

Birthdays



Happy birthday wishes are sent to the following students:

Harper H 6th October
James 9th October

Bananas the Monkey

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



Students of the Week

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

Foundation: Freya

Year 1/2: Matilda Z

Year 3/4: Grace and Harrison

Year 5/6: Chelsea



Upcoming Dates



October

Thurs 12th Year 2 Sleepover

Thurs 19th Nhill Show Day– Public Holiday (No school)

Tues 24th ALWS Sessions with St Peters Dimboola

Fri 27th Grandparents Day & World Teachers Day

November

Wed 1st F-2 Sports Day with local schools

Sat 11th Miss Attiwill & Dylan's wedding day 

Sat 18th P&F Quiz Night

Thurs 16th Beats 'n' Pieces Incursion

Fri 24th P&F Colour Run

December

Wed 6th Year 6 Graduation Dinner

Tues 12th End of Year Graduation Service

Wed 13th Last Day Term 4 finish 3.15pm

Thurs 14th Staff PD

Assembly Dates for Term 4
Friday after Chapel AM
20th Oct, 3rd Nov, 17th Nov, 1st Dec

From the Principal

Together We Grow at Nhill Lutheran School - Building News

As mentioned earlier this week in correspondence to families, I am pleased to announce that our long awaited building project is proceeding, with initial demolition works likely to occur before Christmas. The bulk of construction will occur during Term One next year. Nhill Lutheran School started exploring the possibility of building upgrades in late 2019, in line with our strategic plan, and with the possibility of accessing funding through the Victorian Government Non-Government Schools Capital Fund. It is exciting to see those plans about to become a reality. The new building will include learning spaces that will provide greater flexibility and upgraded administration areas, and has been designed with student learning at the core. The new construction will replace existing parts of our building which date back to the 1970s and 80s, and have served our school well for a long period of time. Thankfully, we have existing spaces for students to use during the building process, meaning the learning program will continue without significant disruptions. Further information will be shared with the community in due course.

The phases of the building program will be as follows:

1. The staff rooms, wellbeing room, kitchen, art room and Year 5/6 rooms will be vacated and building removed (essentially the middle of the school). The 5/6 class will relocate to the Science Room.
2. Construction of the new school building will occur in the cleared space, flowing onto the adjacent hard court area.
3. All classes and administration areas will move into the new building upon completion.
4. Parts of the northern building will be removed to create a functional outdoor space, with some of these rooms being retained.

As we prepare to farewell older sections of our current building, we would like to provide members of our community an opportunity to 'say farewell', and to share any stories or memories they have. I know many visitors for Grandparents and Special Friends Day will have had close connections to the school when these buildings were erected, and the school is looking to host another time for people to gather before the building process commences. We would also like for people to share any stories/memories/photos to do with the older sections of the school, and we hope to collate and share these with the community. You may email these to the school at admin@nls.vic.edu.au or drop off hard copies at the front office. The school will be happy to photocopy or scan items if needed.

We thank God for this exciting time in the life of Nhill Lutheran School. We acknowledge the courage and foresight of the founders and early pioneers of the school, who started the school and shaped it into what it is today. We are grateful for the buildings and spaces that have served the school well for many years, and we ask for God's continual blessing on Nhill Lutheran School as we build for the future.

Staffing update

Mrs Karen Prenzler started as our Wellbeing Officer this week, a role shared with St Peters Lutheran School in Dimboola. Karen will be at Nhill Lutheran School on Tuesdays and her role is to support students with their social-emotional wellbeing. Families are welcome to contact Karen if there are wellbeing related concerns.

We are currently advertising for an upper primary teacher for 2024 with an application closing date of October 20.

Staff PD

At the end of Term Three seven NLS staff ventured on a learning tour of Bendigo and Ballarat under the guidance of Derek Bartels from LEVNT. The staff visited two schools, a collaborative co-working space, and shared numerous in depth discussions about what works best for student learning.

Every blessing,

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.

