

Upcoming Dates

August

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 & Footy

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

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: Seraph

Year 2: Zoe

Year 3/4: Matilda

Year 5/6: Henry



Derek The Bear

Congratulations to Esther for receiving Derek the Bear. We hope you both enjoy your time together.



Birthdays

Happy birthday wishes are sent to the following students:

Nelson 19th August

Koda 23rd August



Hockey 7s

From the Principal

Congratulations to our Hockey 7s team, capably led by Mrs Alexander, for their efforts in the Greater Western hockey held in Hamilton on Tuesday. The team applied themselves exceptionally well and represented our school with distinction, winning one out their five games. Thank you to parents/ caregivers who made the trek to Hamilton to support.

Growing Resilient Kids workshop

Thank you to those who attended the Growing Resilient Kids workshop on Monday. If you were unable to attend, or would like more information, please contact our Wellbeing Officer Karen at karen@spls.vic.edu.au.

Movie Night and Paver Fundraiser

Thank you to the P&F for organising the Movie Night tonight – 6.30pm at the school.

There is one week left to get your orders in for the Paver fundraiser.

Governor of Victoria

On Tuesday, I had the privilege of Henry, Sophie and Grace accompanying me to a civic reception with the Governor of Victoria, Professor the Honourable Margaret Gardner AC. The Governor spoke how the positive contributions of individuals make communities better, and she had a brief chat to our students, which included sharing information about her big house.

Book Week

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.

West Wimmera Athletics

Next Wednesday, fifteen NLS students head to Warracknabeal for the West Wimmera Athletics. All the best.

Building update

We have been very blessed this term to be in our new school building. There are still items on the 'to do list' that will be addressed in coming weeks and months, including the two garden beds closest to the school entry being improved. In mid-September, fences will be placed around the old school building, and this building will be removed during the September-October school holidays.

Upcoming Events

There are a few events in the next few weeks to mark in your calendar:

Friday August 23: Book Week dress up day, parade and activities. Students may dress as their favourite book character or as something to do with the theme of Reading is Magic.

Friday August 30: Father's Day chapel and footy game.

Tuesday Sept 3 – Wednesday September 4: Three Way Conversations. Further information, including booking forms, have been sent home.

Thursday September 19: an evening concert performance of What a Knight!

Every blessing for your week,

Damon Prenzler

Assembly Dates

*(after Friday Chapel in
the morning)*

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

Chapel Dates

Fridays 9am

23rd Aug - F/1

30th Aug - Father's Day Chapel

6th Sept - Year 5/6

13th Sept - Year 2

20th Sept - Pastor Carl (tbc)

Prayer of the Week

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



- Oakley & Koda and their family
- Xander and his family
- Mia and her family
- Mrs Clark and her family

Worship News

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

13th 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.

18th August Living with Confidence

Finding our way in life can be a long journey, and who we are can take a battering. Peta, Christian life coach and speaker, shares her passion for helping women build confidence and purpose.

25th August Finding Connection

There are times when the pieces of our life don't seem to be fitting together as they should. Nancy explores how the stress of juggling being a wife, mother and police officer had her feeling disconnected and uncertain.

Chapel Offerings



At this week's Chapel \$55.30 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

Don't let your anger lead you into sin

There was a sharp argument, and they separated: Barnabas took Mark and sailed off for Cyprus, while Paul chose Silas and left, commended by the believers to the care of the Lord's grace (Acts 15:39,40).

Read [Acts 15:36-16:5](#)

Arguments are rarely (if ever) wholesome and, if allowed to get out of control, can lead to long-lasting pain, even tragedy. Our communities are full of broken relationships because of arguments that should have been nipped in the bud but were allowed to go on. And it's so easy to come up with reasons to keep the argument going: you need to stick to your principles, or you have to prove to the other person that you are right. But how quickly it affects your relationships!

'Do not let your anger lead you into sin, and do not stay angry all day' (Ephesians 4:26). That's how your God wants you to live. And that's how you will find peace.

Paul and Barnabas had a sharp argument, allowing their feelings and passions to get the better of them, and they paid the price. Many, many people have followed the same path with exactly the same results.

