

Upcoming Dates

December

- Wed 6th** Year 6 Graduation Dinner @
Little Desert Lodge
- Thurs 7th** SRC Lunchtime activities and
Christmas clothes can be worn
- Fri 8th** Combined churches of Nhill
street caroling
- Mon 11th** End of Year Graduation
Service 7pm
(all students expected to attend)
- Wed 13th** Last Day Term 4 finish 3.15pm
- Thurs 14th** Staff PD
- Sat 16th** Nhill Community Christmas
Carols @ Jaypex Park

*2024 Term Dates can be found in
newsletter*

Birthdays



Happy birthday wishes are sent to the
following student & staff:

Mr Prenzler 7th December

Toleen 8th December

Students of the Week

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



Foundation: Seraph

Year 1/2: Ruby W

Year 3/4: Cooper C



Year 5/6:

All the Class (minus
Trinity who was at golf)

Bananas the Monkey



Congratulations to Ruby B
for receiving Bananas the
Monkey at assembly today.
Ruby gets to keep Bananas,
as at the end of each year
we draw a lucky name from
the 2023 winners. We hope
you both enjoy the rest of
your life together.

From the Principal

As students at Nhill Lutheran School know, I tend to use the word 'penultimate' a bit. A previous Principal of mine from Alice Springs would say penultimate a lot, and I guess I caught the habit from him.

This week has been the penultimate week for our Year 6 students at NLS. In the week beginning Monday December 11, they will be attending headstart week at Nhill College. For the remaining students and staff the penultimate week of the school year is next week. We ask God to bless our final weeks of term.

Gifts of Grace

Our SRC was able to contribute their fundraising efforts to the Australian Lutheran World Service Gifts of Grace. Nhill Lutheran School purchased the following 'gifts': 10 school sets, 2 bananas growing training courses, 6 chickens with a food and health pack, 50 metres of water pipes, 10 food first packs to provide six months of porridge, 1 goat, 1 pig, 2 veggie seed packs, and 1 long drop loo. These gifts will bless communities overseas, and demonstrates that small contributions can add up to big differences.

Service, and the idea of using what we have to benefit others, is something valued in all Lutheran Schools. This week I had the opportunity to speak on ABC radio and our vice-captains, Aaron and Matilda (along with two of our chickens), participated in a photo shoot with students from our fellow Wimmera Lutheran Schools which will appear in local newspapers. We hope to share how Lutheran Schools emphasise the value of service, and how each school is contributing to others.

Earlier this term families were provided with a Gifts of Grace catalogue, and I encourage you to consider contributing to this worthwhile initiative (www.alws.org.au).

Staffing and classes for 2024

I am pleased to share that staffing positions have been filled for 2024. The current teacher shortage climate has made this task somewhat tricky – this time last year we were still searching for two classroom teachers, so we give thanks to God for his provisions.

At the end of this year we farewell Mr Marcus Holt who is returning to Ocean Grove, Mrs Christina Leitch who will be working at Holy Trinity Lutheran College in Horsham, and Mrs Jessica Crouch who is expecting her second child early next year. We sincerely thank each of these staff for their contribution to Nhill Lutheran School, and wish them God's blessings for what lies ahead.

We welcome the following staff for 2024, some who will be familiar to our community, and who may be serving our school in a different capacity: Mrs Heidi Lees, Mrs Jeanie Clark and Mrs Nat Harding.

Staffing and classes for 2024:

Principal: Mr Damon Prenzler

Office Administrator: Mrs Lyn Fisher

F/1 teacher: Mrs Kelsie Webb (nee Attiwill)

2 teacher: Miss Debra Schultz

3/4 teacher: Mrs Heidi Lees

5/6 teachers: Mrs Erin Alexander, Mr Damon Prenzler, Mrs Jeanie Clark

Specialist teachers: Mrs Erin Alexander (Stephanie Alexander Kitchen Garden and The Arts), Mrs Nat Harding (Auslan and Library)

Integration Aides: Miss Taela McLean and Ms Linda Rutherford

Wellbeing Officer: Mrs Karen Prenzler

Advent

This Sunday is the first Sunday in Advent, the Church season that leads into Christmas. It's a time to reflect and focus on the real meaning of Christmas, the gift of Jesus. Our impressive nativity scene has been placed at the front of the school as a reminder of this special time of year.

