

Foundation



The students for their Unit of Inquiry are studying the different types of material, this week they looked at wood.

What does it feel like, where does it come from and what can it be used for.



The students were able to create and play games with items that were made from wood.


Upcoming Dates



October

- 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
3rd Nov, 17th Nov, 1st Dec

Birthdays



Happy birthday wishes are sent to the following student:

Gus 23rd October

From the Principal

Time flies when you're having fun! Already it is the end of Week 3 and the students have been diving in to their learning, with some amazing discoveries and explorations taking place. As I write, the Year 1/2 class are absorbed in their Aussie Bird Count, and reporting on interesting bird behaviour observed around the school.

Nhill Show

A huge thank you to all the Parents and Friends and helpers for their efforts in catering for the Nhill Show. This takes a lot of planning and time, and a team of people to make this happen. Thank you also to our students who helped on the day. Our students are also to be commended for the fantastic show entries, and it is great they can share their creative talents with the broader community.

Grandparent's and Special Friend's Day

Next Friday, October 27, is Grandparent's and Special Friend's Day. All Grandparents and Special Friends are invited to attend a whole school chapel at 9am, followed by times in the classrooms with the children, and then a special morning tea. We look forward to hosting our special guests.

Special Chapel – November 10

We are holding a special chapel on Friday November 10 at 9am. We would like to invite members of the Lutheran parish and other community members to attend, with the focus of the chapel being an opportunity to thank God for the buildings that have served us so well for many years, and as a way of saying farewell to these sections of the school. It will also be a time where we can look ahead and thank God for the exciting possibilities that the new development will bring, and ask God's blessings on the new building.

ALWS Day

Next Tuesday, students from St Peters Lutheran School in Dimboola will join with Nhill Lutheran School students for Australian Lutheran World Service sessions led by Martin Scharnke from ALWS. The F-2 students will learn about 'Caring For God's World and People', and the 3-6s are learning about 'Welcoming the Stranger'. Our school has connected with ALWS for many years, and have supported them through their Gifts of Grace initiative where 'gifts' are purchased for people and communities supported by ALWS. Families may also like to consider contributing to Gift of Grace; further information is found at alws.org.au.

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.

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.....



- ◇ Clayton & Harper and their family
- ◇ Mr Holt and his family
- ◇ Harrison & McKenzie and their family
- ◇ Grace and her family

Chapel



The 'whole school' will host Chapel Friday 27th Oct, 9am in the multi – purpose room. Grandparents Day & World Teachers Day

Chapel Offerings

At today's Chapel \$4.70 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.



Devotional Thought

I lack nothing

The Lord is my shepherd; I lack nothing (Psalm 23:1).

[Read Psalm 23](#)

It was one of those long, tough weeks – both at work and in my personal life. My list of problems and cares was steadily growing, as was my emotional baggage. I desperately needed to tell God a thing or two and unburden myself.

So, I got in the car and drove to one of my favourite walking spots at the time, the cliff walk at Hallett Cove in Adelaide. Tucked away from the main walk is a little stream, and there I sat on a rock, watching the water flow over the rocks and the little waterfall.

It was the perfect time of year. For a start, there was actually some water! And some greenery. Not quite green pastures, but as green as it were ever going to get. There, I read and meditated on this well-known psalm of David.

David is right, you know. With God, we lack nothing.

I smiled as I watched a couple of birds playing and splashing in the water with joy and abandonment.

I never told God anything and didn't even mention my list. There was just his presence with me in the peace and solitude and his assurance that he would provide everything I needed. I went home as a different woman.

Take a few deep breaths right now. Take some time to read through this psalm again and think about this beautiful picture of God ...

A God who leads and guides me wherever I find myself ...
A God who rests and refreshes me deeply and completely in a way that nothing and no one else could ...

A God who comforts me when I am afraid, sad, worried or confused ...

A God provides for me so abundantly that my cup overflows ...

