

Upcoming Dates

July

Mon 22nd: Meerkat Productions

August

Thurs 1st: Little Desert Hockey 7's **Change of Date**

Tues 6th: P&F Meeting 7.30pm

Fri 9th: Kinder Visit 9.15 to 11am

Mon 12th: Growing Resilient Kids 6.45pm

Fri 16th: P&F Movie Night

Fri 19th to 23rd: Bookfair "Reading is Magic"

Parade on Friday 23rd

Tues 20th: Board Meeting

Wed 21st: West Wim Athletics @ Warracknabeal

Fri 30th: Father 's Day Chapel

September

Sun 1st: Father's Day

Tues 3rd - Wed 4th: 3 Way Conversations

Fri 6th: Yr2 Sleepover (TBC)

Thurs 12th: Little Desert Athletics @ Stawell

Tues 17th: Board Meeting

Thurs 19th: School Concert (TBC)

Fri 20th: Last Term 3

Jump Rope For Heart "Jump Off "

October

Mon 7th: Term 4 starts

Tues 15th: ALWS Day

Thurs 17th: Nhill Show (no school)

Fri 25th: Grandparents Day

F/1 Class Welcomes Miss Zikos



My name is Georgie Zikos and I am very excited to be joining the F/1 class here at Nhill Lutheran School. I am really looking forward to getting to know the class and spending the remainder of the year learning and having fun together. This is my fourth year teaching, I started my teaching in Hahndorf, South Australia, and taught Year 6 for the first 2 years. In 2023 and the first 2 Terms of 2024 I was blessed to teach F/1. When I'm not teaching, I love to go shopping or walk the beach! I have moved to Kaniva and am looking forward to spending time in country Victoria.

Chapel Dates

Fridays 9am

26th July

More dates will be
available soon

Assembly Dates

*(after Friday Chapel in
the morning)*

July 26th Year 3/4

More dates will be
available soon

From the Principal

Welcome to Term 3! I trust you had an enjoyable school holiday time. It is wonderful to see the children back at school for Term 3. As we look ahead to Term 3 there is much to look forward to: Book Week, visiting performers, concert, Father's Day chapel and footy, sporting opportunities, and more.

Last term was a special and significant time in the life of Nhill Lutheran School, with the move into our new school building, and the announcement that we are amalgamating with the Horsham and Dimboola Lutheran schools to become Wimmera Lutheran College in 2025.

The building project is mostly completed. The older building will be removed over the next school holiday period, and this will create a sizeable space which will then need to be landscaped and 'zhooshed up'. A section of this space will be allocated for the P&F paver fundraiser, where named pavers may be purchased and placed in a special location. Keep your eyes open for information about these coming out soon.

Announcements about Wimmera Lutheran College will be rolled out in time. Now that Jason Przbilla has been announced as the inaugural Executive Principal of the College, it means that other operational matters may now be attended to. The WLC Committee continues to meet regularly, putting in place various structures that meet regulatory requirements. The Nhill representatives on the WLC Committee are Michelle Pipkorn (NLS Board member) and myself, with each school having their Principal and a board member as representatives, as well as LEVNT representatives, under the direction of Mark Hughes who has had considerable governance experience relating to schools.

Welcome Miss Zikos, Congratulations Mrs Webb

Welcome to Miss Georgie Zikos who commenced as F/1 teacher this week. Georgie has most recently served as a classroom teacher at St Michael's Lutheran Primary School in Hahndorf, SA.

Congratulations to Mrs Kelsie Webb and her husband Dylan for the safe arrival of a daughter, Maisie Rose. God's richest blessings to the Webb family.

Kinder visit

We look forward to welcoming families to NLS on Friday August 9 for our kinder visit. Over a three week period, kinder families have the opportunity to visit each school in Nhill. If you, or someone you know, intends to enrol a child at Nhill Lutheran School in 2025, please complete and submit an enrolment form. These are available upon request from the school.

Growing Resilient Kids workshop

I encourage parents/caregivers to attend the free Growing Resilient Kids workshop on Monday August 12 at 6.45pm. This will be in the NLS multipurpose room, and is led by Smiles All Round. An information poster is located later in the newsletter.

