

## P&F Quiz Night



A couple of tables were very competitive on Saturday night. The winning table on the night was the WFG team. Congratulations to Shane, Janine, Graeme, Sharon, Karen, Kim, Karen and Damon.

## Birthdays



Happy birthday wishes are sent to the following staff:

Miss McLean  
26th November

## Upcoming Dates

### December

**NOTE: Colour Run postponed for tomorrow (Friday 24th Nov)**

**Fri 1st** Pre foundation Visit 9am to 3.15pm **Colour Run will be on next Wed 29th Nov @ 2.15pm**

**Wed 6th** Year 6 Graduation Dinner @ Little Desert Lodge

**Mon 11th** End of Year Graduation Service 7pm (all students expected to attend)  
Note: change of date

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

**Thurs 14th** Staff PD

**Sat 16th** Nhill Community Christmas Carols @ Jaypex Park

**Assembly Dates for Term 4**  
**Friday after Chapel AM**  
**1st Dec**

**2024 Term Dates can be found in newsletter**

## From the Principal

At this time of the school year teachers are busy writing end of year student progress reports which will be sent home before the end of the year. It can be a wonderful time of reflection and celebration seeing the progress that students have made, and identifying areas of growth. It's understandable that we also tend to reflect on the school year beyond the student reports, and can thank God for the many blessings he has given our school during the year, but the school year isn't over yet. During the next few weeks students and staff are encouraged to finish well. There will be opportunities to celebrate and acknowledge the journey that each class and student has had this year, whether that be a class party or fun end of year activity. We especially think of our Year 6 students as they get closer to the end of their primary schooling. A graduation dinner, celebrated with parents and staff, is being held on Wednesday December 6 at the Little Desert Lodge, and a key focus of our end of year service is farewelling our Year 6 students.

The end of year graduation service will be on Monday December 11 at 7pm, and all students are expected to attend. There are not too many occasions during the course of a school year that all students and families gather in the one place at the same time, and the end of year service is a time to do so. Apart from farewelling our Year 6 students, awards will be given to students and incoming school captains receive their badge amongst other acknowledgements.

Every blessing for your week,

Damon Prenzler

Our new school building is taking shape in Kinglake.

Thanks to KLMS for this updated photo and we look forward to the building arriving in Nhill in the New Year.



***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



## Devotional Thought

### Where is wisdom?

Teach us to number our days that we may gain a heart of wisdom (Psalm 90:12).

Read [Psalm 90:1–8,\(9-11\)12](#)

This psalm contrasts the permanence of God, 'You have been our dwelling place before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God' (verses 1 and 2), with the frailty of humanity, 'Yet you sweep people away in the sleep of death— they are like the new grass of the morning: In the morning it springs up new, but by evening it is dry and withered' (verses 5 and 6).

To contemplate and resolve this contrast and human dilemma, the psalmist asks God to give us a heart of wisdom.

Wisdom. How often do you hear the word these days – he or she is a wise person; that leader made a wise decision; the wisdom of our elders? It's a while since I have even heard or read the word. Even in church, I don't hear 'wisdom' mentioned very often.

Maybe that's a reflection of how the Western world has largely turned its back on religion, particularly Christianity. Proverbs 9:10 says, 'The fear of the Lord is the beginning of wisdom'.

We don't fear God anymore. Despite the ups and downs of our economic, personal and political life, we live comfortable lives over which we believe we have full control. Many people are more concerned about which 'group' they belong to – identity – than they are about fearing and loving God.

God values wisdom. When Solomon asked for a 'discerning heart', God gave him wisdom as well as riches and honour.

In Proverbs, wisdom is extolled. 'Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold' (Proverbs 13: 13–15) and 'Her [wisdom's] ways are pleasant ways and all her paths are peace' (Proverbs 13:17).

As Christians, we have access to God's wisdom through the Bible. I particularly like the description and value of wisdom described in the first four chapters of Proverbs. Let us proclaim that wisdom in the world.

***Heavenly Father, we pray that through your word, we can be wisdom in the world. Give us hearts of wisdom that give witness to your saving grace, through Jesus Christ, our Lord and Saviour. Amen.***

## Prayer of the Week

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

- ◇ Nelson & Luka and their family
- ◇ Miss Schultz and her family
- ◇ Helena and her family
- ◇ Tricia and her family



## Chapel

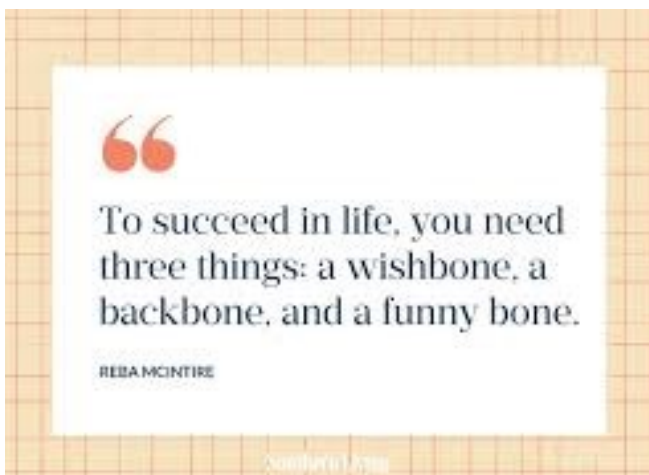
Pastor Carl will host Chapel Friday 1st December, 9am in the multi – purpose room. Everyone from the community welcome.



