

Term 2 Week 10 Issue 18 June 21st 2024

Upcoming Dates

June

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

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

Tues 3rd - Wed 4th: 3 Way Conversations

Thurs 12th: Little Desert Athletics

Tues 17th: Board Meeting

Fri 20th: Last Term 3

October

Mon 7th: Term 4 starts

Tues 15th: ALWS Day

Thurs 17th: Nhill Show (no school)

Fri 25th: Grandparents Day

Birthdays



Happy birthday wishes are sent to the following students:

Savannah 26th June

Alyssa 7th July

Xander 17th July

Luka 17th July

F/1 Class



On Monday, we were joined by Miss Georgie Zikos; the new Foundation/Year 1 teacher from Term 3.

Miss Zikos was getting to know the students in the class and get a feel of the school before she takes on the position.

Mrs Webb spent the day showing her the ropes of the school.

From the Principal

End of Term Two, Start of Term Three

The last day for students this term is Tuesday June 25, which will also be a casual clothes day. Staff have three days of professional development June 26-28. Term Three commences on Monday July 15, and I hope everyone has a safe and enjoyable holiday break.

Wimmera Lutheran College – Executive Principal

Earlier this week it was announced that Mr Jason Przibilla will be the inaugural Executive Principal for Wimmera Lutheran College when it commences in 2025. The EP position has been created to oversee operational matters across the Horsham, Dimboola and Nhill Lutheran school sites. Jason is a leader with true integrity and a heart for Christian education, and a deep understanding of the Wimmera region having lived in the area for many years. Nhill will still have an onsite Principal who will join with leaders from Dimboola and Horsham to create a leadership team for WLC.

Uniform

With Winter well and truly here, please ensure correct winter uniform items are worn. NLS winter uniform items are available from the school, including logoed beanies and jackets. Sports shoes are only to be worn on days when students wear their sport uniform. Please name all uniform items.

Casual Day

Next Tuesday, June 25, will be a Casual Day. Students may wear appropriate casual clothes instead of school uniform. A gold coin donation is encouraged to put towards fundraising efforts.

SRC

Congratulations to Oakley who has been selected as a 5/6 SRC representative for the remainder of the year.

Welcome Miss Zikos, Farewell to Mrs Webb

We were blessed with the visit of Miss Georgie Zikos who visited on Monday. Georgie will replace Mrs Webb as F/1 teacher when Mrs Webb commences maternity leave, at the start of Term Three. We wish Mrs Webb and Dylan God's richest blessings as they prepare for the arrival of their first child.



Kinder visits

Next term, the three Nhill schools will host kinder visits, where families from the kindergarten may visit each school and see what each school has to offer. Nhill Lutheran will be welcoming families on Friday August 9 from 9.15 – 11.00.

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.

Learner Profile of a Nhill Lutheran School Student

The core business of any school is to provide a robust academic program to equip students with the necessary academic capabilities for life. We know, however, that academic growth does not happen in isolation. Lutheran schools have always focused on the development of the whole child. Yes, the academic growth is crucial, but so is growth in the social, emotional, physical and spiritual areas.

The shifting needs of society means certain capabilities are being prioritised so individuals can contribute meaningfully to whatever their role may be, or wherever life takes them. These attributes may be called different titles: essential skills, soft skills or 21st century skills. They all have something in common, in that they focus on attributes and dispositions beyond academics alone, and are skills and dispositions needed now and into the future.

In identifying the need to equip our students with the skills and attributes they need now and into the future, our staff have created a Learner Profile of a Nhill Lutheran School Student. These complement the academic program, and aim to grow a student in important areas to aid and equip them for life. A guiding question used by staff when creating the learner profiles, and one you may wish to consider when you read them, is 'what skills/attributes/dispositions do we want our NLS graduates to have?' The profiles have five main statements:

- I am resilient
- I think critically, creatively and with curiosity
- I am responsible and show initiative
- I show compassion
- I am collaborative

Further dot points and statements are provided for each. A copy of the Learner Profile is included in the newsletter.



