

## Upcoming Dates

### 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

Mon 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

**Assembly and Chapel Dates are  
on page 2**

## Students of the Week

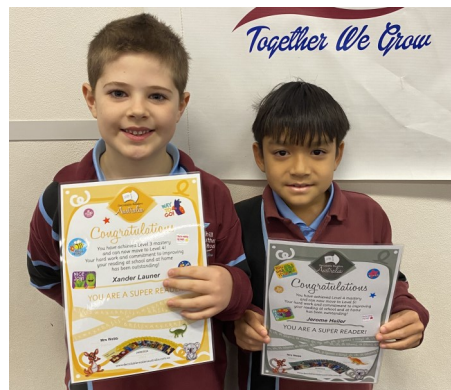
Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation/1: Freya Year 2: Connor

Year 3/4: Esther Year 5/6: Harrison



## Super Readers Award



Congratulations to the following student who were presented with Super Readers awards at assembly today: Xander, Jerome & Freya

## Birthdays

Happy birthday wishes are sent to the following students: Mia 30th July Clayton 30th July



## From the Principal

### Visiting performers and Book Week

On Monday, we were entertained by performers from Meerkat productions who shared the story of Timeless, one of the CBCA shortlisted books for 2024. It was great to see a book come to life through drama, song and puppetry. Book Week this year is the week beginning Monday August 19, with the theme being 'Reading is Magic'. A book fair will be held during Book Week, and our annual dress up parade will be held on Friday August 23. Students may dress as their favourite book character, or as something to do with the 'Reading is Magic' theme.

### Iona visit

The 5/6 class visited Iona Digby Harris Home on Monday and spent time with the residents, playing games and chatting. It was great to see the compassion and responsibility shown by the 5/6 students, and we look forward to our next visit.

### Kinder visit and enrolments

We look forward to welcoming families to NLS on Friday August 9 for our kinder visit. Visitors will be given a tour of the school, children will spend time with Miss Zikos in the Foundation classroom, and information about the school will be shared with the parents. 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

There has been pleasing interest shown in the Growing Resilient Kids workshop. I encourage parents/caregivers to attend the free workshop on Monday August 12 at 6.45pm. This will be in the NLS multipurpose room, and is led by Smiles All Round. You may register your interest at 5391 2144 or [karen@spls.vic.edu.au](mailto:karen@spls.vic.edu.au).

### Hockey 7s

Next Thursday, our Hockey 7s squad will compete to defend their title, under the guidance of Mrs Alexander. I wish all players well as they represent our school.

### National Lutheran Principal Conference

Next week I have the opportunity to attend the National Lutheran Principal Conference in Brisbane. Lutheran Schools are located in every state and territory in Australia, minus the ACT, and it is wonderful to come together as Lutheran school leaders, and to share in what makes Lutheran schools so special.

Every blessing for your week,

Damon Prenzler

#### Assembly Dates

*(after Friday Chapel in the morning)*

9th Aug - Kinder Visit  
23rd Aug - Year 2  
6th Sept - Year 3/4  
20th Sept - General

#### Chapel Dates

*Fridays 9am*

2nd Aug - Pastor Carl (tbc)  
9th Aug - Kinder Visit  
16th Aug - Year 2  
23rd Aug - F/I  
30th Aug - Father's Day  
Chapel  
6th Sept - Year 5/6  
13th Sept - Year 3/4  
20th Sept - Pastor Carl (tbc)



## Year 5/6 Class Spending Time With Iona Residents



Intergenerational time has been incorporated into the Year 5/6 class, this allows the students to understand that no matter the age, every person has a story to tell and that having fun with activities is enriching for all ages.

The students go with a positive attitude and engage with the residents respectfully through games including cards, throwing or bowling or just chatting and enjoyment is had by all.





## Prayer of the Week

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



- Darcy & Connor and their family
- Jackson and his family
- Mrs Rohde and her family
- Seraph and her family

## Worship News

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



10th 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](http://messagesofhope.org.au) or on iTunes and Spotify.

### 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.

### 4th August Who Am I?

What do teenagers really think about their place in a world of confusion and challenges? Hear stories of young people searching for identity, and how faith shapes who they are.



## Chapel Offerings

At today's Chapel \$5 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

## Devotional Thought

For God so loved all the world  
I now realise how true it is that God  
does not show favouritism (Acts  
10:34b).

