

Term 2 Week 8 Issue 16 June 7th 2024

Upcoming Dates

June

Mon 10th: King's Birthday public holiday
Tues 11th: Freestyle Dance Ministry
Thurs 13th: Lightning Premierships Years 3-6
Tues 18th: Board Meeting
Tues 25th: Last Day Term 3.15pm
Wed 26th, Thurs 27th & Fri 28th: Staff PD Day
(pupil free days)

July

Mon 15th: Start Term 3
Tues 16th: Board Meeting
Mon 22nd: Meerkat Productions
Thurs 25th: Little Desert Hockey 7's

August

Fri 19th to 23rd: Bookfair
"Reading is Magic"
Tues 20th: Board Meeting
Fri 30th: Father 's Day Chapel

September

Sun 1st: Father's Day
Thurs 12th: Little Desert Athletics
Tues 17th: Board Meeting
Fri 20th: Last Term 3

Chapel Dates

Fridays 9am

14th June Year 2

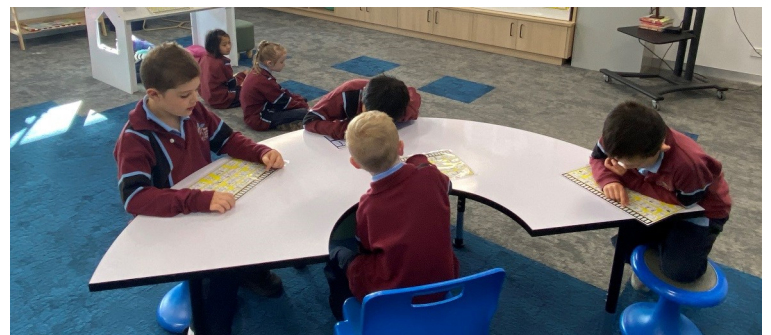
21st June Year 3/4

Assembly Dates

(after Friday Chapel in the morning)

14th June Year 3/4

F/1 Class Settling In



Birthdays



Happy birthday wishes are sent to the following student: Ruth 10th June

From the Principal

Settling in

This week has been a settling in week as we continue to familiarise ourselves with the new school building. It is a credit to the students and staff that they have shown impressive adaptability in using the new spaces.

Donut Day

A big thank you to our P&F for organising the Donut Day fundraiser. Many businesses and community members enjoyed our donuts, and the smell wafting through the school was amazing.

Year 5/6 Camp

The 5/6 class enjoyed a successful camp to Melbourne. During their city experience they visited Sealife, the MCG, Melbourne Museum, Bounce, Shrine of Remembrance, Science works, Queen Victoria markets and more. Many people complemented our students on their behaviour and their engagement in activities. Well done. Thank you to Ms Rutherford for helping to supervise on camp, and to Mrs Fisher for driving the bus to and from Ballarat.

Blessings,

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.

Prayer of the Week

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



- Grace & Xavier and their family
- Tricia and her family
- Mr Prenzler and his family

Worship News

Please see below for this week's church service times:



3rd Sun after Pentecost
Nhill 11am
Jeparit 9am
NhillLutheranParishOnline.com

Messages of hope

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.

9th June Walking together with depression

Vicki Rochow, a counsellor and mum, shares her experiences of walking alongside her children's depression as well as her own.

16th June There's no one face to poverty

Hear Kelly Hughes, a financial counsellor with Lutheran Care, share about the impact of poverty on families in crisis and how we can help.

23rd June Worrying about money

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.



Chapel Offerings

At today's Chapel \$6 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

What sign?

Even so, when you see these things happening, you know that the kingdom of God is near (Luke 21:31).

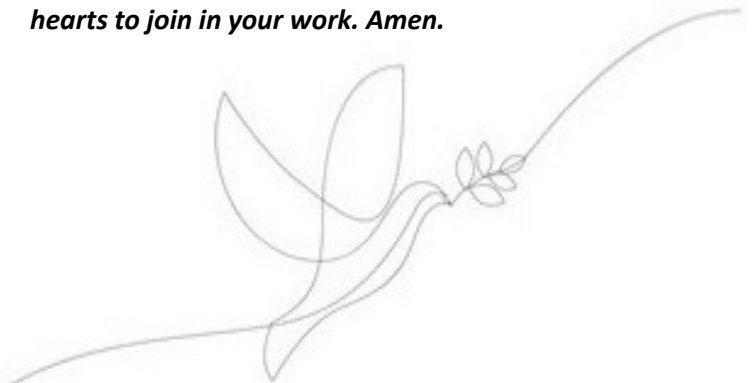
Read [Luke 21:29-38](#)

One of the most helpful innovations in the past decade for me has been navigation in my car with speed sign recognition. I am one of those drivers who drift off into their own world with the music playing while driving. In the past, I have been known to incur a speed camera fine or two as the speed limit changes, and I miss the sign. Now, the speed limit indicator on my screen changes to bright red if I am over the limit, and I can adjust my driving right away when things change. I am much more content, and I avoid nasty surprises in the mail.

Jesus asks us to be alert to the signs around us as we travel through life. I often find myself going through the regular routines I know by heart without stopping to see where God is at work. We know we're busy with packed schedules, so our lives are just one big list of tasks to get done. It's just like driving on a well-known road without much engagement. In this situation, we miss out on so much that God wants to bless us with. Our God is never absent from the world; we teach that the Father is constantly creating the world and his kingdom.