God's way for you to handle arguments and anger is clear, and it works because it's grounded in forgiveness and love: 'Forgive others, and God will forgive you' (Luke 6:37b).

Dear Father, help me to live in harmony with people everywhere. Make me a channel of your peace. Amen.



Hockey

Hockey 7s – Greater Western Region

After winning the State Schools Victoria Little Desert Division Hockey 7s primary competition at Dimboola a couple weeks before the Nhill Lutheran School progressed to the Greater Western Region Hockey 7s, played at Pedrina Park, Hamilton. The weather was a mostly sunny 20 degrees with a strong breeze which made for a cool start, on Tuesday 13 August 2024.

Nhill's 10-player team consisted of hockey players Henry, Barrett, Zara, Esther and Matilda, with the addition of Savannah who was unable to play the first round due to injury, and non-hockey players Clayton, Oakley, Cooper and Lawson. Darcy unfortunately was sick and unable to play.

Games were 2 x 12 minute halves with a two minute break at half time.

Game 1 against Ballarat Grammar was a high scoring and competitive game. Henry scored, Ballarat scored, then Clayton scored three in a row for a super quick hat-trick to take the lead 4-1 at half time. Second half Ballarat scored, then Barrett and Henry scored, before Ballarat came back at us hard with three quick goals. NLS was able to hold them off to the end for a tight 6-5 win.

Game 2 against Camperdown College was a tough one, down four at half time. Barrett scored first up second half with Camperdown then adding two more, for a 6-1 loss.

Game 3 against Hamilton & Alexandra (girls) was a little more competitive with H&A scoring one in the first half. H&A scored second half followed by Barrett scoring. H&A scored twice more for a 4-1 loss.

Game 4 against Hamilton & Alexandra (boys) was a tough game, with H&A scoring four in the first half, and three in the second for a 7-0 loss.

Game 5 was the last of four consecutive games without a break, and the kids were getting warm and tired. Playing St Arnaud was always going to be tough, and we were down seven goals first half, but they only scored another four second half for an 11-0 loss.

Cooper and Oakley may have found their new passions at full back, getting lots of practice back there and making a few good stops between them. Matilda back there did a couple great saves as well.

Zara and Henry were steady players at half backs for most of the day, with Savannah and Clayton also playing there a little.

Forward line varied with Matilda, Lawson, Esther, Barrett, Clayton, Savannah, Oakley and Cooper.

Players rotated a bit to give everyone a rest, whether off field or by on field positioning.

Despite the losses, NLS was able to score at least one goal in a few games which is a good effort, and several for the day. And winning one game at this level was an improvement on last year, so well done, kids! Everyone kept their heads up and kept trying, despite the warmth of the day.

Thanks to Bron Zanker for bringing lollies and oranges, and doing the tech duties for some of our games.

Thanks also to Gemma and Brendan who came in support, and Gemma for being a first aid support.

Thanks to Rachel for her coaching skills on the day.

Thanks to Erin Alexander for organising, umpiring and providing great pep talks and encouragement once again.

This is the second consecutive year NLS has advanced to this next level, and although the scorelines are a little tough at this higher level, this is great experience and a fun day out. Great effort!





#CBCA2024
Children's Book Week®

Reading
is
Magic

Book Fair

Mon 19th August

To

Fri 23rd August

1.35pm to 2pm

3.20pm to 3.45pm

Every purchase helps the school to gain
valuable resources for the library



Book Week Celebrations

Book character dress up parade - after chapel by F/1 in
Assembly Hall

Lunch Free Sausage Sizzle - Friday 23rd August
(NO LUNCH ORDERS AVAILABLE)

Book Fair open times on previous page

Job Opportunity



Nhill Lutheran School

Classroom Teacher

Full-time (1.0FTE) position for 2025
(with potential to be ongoing)

Nhill Lutheran School is seeking a passionate educator to teach eager-to-learn students. The successful applicant should be willing to support the Christian ethos of the school.