Read [Acts 10:34-48](#)

Have you noticed that in many paintings, Jesus often doesn't look like he is from the Middle East? A few years back I saw a wonderful painting of the crucifixion in which Jesus and all those involved were from Papua New Guinea. I think you can guess the nationality of the artist. I do think it is important that we embrace the fact that Jesus lived, died and rose again for all those in our culture (including you and me!). The Bible teaches that God became one of us, and adopting Jesus into our culture is one of the ways to proclaim this.

However, this can lead to problems if we overlook that the gospel is for 'all nations', not just my nation. We see this with Peter and his colleagues. After Peter's sermon, which was eagerly anticipated by the Gentile listeners, we have a wonderful outpouring of the Holy Spirit. These people did not need to give up their Roman ways and become Jews. They put their trust in Jesus, received the Holy Spirit and were baptised. They were as fully Christian as any in the Jerusalem church.

Our God so loved all of us – regardless of age, ethnicity, gender, etc – that he sent Jesus to live the life of obedience that we all fail to live; to carry all of our sins upon the cross, so that we all rise to life eternal through his resurrection.

This is probably a good time to examine ourselves (and our churches) to make sure that we are not excluding those who are different from us. For those of different backgrounds within your congregation, maybe you can find ways in which you can celebrate and experience that difference. Look into ways you can support organisations that spread the gospel, in word and in deed, throughout different countries.

***Father, you are our creator, sustainer and redeemer. May any barriers to the spread of your gospel be removed. Through your Holy Spirit help me to show your love to my friends and family, as well as to those who have different backgrounds. Help me to see people as you see people. In the name of Jesus, I pray. Amen.***



The school was blessed with a visit from a wallaby during the week.





## Buddy Time









## 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)



We had a great morning in Get 'Em Going today.



We continued to practice listening and following instructions through our action songs.

The children enjoyed using the bells again practicing rhythm and dance.

We focused on the cement truck for our theme. Everyone enjoyed sticking on some cement rocks with PVA and decorating their truck with paper and pencils. It's great to see some of the younger children learning how to grasp their pencil!

We brought out some new balancing beams today for the children to explore and further practice their gross motor skills.

Come along next week; we will be learning all about the ambulance! Tuesday at 9.30am.







## Parenting on the Same Page

Raising children is tough enough without opposition and antagonism from other adults who share in the responsibility. Researchers note that when parents are on the same page, family satisfaction increases, and outcomes for children improve—provided the parents' habits are positive.

In the early days of my marriage to Kylie, I had no idea how to be a dad – or a husband. Kylie was educated in early childhood. And me? I was not educated in anything. My parenting showed it. But I would not listen to Kylie's advice.

As it became clear that I was ineffective, and potentially making things worse, I began my studies and changed my ways. Now we were on different pages again. Kylie didn't like taking my advice. After all, she had previously had the 'right' answers. Now I was making suggestions that were contrary to what Kylie had always thought was appropriate. While Kylie's answers had been better than mine, now it seemed mine might be better than hers, or so I thought. But Kylie disagreed.

Kylie began to resent me making suggestions based on what I had been learning. Until... I came into the house one day and things were loud and tense. Kylie demanded I take over because the kids were driving her insane and I apparently had 'all the answers'. So I did. And within about 20 seconds everyone was calm, the children were apologetic and peace was restored. (If only I did it that well every time).

That incident allowed us to turn a corner. We're not entirely united in every aspect of our parenting, even now. I'm not sure perfect unity is possible. But we work together in consistent ways to get the best results for our children. And it makes such a difference.

So let's get on the same page. When we see things the same way – or at least work to understand one another – everyone gets along so much better. It's the first thing parents need to make their parenting work as well as it can.

### Flat-out Refusal

In some situations, your partner might refuse to discuss things with you. They may not even be willing to read what you're reading. Please remember, you're playing a long game. So be the example as Kylie was to me, and then as I was later able to be for her. We both had many strained conversations about how to parent. (Even now we still do as our teenagers find new ways to test our skills.) In the end, patience was the winner.

In the meantime, look for the good in the parenting of your partner, or in step- and co-parents. While you know (and deep down, they know) that they can improve, so can all of us! But just because there's room for improvement, it doesn't mean they're an abject failure. Most parents, even those who struggle, are doing some things right. Enjoy those moments and express gratitude and appreciation when they occur.

### Focus on Strengths

It would be easy to focus on all the things that create division and misalignment. This probably won't be helpful at this stage of our discussion. Instead, let's focus on things that strengthen our views of one another.