Learner Profiles and Chapels

Late last term, the Nhill Lutheran School Learner Profiles were shared with community in the newsletter, and at school. These profiles identify characteristics and dispositions we would like our learners to possess, so they may be equipped with key skills needed for life. The 5 learner profile statements are:

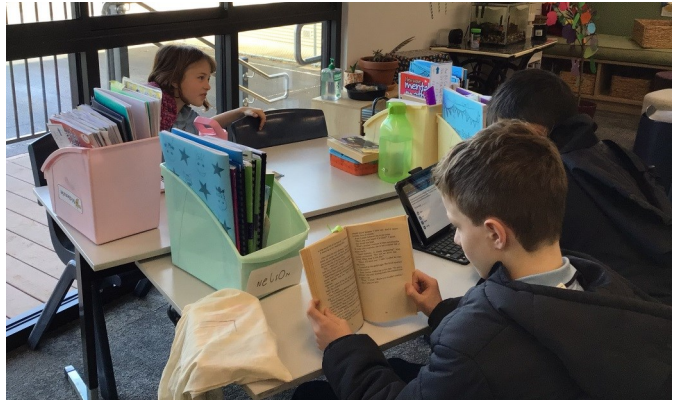
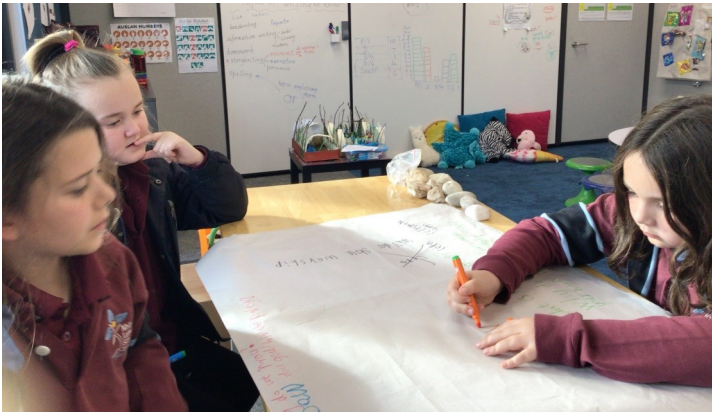
- ✓ I am resilient
- ✓ I think critically, creatively and with curiosity
- ✓ I am responsible and show initiative
- ✓ I show compassion
- ✓ I am collaborative

Our chapel theme for this term will focus on these learner profile statements, after having the theme of 'Building' for the first two terms.

Blessings,

Damon Prenzler

What Has Been Happening at NLS





Helena & Clayton were presented with their trophies for NLS Athletics Girls and Boys Champions



Prayer of the Week

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



- Esther & Cooper and their family
- Barrett and his family
- Miss Zikos and her family
- Sophie B and her family

Worship News

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



9th Sun after Pentecost
Nhill 9am
Jeparit 11am
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.

21st July Send Me an Angel

"It'd be great if depression was purely logical: 'follow three simple steps and everything will be okay!'" Although depression isn't simple, it doesn't mean it's hopeless. Jane shares about her depression and what it took to find motivation again.

28th July Out of the Cyclone Hear John's story of helping his family through the cyclone of depression. Hear how he navigated through the impact on the family and where they found hope through the struggle.

Chapel Offerings

At today's Chapel .60c was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning.



Devotional Thought

Who then is this, that even the wind and the sea obey him? (Mark 4:41b)

Read [Mark 4:35-41](#)

Do you sometimes wonder why Jesus leads you where he does? And do you sometimes wonder if your Lord cares for you in the storms of life? If so, today's reading is for you. The good news is that Jesus is with you even when the storms of life threaten to overwhelm you: Jesus has the authority to bring his peace into your life.

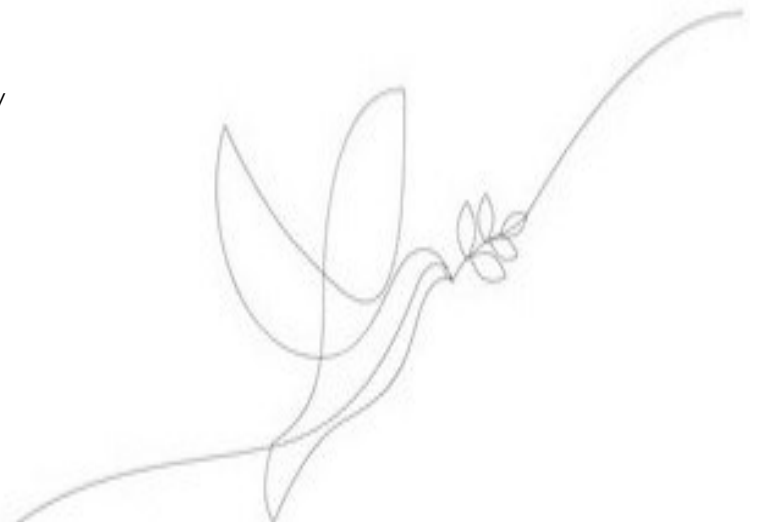
In our reading, it is Jesus who encourages his disciples to go with him across 'to the other side' – it is his idea to bring his disciples over the chaos of the sea and into a land where they will be confronted with the forces of evil (the Gerasene demoniac – Mark 5:1-20). As they travel, a gale arises, and the boat is at the point of being swamped while Jesus is sleeping comfortably in the stern of the ship.

