*"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32*

Every blessing for your holiday time,

Damon Prenzler

## 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.

***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.....



- ◇ Sophie B and her family
- ◇ Chelsea and her family
- ◇ Miss Attiwill and her family
- ◇ Toleen and her family

## Chapel



**Note:** No chapel 15th Sept due to pupil free day

## Chapel Offerings

At today's Chapel \$39 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.



## 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

Paul's got feelings, and so do you  
So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding (1 Corinthians 14:15).

Read [1 Corinthians 14:13-25](#)

Heart versus head. Thinking versus feeling. Emotion versus logic. Spirit versus understanding.

Finding the balance between these two 'sides' of us feels like a constant challenge. We all seem to swing one way or the other. And even in couples, there's usually the 'emotional' one and the 'logical' one. (I hate to admit I'm the 'emotional' one!)

I'm not always very good at actually processing the words I sing during worship. I can easily just sing a song and think about how nice the music makes me feel. If it's got a good tune, I may not even notice what the main themes of the song are.

On the other hand, when we say our creeds and liturgy, I often don't feel like I really mean the words. I know exactly what I'm saying, but it certainly doesn't always feel like worship. Even the corporate prayers we say together, like responsive psalms, tend to just roll off my tongue like a monotone school kid reciting their times tables before they're allowed to go to lunch.

Paul seems to be grappling with this same thing here. He wants to bring these two approaches into the very heart of faith, into the most intimate and personal aspect of being a Christian – prayer. He points out that we can live and pray in both spirit and understanding.

In this part of 1 Corinthians, Paul deals with order in worship. His intention is to illustrate and define Christian worship that is balanced between the Spirit's guidance, established formats, and participation of the people.

The good part about liturgy is that it's been created to include different elements and ways of engaging in worship. The trouble comes when we forget the engaging part. In other words, the gospel. It's not up to the pastor or church leaders to ensure worship stays engaging. It's up to us to allow both our hearts and our minds to pray, sing, confess, lament, rejoice and praise.

I encourage you to do one of two things today: find a worship song you haven't paid attention to the lyrics of before, and really listen to it (then sing it with meaning if you can). Or, whip out your Luther's *Small Catechism* or an old service order, and read one of the faith statements or creeds and pray it intentionally and with your heart.

***God of spirit and understanding, it is sometimes a struggle for us to balance these things. But we take comfort in Paul's words to pray and sing with our hearts and minds. You are the greatest demonstration of mind and spirit, and you have imparted the gift of intellect and feeling to us, so we thank you for that. We offer these both to you today. Amen.***

NHILL LUTHERAN SCHOOL  
PRESENTS...

# THE AMAZING ADVENTURES OF SUPER-TAN

A COMICAL MUSICAL OF MUSCLE & MARVEL!

12TH OF SEPTEMBER  
NHILL MEMORIAL COMMUNITY CENTRE  
DOORS OPEN AT 6:30PM - 7PM START.  
ENTRY BY GOLD COIN DONATION

## Message From NLS Board Chair

Dear NLS community, it is with great pleasure the NLS Board announces the extension of Damon's current contract for a further three years until the end of 2026. This will ensure NLS has the leadership and consistency for the students, staff, and community over this time. We thank Damon and his family for the focus, care, and time put into the school over the past 4 1/2 years and through some very difficult periods with remote learning and Karen's health. Please join me in congratulating Damon and thanking him for his ongoing commitment; we look forward to the next exciting phase.

In His Service

Matt Miller  
NLS Chair



## P&F Update



Thank you to everybody who ordered from the "First Aid Kit" fundraiser. We sold a total of 18 versatile first aid kits and 23 snake bite kits raising a total of \$525. We were able to sell these kits because we had purchased the Defib for the school, we are very grateful for Casey Kosch's generosity to our P&F committee, which raises money for benefit of the school and students.

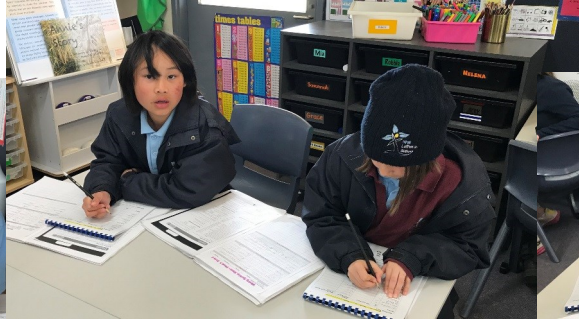
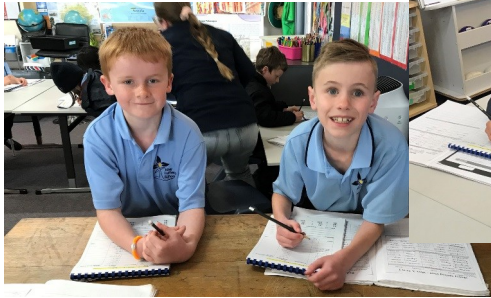
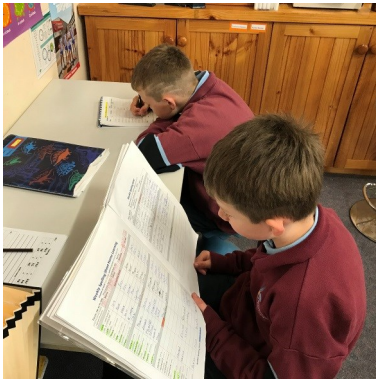
## What happened at Book Fair