Every blessing for your week,

Damon Prenzler

Wimmera Lutheran Schools Giving Their Service



On Thursday morning 5 members of our school family (Matilda P, Aaron, Mr Prenzler and 2 chickens) went for a drive to Dimboola where they met with both HTLC and St Peters student representatives. The photo shoot showcased the various charities that each school have raised funds or asked for donations to support. So, Matilda and Aaron took a couple of our chickens as NLS SRC donated to ALWS which included buying chickens.

The students also had the experience to be interviewed by a reporter about their involvement. I'm pleased to report that everyone behaved themselves, just not sure what the 2 chickens may have said to their friends when they returned home!

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 9am
Jeparit 11am
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



Chapel

Mr Prenzler will host Chapel Friday 8th December, 9am in the multi – purpose room. Everyone from the community welcome.



Chapel Offerings

At today's Chapel \$3.45 & \$10.40 (last wk) 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.



Free

We have some tote bags and tea towels to give away from the 2019 year.



Devotional Thought

The rock of our salvation

Come, let us sing for joy to the Lord; let us shout aloud to the rock of our salvation (Psalm 95:1).

Read [Psalm 95:1-7a](#)

This week, we've been reminded that while we're called to faithfully bear witness to God's love and salvation, it's not about us. Thinking backwards through the week, we've considered the following:

- The signs of the kingdom that occur are not our doing but Jesus at work through his word.
- We needn't be alarmed by any signs of life or death or resurrection in God's church.
- Sometimes, we bear the most significant witness, not so much by doing something as by refusing to go with the flow of negativity.
- Sometimes, the least likely people are the ones who proclaim the gospel to us (like the Roman centurion).
- Jesus knows about the fear, shame and anger we project onto others and willingly takes it on himself.
- Jesus' generosity toward each of us is out of this world!

What more needs to be said? The psalmist refers to the Lord as our rock and us as the 'people of his pasture, the flock under his care' (verse 7a).

Is there one of these truths above that you might carry with you as you prepare to walk through the Advent and Christmas seasons? As you finish the tasks you set yourself for 2023? As you prepare for Christmas celebrations with your congregation, family or friends? As you think of the loved ones you miss, including those you won't see again this side of heaven?

What do you need at this time from Jesus, the rock of our salvation and our kind, loving shepherd?

Oh come, let us sing for joy to our Lord; let us shout aloud to the rock of our salvation. Oh come, my soul, trust in the hope of this world's Saviour. Oh come, let us adore him, Christ the Lord, Amen.

Year 3/4 Class Cinquain Poem

Feelings

We all have them
Happy angry sad mad
You can feel them everyday
Helpful

Return of Library Books

A reminder to all families that all library book need to be returned to the school by 8th December.

Year 1/2 Class Art Lessons from Mrs Zanker



On Tuesday afternoon the Year 1/2's were excited to welcome Mrs Naomi Zanker to our classroom. We experienced many aspects of her process, which she shared in a way we could understand.

We were privileged to see a large array of her artworks— from her first painting in oils, to several works in progress. The students were fascinated by the way she mixed the colours. This visit enabled the students to find out more about how an artist works, thinks and plans.

Thanks Mrs Zanker.

Harper: I enjoyed listening to Mrs Zanker talking about the paints, and that my aunties were in her pictures.

Matilda: I liked seeing my Nan show the class all of her paintings, and the half done ones.

Jessie: It was fun.

Lucy: I liked when she mixed all of the colours together at the end.

Alyssa: Thank you for showing us your paintings.

Sienna: I liked it when you mixed all the colours together.

Ruby: I never knew you could make the colour black or red. But you can!

Connor: I liked when all of the colours blended together and made a nice colour.

Luke: I liked the pictures.

Roger: I liked the paints.

Abby: I liked the different paintings and colours, and how she blended them.



Animal Care Over The Christmas Holidays

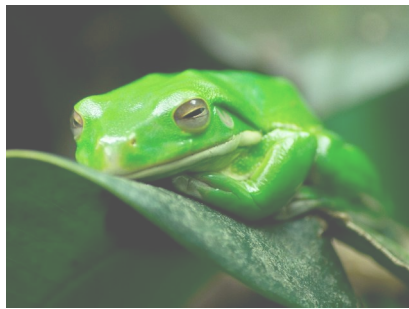
It is coming to that time of year where the school has an extended break and we need families or community to help out with the care of the various animals, until 23rd January.