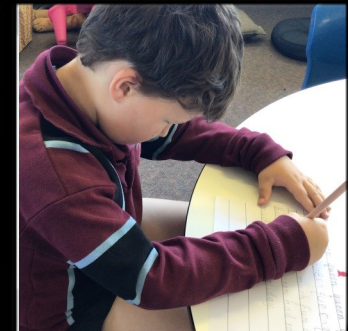
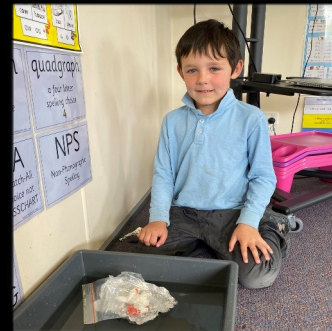
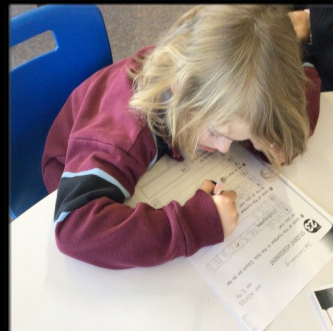
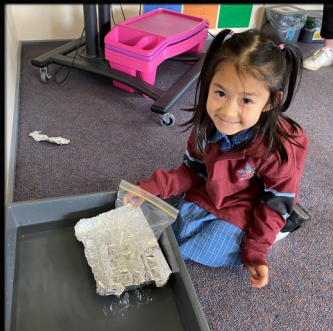
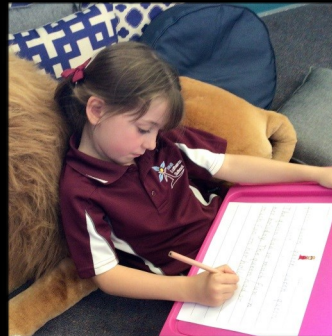
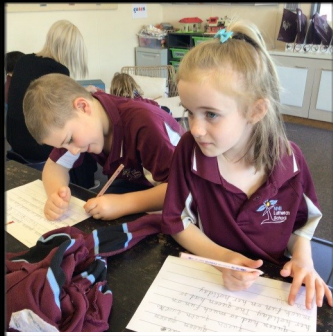
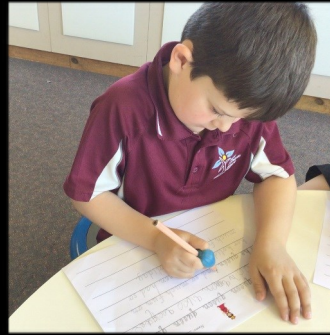
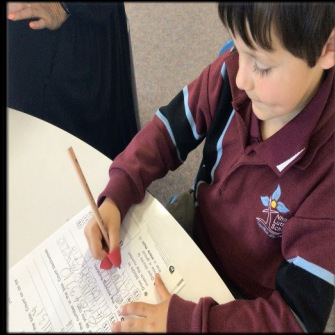
A God who wraps me in his love and mercy no matter what I've done or failed to do ...

A God who has an amazing heavenly home prepared just for me ...

With God, I truly lack nothing.

Dear God, thank you for providing everything I need. Thank you that, in you and through you, I lack nothing. Help me to find my rest, refreshment and healing in you. Amen.

What Has The Camera Caught This Week At NLS





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



School Fees

Term 4 fee invoices have been emailed to families this week, payments are due by 23rd October. If you are having any difficulties paying, please contact the school or Donna Snowden at HTLC to arrange a payment plan.

NLS 53 912 144

HTLC 53 822 529



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

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.

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.