"Book Fair" this year was a success, the students enjoyed coming into the fair at lunch time and choosing a book they would like or just flicking through the books and having a look at different types of books displayed on the tables. After the bookfair was finalized I would like to share with you that the school was able to gain over \$417 worth of books from Scholastic to benefit the students with the variety of book available in the library. In the next 12 months we will see books to this value be added to the resources at the school.

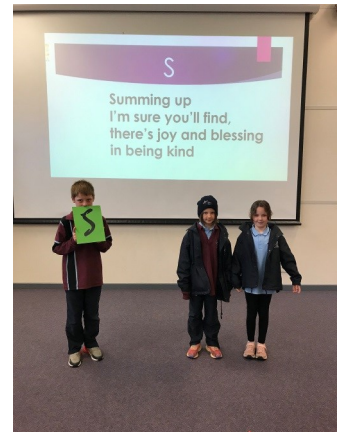
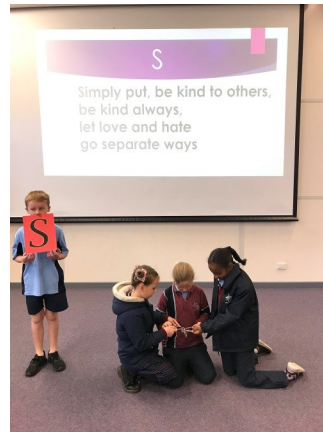
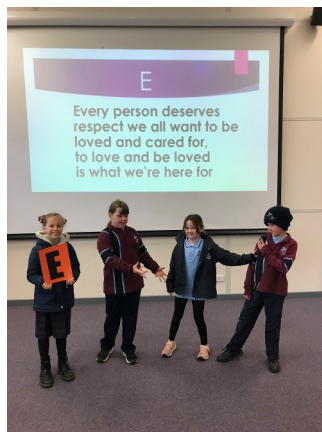
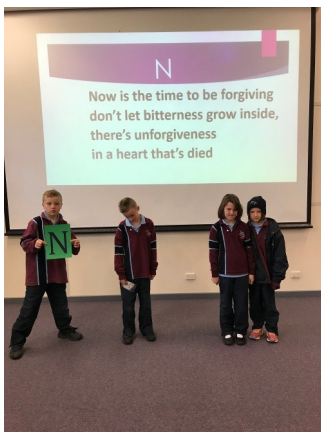
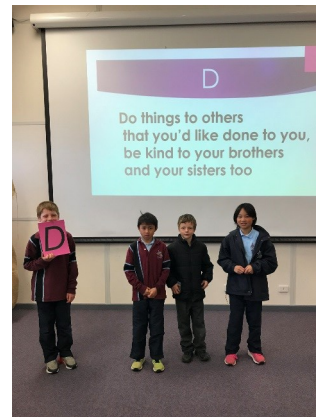
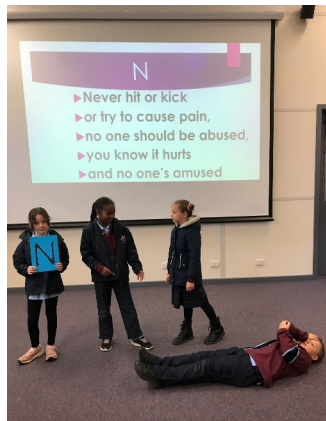
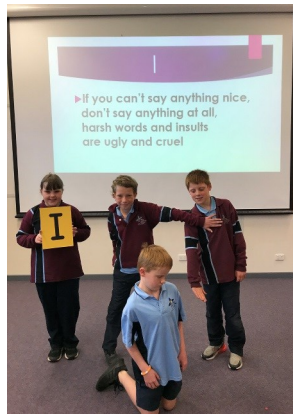
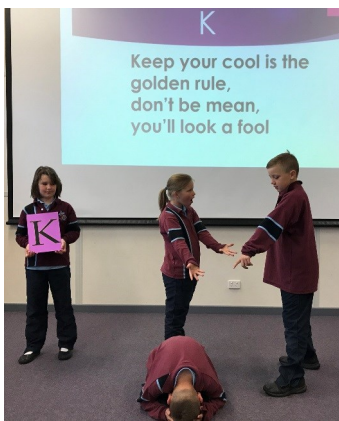