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
CAROLING THROUGH THE STREETS OF NHILL
Friday 8th 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)



P&F Colour Run Fundraiser





On Wednesday there was an explosion of colour at school, much excitement had built amongst the students with the run having to be postponed from last Friday. The P&F had organised the fundraising event for the students to enjoy! The money raised will go towards new equipment at the school. Not so much running was happening, more stopping to get squirted with the coloured powder. Oh the FUN!



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



It's nearly Christmas, so we have started doing some festive decorations. The morning was filled with drums banging to nursery rhymes, riding the bike and fixing all the cars.

Playgroup will finish on the 12th December, so only 2 more weeks.

Thanks

Mrs Leitch

2024 Term Dates



Term One: January 30 – March 28

Term Three: July 15 – September 20

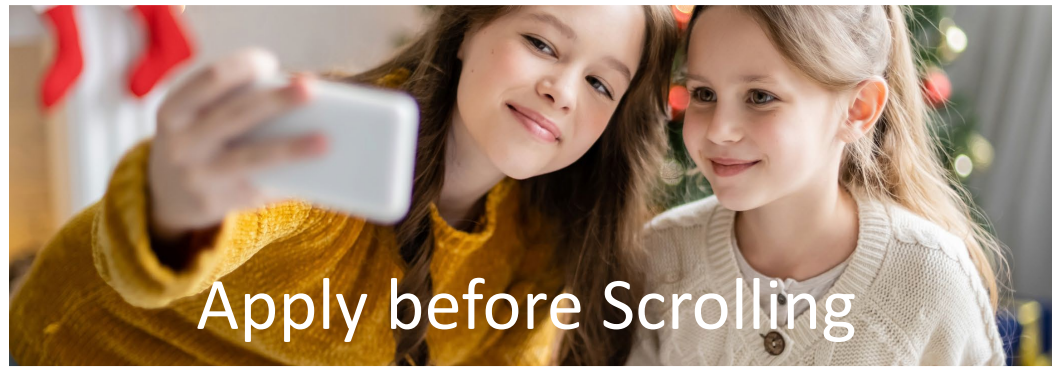
Student Free Days: Sept 6th

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



The 3M's of Digital Nutrition

We have a love/hate relationship with our devices and online activities which are complex and multifaceted. 'Screen time' isn't just one thing. It's a gazillion different things depending on the device you're using and the content you're consuming on various the platforms you log into (and freely hand out our data and feed our keystrokes to!).

While time spent online is an important measure - time is a non-renewable resource and you can only spend it once – there are other factors that you can consider. They will help shift your screen-based media use more into a positive and purposeful gear.

Here are my 3Ms of Digital Nutrition – apply them before you or your children choose to engage in online spaces.

Mindful

Being mindful in relation to your digital habits means directing your attention so that you are present to your actions, that you have moment-to-moment awareness of, and responsibility over your activities online.

Mindfulness keeps you away from time-wasting 'digital rabbit-holes'. It helps you to avoid going online to numb out or ignore your feelings, or to cope with the discomfort of some parts of everyday life. Developing healthier coping skills than scrolling and streaming is important for you and your child.

Being mindful means pausing, and thinking more broadly about how what you do, say, click on and scroll through impacts your overall health and wellbeing (one swipe at a time). When you zoom out and think about how your use (and your kids' use) of devices snowballs over weeks, months, and years, it can help you be more attentive and present.

Questions to ask yourself:

- * How do I feel in my mind and body before I go online?
- * What am I truly seeking when I go online and will I find it there?
- * How does being online change my feelings or physical sensations?
- * How can I get better at 'reading' and 'listening' to these cues?
- * How can I remain focused and present while online?
- * How can I notice when I am risk of overloading my senses and need to step back from the screen?+

Meaningful

As humans we often search for meaning and enjoy having things in our life of significance and interest to us. When there is so much content available online, from video games to conquer and TV series to stream across multiples services, to influencers and personalities to follow on social media, its valuable to check in with how these activities align to the things you care about.

Algorithms are designed to work hard to capture your attention. It's easy (especially when you are not mindful) to slip into being distracted by digital fairy floss that doesn't help advance you towards what you value.

Recently I stepped back and re-evaluated who deserves my attention. This included removing two(!) accounts of guys mowing lawns that I had become fascinated by. Given I don't plan on a career in grass maintenance, it was time to unfollow them!

When you have clarity with your values (and live aligned to them) you have a greater sense of purpose. This contributes to you being the person you want to be (both online and IRL, in real life).