It is hardly surprising that the disciples wake him up. We understand how they feel. Jesus has led them into this situation, and it appears he doesn't care about the peril they find themselves in. In our own lives, Jesus can call us into places where we face real difficulties – in marriage, at work or even in our congregation – and it can seem like he doesn't care that we feel overwhelmed and at the point of giving up.

The disciples learn who Jesus is as they call out to him. He wakes up and rebukes the wind and sea by speaking his word: 'Peace! Be still!' He brings an end to the threatening waves.

Jesus is with you where he has called you. He has authority over all the forces of darkness and chaos. By his word, he brings peace and order. Even the sea and wind obey him, so do not be afraid.

Lord Jesus, thank you for being with me where you call me to be and that the tempests still obey your voice. I trust that even when I enter the darkness of death, you will awaken me to new life with you. 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 first session back at Get 'em Going for term 3!

This term we are learning all about different vehicles, today we focused on the fire truck!

The children enjoyed experimenting with bells today during our music time. Learning a couple of new songs and using our listening skills to follow the actions.

For our craft the children traced their hands and decorated them to make fire trucks, we then used glitter for the water hose.

In the obstacle course the children are learning to balance, hop, jump and crawl. We also had a bat and ball game set up for hand eye coordination development.

Next week we are learning about the cement truck!
Tuesday morning 9:30am



Learning to take on challenges

Challenges are the pathway to growth. When our children habitually avoid challenges, their learning stalls. When they learn to understand, value, and embrace challenge, their learning accelerates. So, helping our children develop a healthy relationship with challenge becomes one of the most important ways we can help them become better learners.

How does your child respond to a challenge?

Does your child avoid a challenge, seeking their “path of least resistance” in learning?

Or do they select the challenges they know they can do? Looking like they are working hard, but secretly avoiding mistakes by not taking on anything too challenging?

Maybe your child takes on challenges because the teacher tells them to. They follow the teacher’s instructions and are led through challenging tasks.

Perhaps your child takes on challenges because they need to. They have something they want to achieve, a goal in mind. Their relationship with challenge is born out of necessity so they can reach their goal. But imagine if your child embraced challenges. In the spirit of John F. Kennedy when he said, “we do these things, not because they are easy, but because they are hard!” Imagine if when they were given the choice of doing something hard, or something easy, they’d choose the more challenging task, because they understood that challenge is the pathway to growth.

Becoming a Skilful Learner

How our children respond to challenges is a key element of what I call Learnership™ – the skill of learning.

Learnership is a skill developed over time. It helps our children (and us) to get more out of every learning opportunity. Most importantly, Learnership is something we can teach our children that helps them to thrive both in school and life.

As parents we can help our children on the path to becoming better learners, by helping them develop a healthier and more productive relationship with challenge.

Comfort Zone V’s Learning Zone. What’s the Difference?

The first step in helping your child develop a healthy relationship with challenge is to teach them the difference between their Comfort Zone and their Learning Zone.

We’ve all heard that we need to get outside our comfort zone and challenge ourselves, but how many of our children truly understand what that means?

For many people, getting outside their comfort zone means trying something new. But something new, isn’t always something challenging. Very often “new” is simply an “easy thing we haven’t done yet”. There is little struggle involved in this type of challenge, it comes with a great deal of certainty, and confidence that we’ll succeed. These challenges feel more like a task. They keep us busy, but they don’t help us get better. These types of challenges are in our Comfort Zone.

To be truly challenged our children need to stretch themselves beyond their current abilities. These types of challenge feel like a problem. Unlike a task where the path to completion is easily recognised, the solution to this challenge is not immediately apparent. They leave us feeling uncertain, and they involve struggle. The challenge feels “hard”. When our child feels like this, it’s a good sign they are in their Learning Zone.

Being in your Learning Zone feels uncomfortable. When our children find themselves in the Learning Zone, their first reaction is often to get out of it. Suddenly anything else seems like a more attractive option. They look for distractions, seek out easy options or adopt any number of avoidance strategies.