Learner Profile of a Nhill Lutheran School student

I am resilient	I think critically, creatively and with curiosity	I am responsible and show initiative	I show compassion	I am collaborative
I can... keep going when things are challenging view mistakes as learning opportunities manage my feelings and express myself in a positive way bounce back when things don't always go my way	I can... wonder and investigate explore different ways to do something ask questions to expand my learning evaluate information in order to make appropriate choices	I can... be organised and demonstrate good learning habits be accountable for my words and actions notice and take action when things need attention find solutions to problems independently and seek help if needed	I can... consider the needs of others, and be kind to myself help, be patient with, and encourage others put myself in someone else's shoes and choose to treat them the way I would like to be treated	I can... listen to others appreciating that we have different gifts and can still work together contribute ideas to discussion work in partnerships regardless of age, gender or friendships

Year 5/6 Melbourne Camp Reflections

My favourite part of camp was going to see Pharlap. I liked seeing Pharlap because I like horses and it was very famous. Henry



At the Southern Cross Station we got Daniel's donuts.
Harry

I like the MCG because it was fun. When were at Southern Cross Henry fell off his suitcase. Haha.
Zara



Bounce; we got there and we went to the basketball hoop and I got a slam dunk. There was also an area that was a ninja warrior course and I ran up the wall and slipped and rolled down and splatted on the ground. Barrett

The museum was my favourite thing because there were many ancient artifacts. And the interactive items were indeed my favourite because it taught me many facts about dinosaurs which was really fun. Did you know when dinosaurs were alive they were very protective of their children/eggs? Ellie



When we were at the Aquarium the penguins. A penguin slid down the ice and hit his head on a rock. Cooper



My favourite thing was Bounce. We played dodgeball on the trampoline. Mia



My favourite thing was the museum because we saw dinosaurs. Harper

I liked the MCG museum. It was very historical. Sophie

My favourite thing was the MCG tour. My least favourite thing was Bounce. Darcy



A funny thing on the camp was when we put the two single beds together and fell down the middle. Oakley

The meals at Blue Train were delicious, I would recommend going to eat there because it's cheap and the meals are big. Clayton



The MCG tour was good because we went on the field. I also liked bounce because I bounced bouncier than I've ever bounced before. Lawson



Prayer of the Week

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



- Sophie & Lucy and their family
- Lawson and his family
- Mrs Webb and her family
- Sienna and her family

Worship News

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



5th 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.

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.

30th June Support in financial hard times

Hear Jan, a volunteer financial counsellor, share how the financial struggle impacts all of us, and how we can ask for help when we're not coping.



Chapel Offerings

At today's Chapel \$34.05 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

He has risen

He is not here; he has risen! (Luke 24:5b)

Read [Luke 23:56b-24:12](#)

I love my wife. I told her this when I proposed to her, and then again at our wedding, and most likely on every anniversary we've celebrated since (the ones I've remembered, anyhow). And I'd tell her if I changed my mind. Why would she – or any wife and husband or any person, for that matter – need to be told repeatedly that they're loved?

We know God loves us. He told us this. It's in the Bible. We hear about that love every Easter as we celebrate Jesus' resurrection. So, why repeat it? It can become a bit monotonous when you hear the same thing over and over.

I don't know about you, but I need to hear that I'm loved and special – especially when I have some real struggles in my life, am grieving, have concerns about my family, am tempted and find it hard to get along with others.

I need to hear I'm not alone in my struggles and that, each day, I'm offered help and strength. I need to be reminded that Jesus is the resurrection and the life, and because of his love and commitment, my mourning and sadness can be comforted, and I have all I need to face the future with confidence.

That's what the Easter gospel is all about. It's God saying, 'I've raised my Son to life so that you can have a living Saviour to be with you and for you and in you and give you all you need to face whatever it is that's difficult and challenging in your life'.

We have a God who loves and doesn't stop loving – a God who has loved us so much that he was prepared to send his one and only Son to die so that we could have life.