Different Phases of NLS since 1977



School land 1977



Nhill Lutheran School 1980



Nhill Lutheran School 2023

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.....



- ◇ Darcy & Connor and their family
- ◇ Barrett and his family
- ◇ Cooper & Abby and their family
- ◇ Mrs Jessica Crouch and her family

Chapel



Foundation will host Chapel Friday 13th Oct, 9am in the multi – purpose room.

Chapel Offerings

At today's Chapel \$7.60 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

'Why isn't God doing anything?'

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, 'Teacher, don't you care if we drown?' (Mark 4:37,38).

Read [Mark 4:35-41](#)

Sometimes I read this account and wonder, 'What if?' What if the disciples hadn't woken Jesus up? How does the storm resolve, then? It is hard to imagine any outcome for this story except waking Jesus up. The disciples sound pretty unimpressed with Jesus' choice to sleep – who can blame them? We know how the story ends; we have the benefit of hindsight, and we may find ourselves being a little too hard on the disciples, who could possibly have had more faith in their teacher at the time.

On the other hand, have you ever felt like Jesus is sleeping through the storm your boat is sailing in? We might ask our closest family, friends or pastor, 'What is God doing? Why isn't he doing anything?' We might read this story and feel like we are in the stormy boat with Jesus, shaking him to wake him up.

Friend, we know that, of course, Jesus cared whether the disciples drowned or not. At that moment, their fear came out as an angry question. We know Jesus loved them all the same. If you are in a stormy sea right now, perhaps you feel Jesus is sleeping through it or, for whatever reason, is not calming the waters you know he can. Forgive yourself if you've asked him angry questions out of fear or expressed your frustration to others that way.

Jesus knows your fear. Your life is in his hands. You are safe with him. While we know Jesus was asleep in this boat, we also know from Psalm 121 that the Lord who watches over us neither slumbers nor sleeps (verses 3 and 4). There is some mystery here, but know this: The Lord is in the boat with you. We are never alone.

Lord, thank you for your presence in my storms. Please forgive me for the times I have asked whether you are even in the storm with me, never mind the boat. Help me remember that you are with me whatever I go through, and I pray that you will help me to encourage others with grace when they are struggling through their own stormy waters. In Jesus' name, Amen.

Little Desert Athletics Division



Henry came 1st in both Shot Put and Discus



Clayton came second in the 200m

The school had 2 students representing us late last term, at Stawell. Originally we were having 5 students attending, but the event was cancelled due to wet weather, meaning it was moved to a later date, which saw Tom, Miss A and Aaron missing out.

Henry and Clayton were both able to qualify for the Greater Western Athletics division in Ballarat which was held today, we congratulate them on their performance and wish them both well.

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



Foundation Class Word of The Week—Thumb



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

Foundation School Nurse Envelopes

Just a request from the school nurse if it was possible to return the SCHOOL NURSING PROGRAM envelopes before Wednesday 11th Oct. Thank you to the parents who have already returned their envelope.

They will be in the area, to be able to pick them up and this will allow them to be more organised for their visit at the school the following week.

Thanks in advance for your co-operation.

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.



\$1 each

SRC Zooper Doopers

"Zooper Doopers" are back everyday for Term 4, the students will be able to cool down after they have eaten their lunch. \$1 each



No SRC Hot Chocolates For Term 4

P&F Update

The first aid kits have been distributed to the families that ordered from the fundraiser, a profit of \$540 was made. Thanks to Casey Kosch for this opportunity.

Term 4 is going to be busy, we have the annual 'Nhill Show' catering to get ready for and working on the day, thank you to the families that have supported us, with monetary donations, food donations and volunteering to bring it all together. It is a great privilege to play an important role in this wonderful family community event.