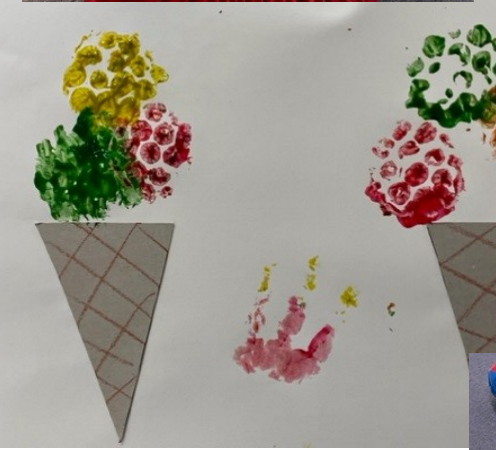
Please bring along the following:

- 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

We were very busy today at playgroup, lots of fun was had playing with the lego, jumping on the trampoline and racing the cars. We have some budding chefs in our group creating some lovely meals at the playdough table. Who likes ice-cream? We all certainly do, especially with the weather warming up it was a great time to do an ice-cream activity so we painted the cone shapes and then painted the flavour colours on the top.

Thanks
Mrs Leitch



Enough



Many of our children are drenched in the insecurity of feeling incomplete, inadequate, insufficient. And even our seemingly confident and competent kids are struggling. The ones who are “succeeding”, the ones who are ticking all of the right boxes, the ones who are “winning”, are often the WORST at feeling like they’re “enough”.

I wish it weren’t true, but it is our well-intentioned attempts to optimise our children’s success in the future that can leave them feeling like it’s all too much. After evaluating over 50 studies, one pair of researchers concluded that “increases in excessive parental expectations and harsh parental criticism offer perhaps the most plausible explanation for rising perfectionism to date.”

This is not to lay the blame solely at the feet of parents. Rising levels of societal individualism, focus on attainment, increasing economic inequality and rising competitiveness have created a societal background that easily leads to controlling parenting practices and excessive parental expectations. We have the best of intentions in wanting our children to succeed, but in trying to secure a good future for our kids, we expect too much, criticize too harshly, and minimise their autonomy. All of this leads to a tremendous number of kids feeling that they’re not ‘enough’.

Yet with so many of our children feeling that they are not enough, a helpful question to ask is:

What does ‘enough’ look like?

“If I could only... then I will be enough”, “If I can just... then I will be enough”, “When I achieve... then I will be enough.”

A sense of “enough” will never come this way. It can’t. Because even when those things are achieved, there will always be someone more beautiful, smarter, or funnier. Valuing self based on extrinsic characteristics will always lead to feeling incomplete, inadequate, insufficient, imperfect.

Another form of success – what I call intrinsic success – is built on the development of character. It accumulates over time through steady, consistent effort and an emphasis on doing the inner work of becoming a better person.

Here are five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success:

1. Show them they matter

People who know they matter are more resilient and engaged in life than those without a sense of mattering.

We show someone they matter by demonstrating that our love and care for them is not conditional upon performance.

2. Teach them who they are

Children who are told family stories believe they are responsible and that they are capable of controlling things rather than being at the mercy of external or environmental elements.

Children who know their family identity tend to feel better about themselves. They have “roots”.

3. Be a hope builder

If we are hope-ful we know where we’re going (goals), can see a way to get there (pathways), and believe we can actually walk that path (agency). As parents, we must be hope builders in our children’s lives. We do that by helping them identify things that are worth working towards by setting goals based on personal interests and passions. We help them break the goal down into smaller tasks and make sure they have the resources, tools, and information required to pursue their goal. And we celebrate their achievements, provide reassurance when they face difficulties, and remind them that setbacks are opportunities for growth and learning.

4. Encourage them to do hard things

Competence is a vital human need. Yet you don't become confident by shouting affirmations in the mirror or having your parents pump up your tyres with false praise. It comes from doing the hard thing again and again. And then it comes from celebrating achievement. When they do the hard thing, ask your child how it felt to progress. Boost them up with real compliments and genuine praise – praise that reflects their own positive self-evaluations and helps them feel good about their efforts.