Questions to reflect on:

- * How is what I am viewing/reading/playing relevant to or aligned to my goals?
- * How does this action/activity contribute in a positive way to my life and overall sense of wellbeing and satisfaction?
- * Have I made time to clarify my values and think about what I care about and what gives me purpose?
- * Am I following people, celebrities and influencers that contribute meaningfully to my life?
- * How might I curate the accounts I follow so they align more to the stuff I care about?
- * What deserves my attention?

Moderate

We all only have 24 hours in a day, so how you choose to spend our time is something that you can control and develop discipline around (especially when you have switched on your mindful awareness and are clear on what is meaningful to you!).

Moderating yourself online doesn't just mean keeping an eye on the clock and being able to regulate your usage.

It's your ability to show restraint when engaging with other people (often from behind a screen or keyboard) in digital spaces. Being able to moderate what you (or your children) say and how you react in situations matters.

Questions to reflect on:

- * How can I tell if I am over-reacting to a situation online?
- * What would happen if I did not respond to that tweet/comment/post/message or 'slept on it' before replying?
- * What strategies or digital hacks can I use to moderate my time online and ensure I don't overdo it?
- * How can I notice and listen to body and mind signals about when it's time to logoff/take a break?

You might notice that these three principles all connect and inter-relate. Teach your kids to switch onto these ways of being online – and try it yourself. I predict the quality of your use of technology and online habits will improve!



AUTHOR

Jocelyn Brewer

Jocelyn Brewer is a Sydney-based registered psychologist who has been helping humans manage their relationship with technology for over a decade. She is the founder of Digital Nutrition – a positive, proactive technology-use philosophy that helps empower people to use the technology in their skulls to manage the devices in their homes and pockets!

Instagram is the social media app she would take to a desert island if she could only have one.



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.

3 rd December	Uncertain Financial Future	(Interview)
When your future's uncertain and you don't know how you're going to pay the next bill, it can feel overwhelming. Karl shares his story of being made redundant at 62.		
10 th December	Worrying about Money	(Discussion)
Do you stress about your finances? Many people worry about money, especially the lack of it. Richard, Celia and Anna chat about how this affects us and what can help.		
17 th December	Naughty or Nice	(Discussion)
Do you struggle with giving gifts at Christmas time? Has it all just got a bit out of control? Join Richard, Celia and Noel as they talk about gift giving at Christmas...and importantly - have you been naughty or nice this year?		
24 th December	Story of the Carols	(Discussion)
Christmas is well known for its carols, but why do we actually sing Christmas Carols? Join Richard and Celia as they share some of their memories of Christmas.		
31 st December	A Ladder and a Torch	(Interview)
There are many tragic stories about the abuse of alcohol, but how does it start, and how can it change? Hear Darryl's lifelong struggle with alcohol and how his life was transformed through hope.		

SRC News

Thursday 7th Dec the SRC will run lunchtime activities, free "zooper doopers" for everyone! The students may wear Christmas clothes on the day.

Outdoor beanbags have been bought by the SRC with some of the funds they have raised over the year selling Hot Chocolates, Dim Sims and Zooper Doopers. A much welcome resource for recess and lunch, the students have enjoyed lounging on them over the last few weeks.





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>

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\$50 All In One Computers Available



6 x HP Compaq 8200 elite
all in one
Intel core 15 2.5 GHZ
4GB ram
500GB HDD
Windows 7

4 x HP Compaq 8300 elite
All in one
Intel core 15 3.2 GHZ
4GB ram
1TB HDD
Windows 7

4 x Toshiba PX 30T
all in one
Touch screen
Intel core 15 2.5 GHZ
8 GB ram
1Tb HDD
Windows 8.1 Pro

Great opportunity to get you hands on a cheap all in one computer, they will be available from the school until Friday 8th December, then they will sold else where.

Contact the school via email admin@nls.vic.edu.au or phone 53 912 144

School Fees and Bursaries 2024 Due Date Extended to 8th December

If you require an application form they are available from the office.

Bursary application forms are now due by December 8th.

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.

SSV Golf Day At Horsham



Today Henry, Mia and Trinity headed to Horsham for the SSV Golf Day, which they qualified for back in June at the Nhill Golf Club against other local students. Congratulations to Mia coming 2nd, and we congratulate Henry and Trinity on qualifying and hope there was a lot of fun and friends to be made on the day.

Making Bird Feeders Today At NLS





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



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 for more information!

If you have any questions, call us on 03 5391 4444 or email 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.



YOU 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



Hindmarsh
Shire Council