## Chapel Offerings

No chapel today (Thursday).

Please consider sending an offering each Friday morning as the children there rely on our help.





## Foundation

This week in SMART the Foundation class have been learning about the word tape. Tape is a bit of a tricky word, as it includes a split digraph. As part of this learning, students stuck washi tape to canvases, painted the uncovered areas of the canvas and then peeled the tape off to create the masterpieces pictured.





## 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)



Many smiling faces were seen at playgroup this morning, we had a sing a long, we were busy making pancakes and flowers in the playdough corner and mixing all the paint together to make lots of colourful patterns on the paper.

Thanks for coming,  
Mrs Leitch



## 2024 Term Dates



**Term One:** January 30 – March 28

**Term Three:** July 15 – September 20

*Student Free Days: Sept 6th*

**Term Two:** April 15 – June 25.

*Student Free Days: April 26  
and June 26-28.*

**Term Four:** October 7 – December 12

*Student Free Days: Dec 13th*

## School Fees and Bursaries 2024

Bursary application forms are due by December 1. Nhill Lutheran School aims to keep costs down for families, and if families are experiencing financial difficulties they are welcome to have a confidential conversation with either myself or our Business Manager. Our school does not turn away students or their families for financial reasons.



## School Rewards

**\$5 DONATED BACK TO YOUR SCHOOL**

**EVERY TIME YOU BUY A PAIR OF SHOES**

Ask one of our FIT experts in-store



## Animal Care Over The Christmas Holidays

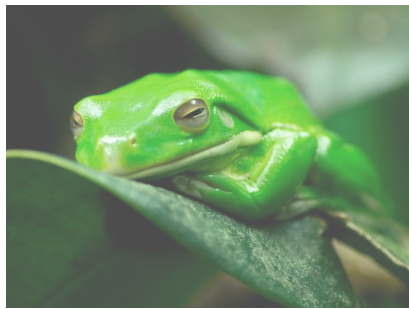
It is coming to that time of year where the school has an extended break and we need families or community to help out with the care of the various animals, until 23rd January.

We have the chickens that will need to stay at school, but they will need to be let out in the morning and shut up and fed and watered at night....this one is a paid position—with eggs!

We have 2 fish tanks, a frog enclosure and the lizard enclosure, these could possibly go home to a family separately for the a few weeks or what ever may suit.

Thank you in advance for considering helping out our little scaly or jumpy buddies.

Contact the office if you are able to assist.



**The Combined Churches of Nhill**  
**invite you to come**  
**CAROLLING THROUGH THE STREETS OF NHILL**  
Friday 8<sup>th</sup> December  
Gather 5:45 pm @ The Nhill Lake  
Family Friendly Event  
Children Welcome to Dress Nativity-Themed  
(a BBQ Tea will be available during the event)





It doesn't matter if you have just one child or six, there is one thing that you're guaranteed to have to handle: big emotions in your child.

It doesn't matter how good of a parent you are, you can even be a parenting expert, and your children will STILL have big emotions. It's just a fact of life when you're parenting a 1-year-old or a 12 year old. Teens have their big emotions, and if we're honest, so do parents! Everyone feels sad, cranky, scared, or stressed from time to time.

Big emotions are simply unavoidable in family life. And so we all need effective strategies for dealing with them.

First, however, we need to know what triggers them. If we can focus on prevention, we can spend less time on the cure.

## Where do big emotions come from?

Big emotions arise for many reasons. I like the acronym HALTS to help me consider why my child might be emotionally triggered:

**H** is for Hungry.

**A** is for Angry.

**L** is for Lonely.

**T** is for Tired.

**S** is for Stressed.

Sometimes our child is one of these. Sometimes our child is all of them. Perhaps they've eaten, but their meal was lacking in nutritional value. Maybe they're angry about something that we think is silly but it matters to them. Perhaps they're in a room full of people but they feel disconnected and lonely. It could be that last night's TV show went late, their mind was buzzing, and they haven't slept. Or maybe school, family life, our explosive moods, or a friendship drama is creating stress in their life.

Spending time reducing the likelihood of these triggers means we experience fewer big emotions at home. But try as you might, you can't (and shouldn't) eliminate all stress for your kids. After all, stress creates opportunities for growth.

## Regulating big emotions

When those big emotions strike, we must remember that high emotions = low intelligence. Our kids act a bit crazy when emotions are high. And because emotions are contagious, we often catch our children's crazy, cranky, and chaos and become less intelligent as well. Two or three emotional and unintelligent people in a power struggle never works out well.

Since big emotions happen, here are some simple ways that we can respond to our children when they're feeling sad, cranky, scared, or stressed.