Next week is our meeting, Tuesday 10th Oct, 8pm at school everyone is welcome.
Thank you
Jamie-lee
P&F Chair



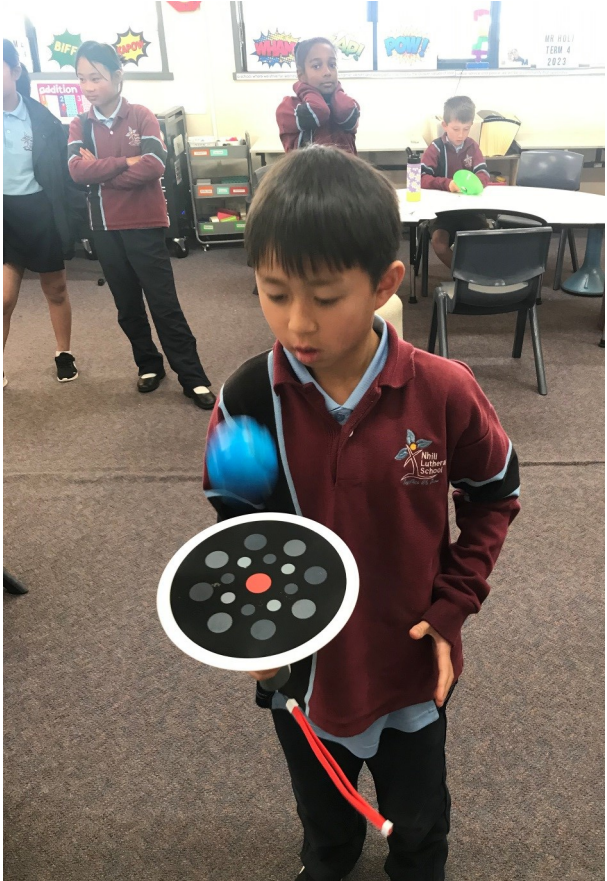
SchoolTV



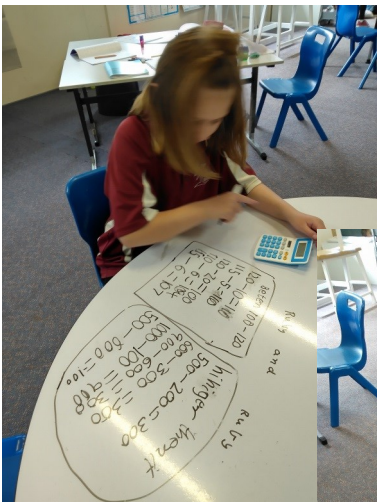
Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible 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.

Year 3/4 Class

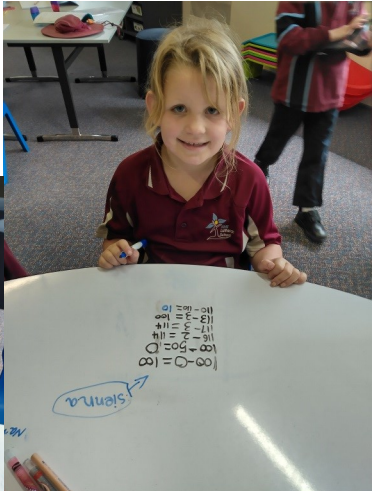
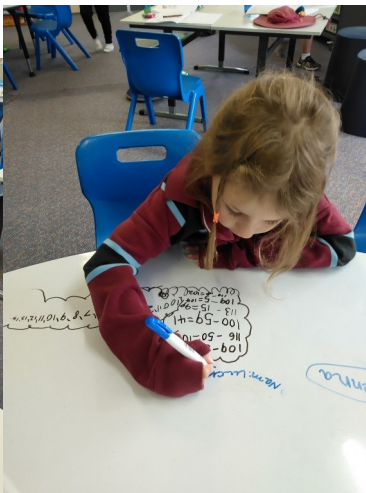
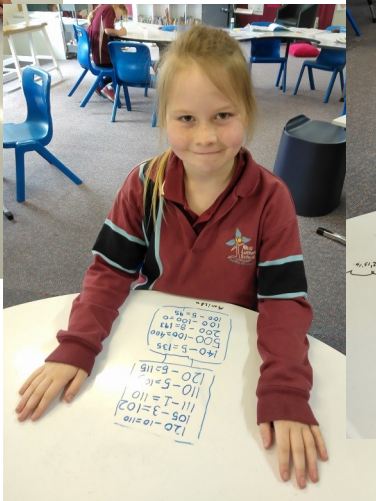
On Wednesday this week, the Year 3/4 class had a different type of day...they participated in an 'Escape Room' game. This allowed the students to collaborate with each other, work as a team, find each students strengths in the many problem solving games and use that as their advantage. They had to solve different types of problems in a timeframe to be able to escape. It certainly demonstrates that learning doesn't have to be just using paper and pens, they had to use their spelling, maths skills, and even their fine motor skills. These are qualities we use each and everyday ourselves...Learning can be fun and engaging!