For a job description please email
principal@nls.vic.edu.au with the subject line of
'Classroom Teacher Position' or view [teachers.on.net](https://www.teachers.on.net)

Applications to be sent to principal@nls.vic.edu.au or
2 Mackay St, Nhill 3418

Applications close: 6th September 2024

Position commences: 22nd January 2025



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>

Slippers & Gumboots

Reminder to all families that there are still slippers in the old school building that will need to be collected by Friday 30th August. The good condition uncollected slippers and gumboots will be given to charity

Victorian Governor General Visit



On Tuesday afternoon 3 students Henry, Sophie & Grace along with Mr Prenzler had the opportunity to meet the Victorian Governor Margaret Gardner and represent the Nhill Lutheran School at community centre. They were joined by St Peters Dimboola representatives. They engaged with the Governor, making the school community proud, this is an opportunity that doesn't come along very often in Nhill. Thanks to the students giving up their afternoon to be part of the occasion.



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 busy and fun morning at Get 'em Going today!

We learnt all about the train!

The children loved exploring the train tracks with their friends. Connecting the tracks and using their imagination to create their own play.

For our craft the children made a train picture; sticking on carriages and with the help of their parents spelling out their names with stickers.

It's great to see the children starting to recognise their names and letter. We practice this each morning by finding their handprint with their name and sticking it on the chart as they come in to playgroup.



We did lots of action and movement songs today with ribbons. The children are getting great at using their listening skills to follow along with the actions.

Next week we are learning all about planes! Tuesday 9:30am

Gold Medals All Round



The Foundation, Year 1 and Year 2 students didn't have to train too hard to get their very own gold medals. Instead, they made them and then decorated them with gold paint and their own designs.

That sounds so much easier than all those years of training!



Father's Day Chapel / Football Game / Wearing Team Colours & Hot Dog Day

Reminder to everyone.....

The annual Father's Day Chapel, the football game with parents versus students, and finishing off the morning with a hot dog is just around the corner, all while wearing your favourite sporting teams colours. Save the date and enjoy a great time having fun with the students in a not too serious football game. This event will be held Friday 30th August from 9am til approximately 11am.



Year 5/6 Nhill Lake Excursion For Science Week

What is the Lake like as an environment?

What an unexpectedly 'spring-like' day we were blessed with for the walk to/from for our investigation of the Nhill Lake environment, for *National Science Week*, on Wednesday.

Our first activity at the Lake was to read the plaque at the entrance to the picnic area. It reminded us that we were on Wotjobaluk country.

Our first activity was to record the key parts of this environment in a field sketch. Having learnt how to do this scientific technique in the morning, the students did this really well 'out in the field', showing land, water, air and living things – trees and birds mainly.

Next, we tested the water quality. Three sets of *River Detectives* equipment were used: pH strips with results shown by a coloured pad; T11 scans with a digital read-out for both salinity and temperature; and plastic turbidity tubes with a marked scale. You can see the different equipment in the photos. Having three groups enabled us to replicate the testing - an important principle of good science.

Finally, using a *Backyard Blitz* based record sheet, students identified, photographed and recorded, plants and creatures in the area. The dominant species were the River Red Gum trees, with Long -billed Correllas in them and Eurasian Coots on the water.

On Thursday, we collated the results, averaging where there was a difference between the readings: pH 9; salinity 1413 ECs; water temperature 19 C (mild) ; turbidity 2 NTUs; and air temperature 25 C (warm) . What did this mean? "The pH of 9 is poor" (Clayton). "The lake is kind of salty" (Cooper). "The lake is clear" (Mia, Oakley). Overall, we decided that the environment was ok, with pH the main concern for water species.

Citizen Science data like this can be shared on on-line data bases, e.g. at *River Detectives*. It then becomes available for others to use, now and in the future. Similar data collected by Nhill students from 2000-2007, during the Millenium Drought, is on the *Waterwatch* database. We compared our data with it. We were surprised to see that our readings are saltier and clearer than 20 years ago, and pH is more basic.