And not just to have eternal life but a full and rich life here and now with purpose and a sure and solid foundation. When things go wrong (and they do), life gets tough (and it does), and we fail and experience disappointments and get knocked down, we have someone to pick us up, comfort and strengthen us, and set us on the right path again.

Lord Jesus, thank you for reminding me that I am loved. Thank you for being prepared to go to the cross to show that love. Thank you that you rose from the grave to assure me that, in all my struggles, I have your living presence to give me confidence and strength to face the future. 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



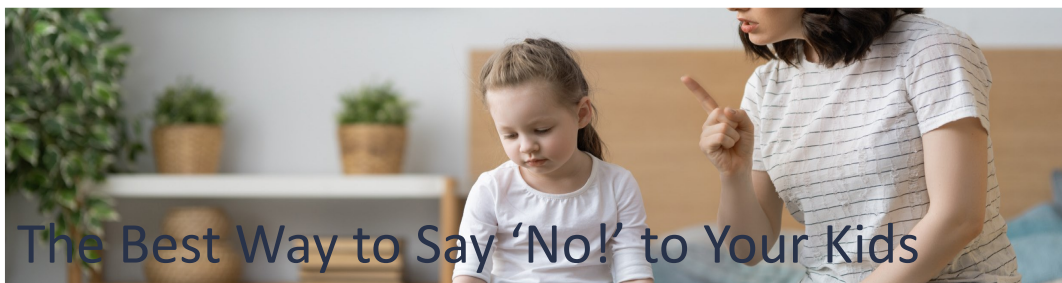
We had a great morning in Get 'em Going today!

Our focus animal was the Koala! The children enjoyed making their own Koala in a tree; using some gum leaves from outside. They explored new textures and fine motor skills to decorate their tree.

We also focused on our gross motor skills today with the obstacle course, developing jumping, crawling and balancing skills. The children practiced their hand eye coordination with the bat and ball game.

Next week we are learning about the lizard! We will have a special visit from the Nhill Lutheran school bearded dragon who is named peaches.

See you next Tuesday for our last session for the term.



The Best Way to Say 'No!' to Your Kids

One of the most difficult parts of parenting is saying no.

Unfortunately, sometimes we have to. Sometimes plans change, or something might not be safe. At times, someone else's needs may matter more, or our child wants what they can't have.

And while they might not thank you for it, setting limits is one of the best things you can do for your child. Saying 'no' teaches our kids important lessons about life, independence, empathy, and getting along. Research shows that the best parenting style is one that combines setting limits with warmth. These parents are nurturing and responsive, but they set firm limits for their children. They listen to their child's point of view, but they don't always accept it. And it works! Their children tend to be friendly, self-reliant, cooperative, curious, and goal-oriented.

So how can we say no while still letting our kids know that we empathise with them? How can we be firm *and* warm?

Give them their wish in fantasy.

It's important to remember that our kids have big feelings, and that's ok! We might need to limit behaviour, but big feelings are allowed. And while our kids don't always need us to say yes, they do need to feel heard. All humans are more willing to cooperate once their feelings have been acknowledged. Our kids are no different.

So when your child wants something that you can't (or won't) say yes to, you can still show him that you empathise. Give him his wish in fantasy.

Here is an example. Imagine you're in the supermarket with your child. You're at the checkout, and it's been a long, tiring day. You just want to get out of there and get home. Suddenly your child pipes up, 'I want a lolly!' You inwardly groan. It's just before dinner, and you need to say no! You can feel a tantrum brewing. The last thing you need is a public meltdown!

But it doesn't have to end in a meltdown. Here's what you do:

First, connect with your child. Touch him on the arm, get down to his level, and make eye contact. 90% of good parenting is connection.

Then, give him what he wants in fantasy. Say, 'I wish you could have a lolly! What kind would you get?' Hopefully, your child will start to calm down right away and think about the answer. 'Freddo Frog', he might say. 'Oh, that's a great choice. I would pick lolly, or maybe freckles.'