### 1. Be Intentional

If you think back to the HALTS acronym, there are a handful of simple and intentional things we can do to reduce the likelihood of emotional blow-ups. For example, you could:

- Bring a snack for your child to eat while you do the shopping
- Don't demand that chores be done alone, or right before bed
- Take five minutes for cuddles and connection before moving into the bedtime routine or once they're in bed
- Consider your timing when you make simple requests of them.



## 2. Remember that emotions are contagious

When our children are feeling chaotic, there's two ways we can go. We can catch their cranky and join them in an escalating cycle of chaos. Or we can stay calm. Easier said than done, but realistically we can't parent anybody if we can't parent ourselves first. Do your best to hold it together.

## 3. Don't try to fix things in the moment

Have you ever been angry, had someone say, "Just calm down!", and responded "Good point, I needed that logic, I will just calm down."? Of course not! When emotions are big, don't try to fix things. Instead...

## 4. Focus on connection or space

Some kids want a hug when they're feeling mad. Other kids want space. Most of the time, they want space first, then connection. If it's possible, move your child to a private area. Say to them, "I can see you're having a tough time. Do you want a hug or do you want me to give you some space?" They'll probably tell you to go away. Give them some space, but let them know that you'll be just around the corner ready to give them a hug when they're ready. Then once they're regulated again you can move onto problem solving.

## 5. Problem solve collaboratively

When things are calm – whether it takes ten minutes or ten hours – sit with your child and ask if you can discuss what happened, and problem-solve so that things go better next time. Then listen. Remember, too, that sometimes these conversations work best when your child is drinking a milkshake or enjoying another treat you picked up for them.

Big emotions in our children aren't an indication that we're lousy parents. Every single child and teen on the planet cries, stomps their feet, and pushes their parents away. We need to normalise this as part of being human!

Fortunately for us, our children also have the best laughs, give the biggest snuggles, and say the funniest things. So next time you're in the midst of a child's emotional meltdown, take a big breath and remind yourself that on the other side of this big moment is the sweetest thing you can experience with your child – the opportunity for growth.



### **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.

## **26<sup>th</sup> November      Parenting – Coping with Unexpected Challenges      (Interview)**

How do you cope with unexpected challenges? What if you knew they would be lifelong? Hear Katrina share how she faced her biggest fear at the birth of her second child.

**FREE**

In the clean up, the P&F ladies found these Tupperware aprons and hat sets for kids.

As the school has their own aprons for the students to wear, these are being offered to families to come and collect from the foyer. 11 sets available. FREE





add some christmas  
sparkle

# Sensitive Santa

for families with special needs

Tuesday, 5th December, 2023 from 6pm

Quiet setting, low key session, photo's available,  
No waiting in queues, pre-booked 5 minute time slots

Bookings essential at Plaza Management Office  
Phone 03 5382 0912 [manager@horshamplaza.com.au](mailto:manager@horshamplaza.com.au)



# 2024 Youth Council APPLICATIONS OPEN

Are you between 12-25 years old? Do you want to improve your community? Are you keen to grow your leadership skills and to meet new people? Want to plan events for young people to enjoy?

**APPLY TO JOIN THE HINDMARSH SHIRE YOUTH COUNCIL TODAY!**

Applications close at 5pm on 19 January 2024.

Visit [www.hindmarsh.vic.gov.au/our-youth-councillors](http://www.hindmarsh.vic.gov.au/our-youth-councillors) for more information!

If you have any questions, call us on 03 5391 4444 or email [youth@hindmarsh.vic.gov.au](mailto:youth@hindmarsh.vic.gov.au)



scan to  
apply  
online!

It's important to us that our Youth Council is inclusive. If you have any questions about inclusivity or accessibility, we'd love to chat to you! Reach out using the contact details above.







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>

**BRING ON**

# SUMMER

SATURDAY  
**25**  
NOV  
12-4

*Jaypex Park, Nhill*

**ALL AGES EVENT**

**FREE ENTRY**

**Feat: MY BLACK Senocide**  
**Jack Doolan & the Scrubs**  
**Karen Doh Dance Group**


**MAGGI'S PIZZA | NHILL LIONS CLUB BBQ | SLUSHIS**

**This is a drug alcohol, smoke and vape free event**

contact: Leah Davies 13 99 72  
contact: Nan Da San Bleh Dah 53914 444

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youth SERVICES  
Hindmarsh Shire Council

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YOUR INVITED TO

# HINDMARSH YOUTH COUNCIL FORMAL

BUSES FROM JEPARIT, DIMBOOLA AND NHILL

REGISTRATIONS STRICTLY CLOSE 4/12/23

\$5 SIT DOWN MEAL

DRESS CODE: FORMAL ATTIRE

DECEMBER

FRIDAY

15 FROM 6-10PM

2023

RAINBOW  
REC RESERVE  
CLUBROOMS

THIS IS A SMOKE,  
DRUG, ALCOHOL AND  
VAPE FREE EVENT

Register via our website: [www.hindmarsh.vic.gov.au](http://www.hindmarsh.vic.gov.au)



Hindmarsh  
Shire Council



freeza VICTORIA  
www.freeza.vic.gov.au State Government