PE For Year 3/4 and Year 5/6 Class's



Year 1/2 Class Learning Subtraction





For anyone driving around their neighbourhoods a vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s.

But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift. Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea".

Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline. While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their a structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

Why does t his matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of

1. Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

2. Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45 minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with real people.

3. Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

In closing



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.



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

8th October Standing Together with Depression (Interview)

Depression seems to be on the rise – and we're noticing it more in our children too. So how do we know when it's more than just teenage angst? Listen to counsellor Vicki Rochow's story as a mum who has struggled through this.

15th October Coping with Cancer (Interview)

Cancer can come as a shock, but you don't have to face it alone. Join us this week as Michelle and Philip share the story of Michelle's diagnosis of breast cancer.

22nd October Surviving Cancer (Interview)

How do you come to terms with a cancer diagnosis and where can we find the strength and hope to face it? Listen in this week as Celia share's Karen's story.

29th October Losing Mike but Keeping Hope (Discussion)

What do you do when your rock, your protector is diagnosed with a brain tumour? How do you cope with the changes in their personality, your relationship and in all the things you used to do together? Jen and Allie share their story.

Message from Nhill A&P Show - Grand Parade

Our town is lucky to still have our show, which continues to grow and provide so much enjoyment to all, young and old. Our local schools, community groups etc. are a large part of our Grand Parade, which will be at 4pm on the day. We feel it gives the participants a chance to proudly represent their schools, groups etc. and for the people watching the parade to be reminded of how lucky Nhill is with what we have here. It's all very informal, no uniforms needed. Families, friends and community, watching from the sidelines, just love seeing all the smiling faces!

Please note that participation in the Grand Parade is not a school event and as such, a parent or guardian is required to bring the student to the arena gate (to the left of the secretary's office) at 3.40pm for the start of the parade at 4pm and be there at the gate to meet kids at the end of parade - approx. 15 mins. Parents are also very welcome to join in the parade with the students! Your school has no responsibility for your child at the show as it's not a school day.

All the show committee and volunteers hope that it's a really enjoyable day for everyone, especially all the kids, and we really hope that you choose to join us in our parade.

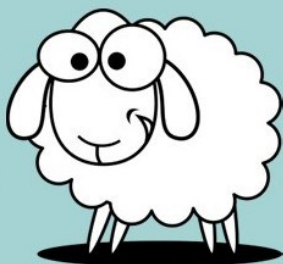
If any questions contact me, on 0417 515 941 or Show Secretary, Julie Woolcock's 0448 732 609.

Julie Richards, on behalf of Nhill A & P Show

New for the show this year.....

Primary aged BAA BAA Shearing event on the shearing board at animal nursery. If any child wants to bring their shearing singlets, flannel shirt or be in their regular clothes to participate, lots of fluffy stuff will be flying.....be there before 2.45pm and give it a go.

We have very calm sheep, soft creamy fleece and special handpieces for all participants.....It is all very safe!



Piggery Lane Players presents

Sherlock Holmes

and the
Mystery

of the
Pantomime



Come along and support the Nhill Lutheran School students that are a part of this fantastic show!

27 & 28 October

Tickets available at the door or by scanning QR code



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
or by scanning the QR code
or available at the door