Depending on how big your child's feelings are, you might need to extend the fantasy. You might say, 'What if our car was made of lollies? We'd never have to go to the supermarket again!' Your child might say, 'The wheels could be cookies!' When you give your child what he wants in fantasy, it shows him that you understand his feelings and that you care. Once he hears this, it is much easier for him to transition from being overwhelmed by his big feelings to dealing with a situation that, from his perspective, is less than ideal.

When you engage your child in fantasy, you are speaking to him in his favourite language: play. This reinforces your connection. It also shows your child that even if the world sometimes feels unfair, it is basically safe. This is because he has felt heard and understood.

We might not always get a round of applause, but putting this principle into practice will help us through the tough "no" moments with our children. They may still want what they can't have, but we'll be able to playfully get them through it. And in the process, teach them.

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.

Year 2 Class



As part of our sharing this week, Year 2's have been exploring what it means to be **creative** from the Learner Profiles.

Luka taught us how to make Ninja Stars using his Origami skills.



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>

ICAS Assessment Information

This week ICAS Assessment information and permission slips were sent home with the Year 3 to Year 6 students. This is not a compulsory assessment, but if you wish your child to participate the school sets aside time for the assessments to take place. There is a cost involved that must be paid by the parents. If any more information is required please contact the office.



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.



JULY 2024 SCHOOL HOLIDAY PROGRAM



WEEK 1

WEEK 2

MONDAY 1 JULY

Basketball Clinic (ages 6-9)

Dimboola Stadium (Recreation Reserve),
10am - 11am

Basketball Clinic (ages 10-12)

Dimboola Stadium (Recreation Reserve),
11am - 12pm

Basketball Clinic (ages 13+)

Dimboola Stadium (Recreation Reserve),
12pm - 1pm



TUESDAY 2 JULY



Tiny Goats and Co

393 Dimboola-Rainbow Road
11am - 12:30pm

*Please note registrations
close Monday 1 July 2024 at
9am for this session.*



WEDNESDAY 3 JULY



Tiny Goats and Co

393 Dimboola-Rainbow Road
1pm - 2:30pm

*Please note registrations
close Tuesday 2 July 2024 at
9am for this session.*



THURSDAY 4 JULY

Karaoke

Jeparit Memorial Hall
11am - 12:30pm



Kid's Yoga (ages 17 and under)

Nhill Memorial Community Centre
2pm - 2:45pm

FRIDAY 5 JULY

Crafty Art with Danelle

Rainbow Library
11am - 12pm



scan to register



REGISTER NOW!

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision.



Please note: These activities have limited bookings available. Should they be oversubscribed, preference will be given to residents of Hindmarsh Shire.

MONDAY 8 JULY

Crafty Art with Danelle

Jeparit Library
10am - 11am



Kid's Yoga (ages 17 and under)

Jeparit Memorial Hall
1pm - 1:45pm

TUESDAY 9 JULY

Crafty Art with Danelle

Dimboola Library
10am - 11am



Mini's Disco (ages 12 and under)

The MECCA, Rainbow
1pm - 2:30pm



WEDNESDAY 10 JULY

Crafty Art with Danelle

Nhill Library
11 - 12pm



Kid's Yoga (ages 17 and under)

The MECCA, Rainbow
1pm - 1:45pm

THURSDAY 11 JULY



Roller Disco (primary aged)

Dimboola Stadium (Recreation Reserve)
10am - 11am



Roller Disco (secondary aged)

Dimboola Stadium (Recreation Reserve)
11:30am - 12:30pm



Limited equipment available

*Please note registrations close on
Monday 8 July 2024 at 5pm for
this program.*

FRIDAY 12 JULY

Movie: Despicable Me 4

Nhill Cinema
1pm - 3pm



Free Popcorn and Water provided



For more information visit
www.hindmarsh.vic.gov.au/events,
call 03 5391 4444
or email youth@hindmarsh.vic.gov.au.