## Photos Of What Has Happened At NLS Lately





# Year 3/4 Class Hosted Chapel Today





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>

## 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:

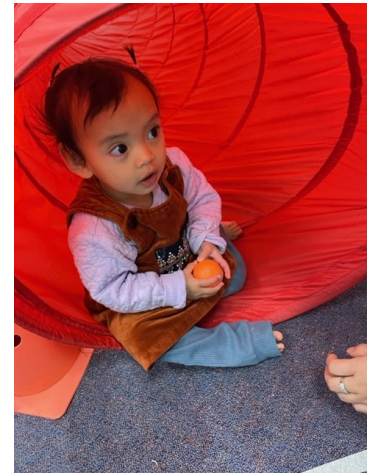
- A water bottle / Fruit snack / Gold coin donation

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)

It was a fun filled day at playgroup this week, riding the new rocking horse, painting just like Pro Hart, and playing with the dolls and trucks kept them all busy. This is the last playgroup session for Term 3, we will see you all again on Tuesday 3rd October. The playgroup is open for any pre-school child, come and enjoy 90 minutes of fun with us all.

Thanks

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







I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that. The trouble for me is twofold: first, asking "are you ok?" doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says "No, I'm actually not doing so well" we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids. Our Insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about *how to respond when things aren't ok*.

## R U Ok?

Think about how we typically ask someone how things are for them. Common questions might be:

- **How are you?** (Common responses are "not bad", "fine thanks", or a sigh followed by "I'm ok".)
- **How was your day?** (Common responses are "meh", "mmmm hmm", or "fine".)
- **What's wrong?** (Common responses are "nothing" or a big gush of emotions.)

Let's consider a couple of important factors:

### 1. What have they already told you?

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

### 2. How's your timing?

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful.

Sometimes we might even become irritated when we get a one-word answer like "fine". Timing matters.

### 3. Is there an audience?

If others are around, a person will want to "maintain face". Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

### 4. How have you asked?

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick "what's wrong?", or "how are you" can sometimes give the impression that we're not interested in the answer.

### 5. How is your relationship?

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

## How to ask the question

There are many ways to find out how someone is. Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask "How are you *feeling*?". This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, "It looks like you're having a really rough time at the moment." Or you could say, "I might be reading this wrong, but lately I feel like it's been a struggle

## When they say they're fine

People often hide how they're really feeling. They don't want to look weak or incompetent. Or perhaps they don't want to be honest – with you or themselves. A friend recently shared the following with me:

*I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, "No one cares about what I'm going through. But I'm falling apart. I just don't think I can keep doing this. And no one is checking in.*

My friend had checked in with Shane that day (and every other day they met) with a standard "how are things, mate?" and Shane had met that question with a smile, a nod, a handshake, and a "yeah, great mate. You?"

Now and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

## Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps. Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

1. Say thanks. "I really appreciate you letting me know."
2. Validate. "Things can be really rough sometimes."
3. Listen. "I'm here and I'm listening."
4. Offer support. "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)".

And if someone is in real danger, **call Lifeline on 13 11 14.**



### **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).



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

### **10<sup>th</sup> September Foster Parenting (Interview)**

With foster care needs at crisis point, hear Ann, a foster parent, and Margaret, a foster care placement worker, share the struggles and joys of fostering children in need.

### **17<sup>th</sup> September Feeling Lonely (Discussion)**

There are many people who are struggling with loneliness. There's statistics that say one in three. How can you find a way through loneliness?

### **24<sup>th</sup> September Loneliness (Discussion)**

Many people struggle with loneliness at some time in their life. Where can we find hope in times of loneliness and how can we not feel so lonely?

Nhill Basketball Association

# PRIMARY BASKETBALL

EXPRESSIONS OF INTEREST

BOYS AND GIRLS IN GRADES 2-6

Season commencing in Term 4 - Tuesdays

Seeking parent volunteers, coaches,  
team managers and umpires

Register your interest ASAP

Tracey Bell - 0418607321



## 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



Horsham Little Athletics Centre 91  
PO Box 192 Horsham 3402

## Horsham Little Athletics Centre 2023/24 Competition Season

Free 'Come & Try' Night

Wednesday September 27th 2023

Dudley Cornell Park 5.15pm

New Members Always Welcome

Friendly Family Environment

Opportunity Pathways for Regional & State  
Representation

Registrations Open at [www.lavic.com.au](http://www.lavic.com.au)

Enquiries 0419 383 689

[www.horshamlac.com.au](http://www.horshamlac.com.au)

Follow us on



Lots of New Equipment  
for 2023/24 Season

In tribute to Don Mulhellen  
(1931 - 2021)