What joy and purpose we receive when we see what God is doing all around us and accept his invitation to join him! I know from my own experience that I can get frustrated when I am caught up in what I am doing and expecting my plans to work out. I also know I am overwhelmed with gratitude as I tailor what I am doing to God's action. Opportunities arise and blessings flow. It all starts with eyes open for the signs of God's kingdom.

Lord Jesus, we thank you for coming to earth and entering the lives of your creation. We thank you for our salvation. Give us eyes of faith to see your kingdom. Give us willing hearts to join in your work. Amen.



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 had a great morning in Get 'em Going this morning. Today we learnt all about the Kangaroo! The children enjoyed experimenting with the clapping sticks again today. Practising rhythm and listening to instructions.

There was lots of smiles while we danced to the dingle dangle scarecrow song!

We then moved into the chapel room where the children made their own kangaroo with a Joey in its pouch. Using fine motor skills to decorate them with sparkles.

We celebrated another special friend's birthday today; all of the children loved helping sing happy birthday!

Next week we are learning about the Platypus! At 9:30am Tuesday morning.



Teaching Children That Mistakes Are Okay

You won't find a child more chuffed with themselves than a preschooler who is learning to write their own name. In the beginning, they courageously create a jumble of mixed-up letters and back-to-front S's to piece together the first iteration of what will become their signature. Very quickly, those mistakes lead to mastery, and they're equipped with a skill they'll use hundreds of thousands of times throughout their lives.

As our children grow, their fearlessness in the face of mistakes often gives way to a paralysing fear of failure. They become less willing to take risks, try new things, and broaden their experience because of the risk of not getting it "right" straight away.

How do we help our kids overcome perfectionism and make friends with mistakes again?

Here are my top tips for parents and educators:

#1: Talk it through.

Whether it's learning to ride a bike or writing a story, when a child shows reluctance to try before they start, ask them what they're worried about. Give them the chance to share their fears and talk it through. Ask them, 'What's the worst thing that can happen?' Putting words around their fear can help contextualise and minimise it, making 'the scary thing' seem smaller and easier to handle.

#2: Share your story.

Younger children love to hear stories from their parents and trusted adults. Share a story with them of when you were scared, then tried, failed, and learned something from making a mistake. You can make it funny to lighten the load and help diffuse their worry.

#3: Resilience.

Making mistakes and learning from mistakes helps children build resilience, which will stand them in good stead later in life. If they have tried, failed, and then tried again, it helps them build confidence to tackle bigger, more daunting tasks down the track. Failure is not the enemy; failure to try is! Failure, ironically, can build success. As the saying goes, 'If at first you don't succeed, then try and try again.'

#4: Reward the effort.

If you have coached and coaxed your child or student into trying something new for the first time, or if they have worked hard to conquer their fear, then regardless of the outcome, let them know they are champs for trying. This way, the reward is linked, not to whether they failed or succeeded, but to the effort they made in the first place. Being a 'doer' with a positive 'at least I tried' attitude will help children build a positive approach to tackling new activities and tasks later in life.

#5: Practice makes perfect.

Perfect is of course not needed but practice is important. Give children plenty of opportunity to keep trying their chosen activity, whether they've taken up a new sport, musical instrument, or hobby, or whether they're plucking up courage to make new friends at school. Help them stay positive and celebrate their achievements and learnings with them along the way. Whether they tell you this or keep it to themselves, kids love it when their parents, carers and teachers are their support team (and they'll remember it later too!).



AUTHOR Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. 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.



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>

Blessing Of The New School

Last Friday, our first official day in the school we had Pastor Carl lead the special chapel and the blessing ceremony of the individual sections of the school. We had many community members join us for the event and they had a tour of the new classrooms with the feedback being all positive.



Year 5/6 Melbourne Camp Photos





Slippers and Gumboots

When relocating to the new school building we discovered many slippers and boots that were not claimed by anyone. Slippers have been moved to the new building and boots will be moved in the future. Any slippers that are unclaimed by the end of the term will be removed.

**APPLY
NOW!**



**WEST
WIMMERA
HEALTH
SERVICE**

COOKING COMPETITION

**Do you love to cook new and exciting
things using locally sourced ingredients?**

**JOIN THE WWHS COOKING
COMPETITION 2024!**

**Enter your recipe to be chosen for the
competition final in August.**

Scan the code for
more info and to enter
the competition



The winner will
walk (or skip)
away with a \$500
gift voucher to
Robertson's
Furniture in
Horsham

APPLICATIONS CLOSE FRIDAY 28 JUNE.

The final will be held at the Nhill Uniting Church in August.

Please contact Health Promotion on 5391 4312 or email
health.promotion@wwhs.net.au if you have any questions.



WEST
WIMMERA
HEALTH
SERVICE

DON'T TAKE THE RISK THIS SEASON, GET YOUR FLU VACCINE!

West Wimmera Health Service is holding a flu vaccination clinic at the Nhill Dental Clinic.

**THURSDAY 6 AND 13 JUNE 2024
NHILL DENTAL CLINIC
3PM - 6PM**

If you're over 65 or immunocompromised,
the flu vaccination is free of charge.

For those under 65, the cost is just **\$20**.

Don't wait until it's too late - book your
appointment today to safeguard your health
and the health of those around you.

**BOOKINGS ARE ESSENTIAL!
BOOK NOW BY CALLING 5391 4206.**