- What's one thing your partner does with the children that you love?
- How can you encourage more of that?
- What family activities do you enjoy together?
- How can you make time for these activities?

Emphasising what we love doing together fosters greater alignment than fixating on our shortcomings.

United parents don't have to do everything the same or agree on everything. However, when there's consistency between parents and a willingness to work together toward shared outcomes that matter, we can foster harmony and purpose in our family. This positive environment benefits both our children and our partnerships.

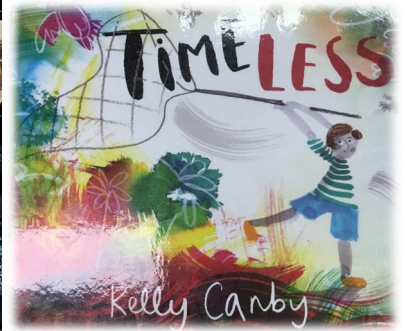


### **AUTHOR** Dr Justin Coulson

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](http://happyfamilies.com.au).



## Meerkat Productions

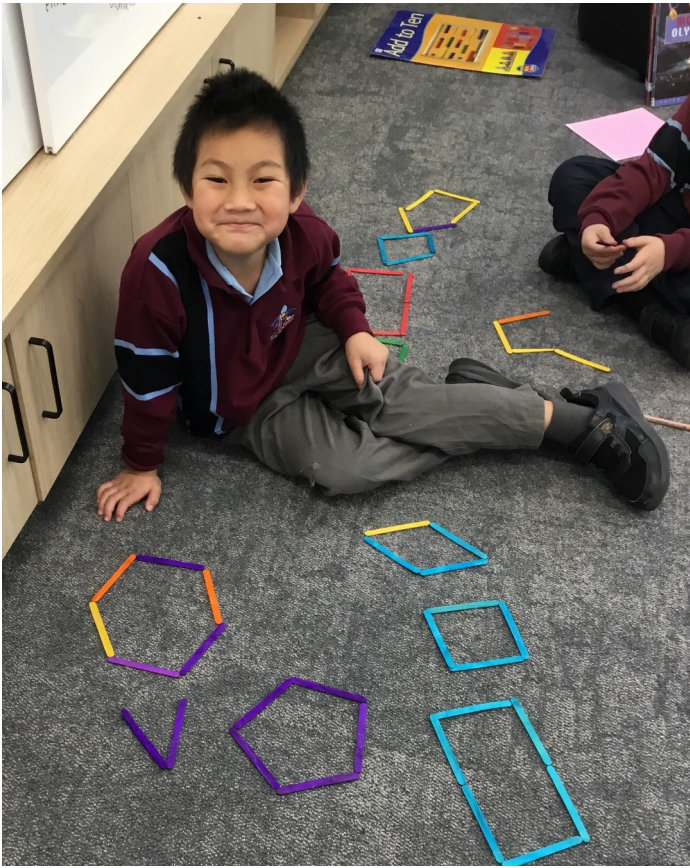


Meerkat Productions presented a most dynamic play based on the shortlisted book "Timeless" by Kelly Canby. Emit the main character wanted to buy some time. Granny Grace didn't sell time in a jar, but had jars full of other things to make you happy—but which didn't cost anything.





## Year 2 Class



These Year 2 boys were creating as many 2D shapes as they could using popsticks. They counted how many sides and corners each one had, and if they knew the names. One new one we learned was "hendecagon" for an 11-sided polygon.





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>

## From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

### Horsham

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.

Early Bird  
Tickets  
until 7 Aug!



### 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



ABN: 11 945 440 100

### 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](https://trybooking.com/CSXJP) (or scan QR code)

### Contact

e: [admin@speakinginsights.com.au](mailto:admin@speakinginsights.com.au)

w: [speakinginsights.com.au](https://speakinginsights.com.au)



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**EDUCATORS** - Educators can claim 3 hours of Professional Development. Australian Professional Standard for Teachers at the level of Proficient Teacher **6.4.2**

## 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](mailto:rachel.pilgrim@yahoo.com)

[www.rachelpilgrim.com.au](https://www.rachelpilgrim.com.au)

[www.celebrationdayforgirls.com](https://www.celebrationdayforgirls.com)



# 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 12<sup>th</sup> August 2024**  
**6.45pm-8.30pm**

**Cost: Free**

**Location: Nhill Lutheran School**  
**2 Mackay Street, Nhill**

**Register via:**

**[karen@spls.vic.edu.au](mailto: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](http://www.smilesallround.com.au)