## Piggery Lane Players

with permission from Lazy Bee Scripts

PRESENTS

'*Sherlock Holmes*

and the  
*Mystery*

of the  
*Pantomime*'

Written by Giles Black

Nhill Memorial Community Centre

FRI Oct 27 7:30pm

SAT Oct 28 2:00pm

7:30pm

Adults: \$15

Children: \$10

Free entry for children under 5

Tickets : [www.trybooking.com/CKRTP](http://www.trybooking.com/CKRTP)

or by scanning the QR code

or available at the door





**HORSHAM**  
REGIONAL ART GALLERY

# School Holiday Program

## Spring 2023

School Holiday activities for ages 7+

### WEEK 1

Wednesday 20th September - Senior Session  
Creating Animals: Wool Felting With Rachel

Thursday 21st September - Junior Session  
Felting Pictures with Rachel  
\$12 per child per session.

### WEEK 2

Lino Printing With Emily - Delivered in 2 sessions.

Tuesday September 26th - Session 1

Wednesday 27th September - Session 2  
\$24 per child.

Call (03) 5382 9555  
or visit our website to book  
your spot.

**HORSHAM**  
REGIONAL ART GALLERY

WWW.HORSHAMTOWNHALL.COM.AU

BOOKINGS ESSENTIAL

03 5382 9575



**ALL FREE!**

**WEEK 1**

**SEPTEMBER 2023**  
**SCHOOL HOLIDAY PROGRAM**

**WEEK 2**



### MONDAY 18 SEPTEMBER

**Latin Zumba**  
Jeparit Hall  
10am - 11am  
**Latin Zumba**  
Rainbow/Mecca Snipper Rooms  
2pm - 3pm  
**The Big Trip 2: Special Delivery - Outdoor Cinema**  
Rainbow Oasis  
7pm - 9pm



### TUESDAY 19 SEPTEMBER

**Science with Jo**  
Dimboola Library  
10am - 11am  
**Science with Jo**  
Nhill Library  
2pm - 3pm



### WEDNESDAY 20 SEPTEMBER

**Crafty Art with Danelle**  
Dimboola Library  
10am - 11am  
**Science with Jo**  
Jeparit Library  
10am - 11am  
**Science with Jo**  
Rainbow Library  
2pm - 3pm  
**Fishing Workshop**  
Dimboola (Rowing Club)  
1pm - 3pm



### THURSDAY 21 SEPTEMBER

**Crafty Art with Danelle**  
Nhill Library  
2pm - 3pm  
**Argonuts - Outdoor Cinema**  
Jeparit Oval  
7pm - 9pm



### FRIDAY 22 SEPTEMBER

**Fishing Workshop**  
Jeparit  
Fishing Pointon (Peterson Ave)  
9:30am - 11:30am  
**Crafty Art with Danelle**  
Rainbow Library  
10am - 11am  
**Fishing Workshop**  
Rainbow Lake  
1pm - 3pm



**FREE BUS FROM NHILL REGISTRATIONS ESSENTIAL**

### MONDAY 25 SEPTEMBER

**Crafty Art with Danelle**  
Jeparit Hall  
10am - 11am  
**Latin Zumba**  
Nhill Memorial Community Centre  
10am - 11am  
**Latin Zumba**  
Dimboola Library  
2pm - 3pm  
**Mummies - Outdoor Cinema**  
Dimboola Recreation Reserve  
7pm - 9pm



### TUESDAY 26 SEPTEMBER

**Level Up! Gaming**  
Rainbow Neighbourhood House  
12pm - 4pm  
**Cooking with Sharon**  
Dimboola Library  
10am - 11:30am  
**Cooking with Sharon**  
Nhill Library  
2pm - 3:30pm



### WEDNESDAY 27 SEPTEMBER

**Cooking with Sharon**  
Jeparit Library  
10am - 11:30am  
**Cooking with Sharon**  
Rainbow Library  
2pm - 3:30pm



### THURSDAY 28 SEPTEMBER

**Teenage Mutant Ninja Turtles: Mutant Mayhem**  
Nhill Cinema  
1pm - 3pm



### FRIDAY 29 SEPTEMBER

**Public Holiday**

scan to register



**REGISTER NOW!**

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision. For more information visit [www.hindmarsh.vic.gov.au/events](http://www.hindmarsh.vic.gov.au/events), call 03 5391 4444 or email [youth@hindmarsh.vic.gov.au](mailto:youth@hindmarsh.vic.gov.au).

**Hindmarsh Shire Libraries**  
Hindmarsh Shire Council  
Hindmarsh Shire Libraries  
Hindmarsh Shire Youth Council

**Mezza Victoria**  
Hindmarsh Shire Council

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**VICTORIA**  
State Government