5. Help them make a real difference

We all need to be a part of something larger than ourselves. Spencer W. Kimball, a former leader of the Church of Jesus Christ, said, "We become more substantive as we serve others—indeed, it is easier to "find" ourselves because there is so much more of us to find!" Perhaps we might help our children realise they are enough by encouraging them to step outside themselves and look outwards in service to others. In so doing, I believe they'll discover that, while no one may ever be quite "enough", they will be more than they ever could have been otherwise.

Ultimately, here's what I want our kids to know:

I am enough because of who I am right now in this moment.

Being enough isn't something that our kids need to achieve. It isn't something that is determined by what they have done. It is their ability to accept themselves completely in the present moment that gives them the ability to feel like they are enough.

They are enough. Right now. Just the way they are.



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.

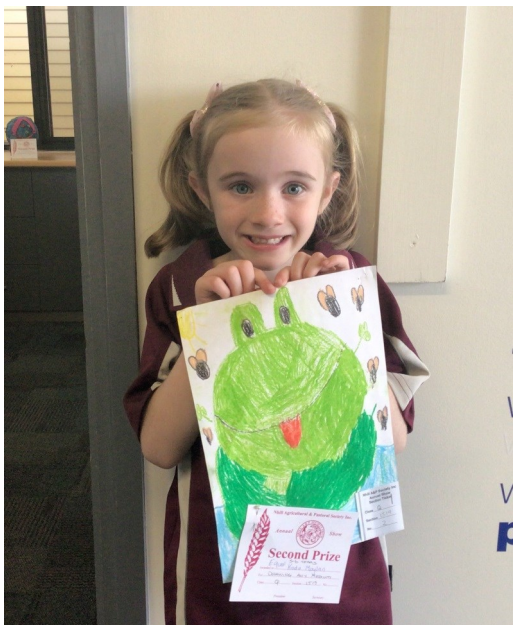
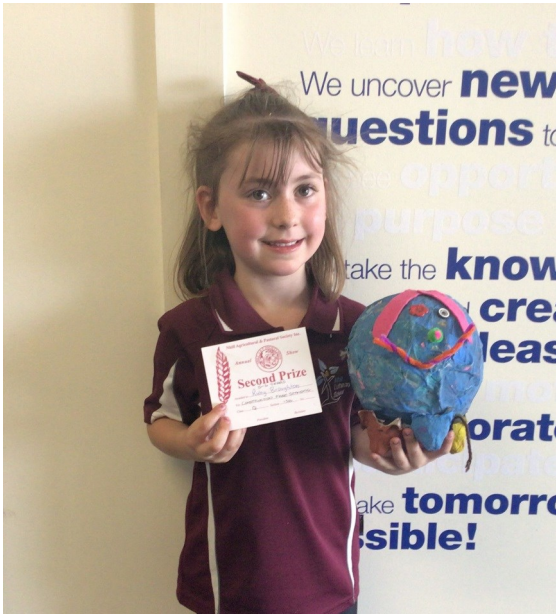
22nd October Surviving Cancer (Interview)

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.

Nhill Show– School Entry Prize Winners



Congratulations to the students that were prize winners at the Nhill Show with their school entries.

It was great to see so many entries from the school community that were on display, not only were they from your school work but many students entered pieces from home as well.

Everyone student at school is very talented, and should be proud of their efforts

More photo's will be appear next week.

Chaplaincy Book Fair



Fri 20 Oct 12noon–9pm
Sat 21 Oct 9am–12noon

Maroske Hall - Books \$1 Children's books 50c



— Casey Kosch —

FirstAidTraining

Email: admin@caseykoschfirstaid.com.au

Website: caseykoschfirstaid.com.au

HORSHAM LEVEL 1 SPORTS FIRST AID COURSES 2023

October 27th

November 19th

December 10th

10 – 5 PM Up tempo Café (6

Dimboola road Horsham)

Bookings online at :

caseykoschfirstaid.com.au

In tribute to Don Mulhallen
(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



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