Struggle is temporary

It’s important to help our children recognise that the feeling of struggle and discomfort that comes with being in their Learning Zone is temporary. It passes. Many children believe if they are struggling now, then the next step in learning will involve even more struggle. They believe that the further they go, the more uncomfortable they’ll feel. So naturally, they turn away from further struggle. The reality is that effort is the currency of growth, and struggle is the price we pay for that growth.

The reward is that what we experienced as hard today, becomes easy tomorrow. It doesn't get harder and harder and harder. It's hard, then it's easy. Then they move on, and the next step is also hard, until they make that easy. Being in the Learning Zone, and experiencing the struggle that comes with it, is not only a normal part of learning, but also an essential part of growth.

Parenting for more skilful learners

As parents we have an important role in helping our children become more skilful learners. This begins by helping them develop a healthy relationship with challenge. By teaching them that effort is the cost of growth, and normalising the struggle that comes from being in their Learning Zone, we help them become "comfortably uncomfortable" with challenge, and put them on a path of continuous growth.



AUTHOR James Anderson

James Anderson is an international speaker, author and educator. In an educational landscape focused on teachers, James' work focuses on learners. His signature work defines Learnership™ – the skill of learning. He answers the question: What does it mean to be a skilful learner? For further information visit jamesanderson.com.au. You can also listen to James and Dr Justin Coulson discuss Learnership™ on the Happy Families podcast episode #529 (The Growth Mindset) and #559 (How to Create Skillful Learners).



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>

God's Blessings to our Families on Their New Arrivals

Congratulations to Alicia, Luke, Sienna and Hunter on the safe arrival of their son and brother, Charlie.

Congratulations to Kelsie and Dylan on the safe arrival of their daughter, Maisie Rose.



ICAS Assessment Information

Late last Term, 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. Due back to the office by Friday 26th July.

SRC Dim Sims Term 3

In Term 3 steamed Dim Sims will be available on Wednesdays for \$1 each.

Reminder.....

Lunch orders are available on Fridays for the students. Orders are sourced from the Wimmera Bakery.

A CELEBRATION DAY FOR GIRLS

A Celebration Day for Girls is a one-day workshop for girls aged 10-12 years, and their mother or female carer. Designed to support you both at this special threshold in your lives, and to provide an affirming, grounded and connected celebration of the journey to womanhood



Sunday 25th August
10am-4pm
Horsham Neighbourhood House

Bookings at
[Eventbrite](#)

Includes 2 hour
Mother/carer session
Thurs 22nd Aug 7-9pm

For more information contact
Rachel Pilgrim 0430 450 967
or rachel.pilgrim@yahoo.com

www.rachelpilgrim.com.au

www.celebrationdayforgirls.com

From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

Horsham

Early Bird
Tickets
until 7 Aug!

Wednesday 21 August 2024,

Choice of 11am OR 6:30pm sessions

(3 hr seminar incl question time, doors open 10:30am & 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.



Presented by

Daniel Giles OAM
Order of Australia
Medal Recipient
& Autistic Self-Advocate

Daryl Giles
Daniel's Dad

Leash Purcell
Daniel's Sister
and Educator



Venue

Horsham Sports and Community Club
177-181 Baillie St, Horsham VIC

Tickets (*includes \$0.50 booking fee for online bookings)

Autistic people, family & carers
\$30.50* early bird | \$35.50* regular

Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.)
\$75.50* early bird | \$85.50* regular

trybooking.com/CSXJP (or scan QR code)

Contact

e: admin@speakinginsights.com.au

w: speakinginsights.com.au



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Growing Resilient Kids Workshop

This is a practical solution focused workshop for parents, caregivers, grandparents, and educational staff who connect with young people.

This 2-hour workshop focuses on:

- The brain science behind emotions.
- Learning about the purpose of anxiety and stress (it's not all bad!).
- Increasing understanding of how feelings (e.g., anxiety, stress) impact our thoughts and body (physiology).
- Learning ways to recognise, accept and/or manage unpleasant feelings.
- Practical tips and strategies for supporting young people to cope and persist through challenging moments and feelings.

I AM THE
BOSS
OF HOW I
THINK,
FEEL & ACT.

Monday 12th August 2024
6.45pm-8.30pm

Cost: Free

Location: Nhill Lutheran School
2 Mackay Street, Nhill

Register via:

karen@spls.vic.edu.au

Or NLS 53912144

**** Registration will provide you with a participant workbook**

Presenters:

Lana-Joy Durik & Gez Walter

Senior Psychologist Educator & Counsellor

Smiles 
ALL ROUND

www.smilesallround.com.au