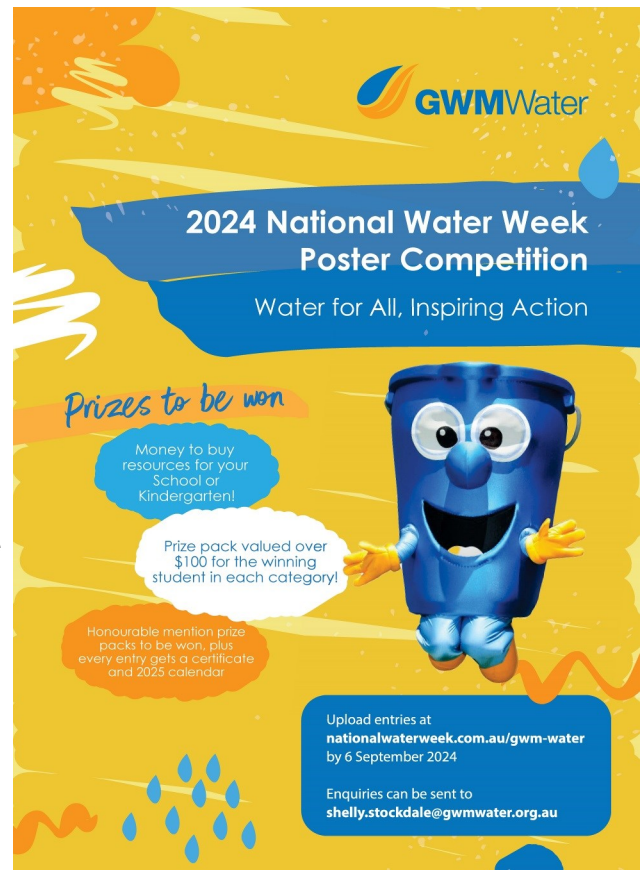
This webpage also showed an aerial view of the Lake. Sophie noticed that the Lake and island was not as much of a 'donut -shape' as it looked from the ground. Lawson noticed that the island was a 'weird rectangular shape'.

I hope we will be able to do further monitoring of the Lake as we move into Spring and Summer, especially to see if any readings change and to see how water life develops.

Thanks to Ms McLean for taking the photos, to Ms McLean and Mrs Prenzler for accompanying the class and helping them, and to the students for working so well together, 'Acting Local' by conducting good science at the Lake.

We collated and interpreted the results on Thursday. The pH of 9 was 'basic'; the salinity of an averaged 1413 EC's between the three scans.

The students began by reading the plaque at the entrance to the Lake, reminding them that this had been a corroboree meeting place of Wotjobaluk.







Parenting with Influence, Not Control

One morning, a farmer was doing chores in front of his farmhouse when a large four-wheel drive pulled into his driveway. A man in a uniform climbed out, walked up to the farmer, and declared, "I'm here to inspect your farm for any illegally grown drugs."

The farmer responded, "Fine. But whatever you do, do not go into that paddock over there." He pointed to a beautiful paddock behind the man.

The officer, bristling with authority, replied, "Mate, I don't think you understand. I'm here to inspect your farm and I have the authority of the state government – the premier – behind me." He reached into his pocket and pulled out a badge. "Do you see this badge? It means I can go onto any land I want! Have I made myself clear?"

The farmer apologised and resumed his chores. A short while later, the farmer heard a scream. He looked toward the paddock and saw the officer racing across it with a raging bull in hot pursuit.

Seeing the imminent danger, the farmer stepped onto the fence surrounding the paddock and called out, "Your badge! Show him your badge!"

The Badge of Authority

As parents, we often find ourselves in the same predicament as the officer. We believe that our authority should compel our children to comply, but just like the bull, they are unimpressed by our badges. We say things like, "Because I'm the parent, that's why," and expect obedience. When our children resist, we escalate, relying on our power to enforce compliance.

But this approach is flawed. H.L. Mencken said, "There's always a well-known solution to every human problem – neat, plausible, and wrong." This is especially true in parenting. Our simplistic strategies for "fixing" our children often create bigger challenges. Children need to know we have power, but that power should make them feel secure, not controlled.

When our children don't listen, we get mad. We yell, threaten, remove privileges, ground, and some parents even resort to physical punishment. But these actions ignore the reasons behind their behaviour and damage our relationship with them. They might comply in the short term, but they're learning to fear us, not to understand right from wrong.

Relying on our authority, our parenting "badge," diminishes our real influence. Children might obey while we're watching, but the moment we turn our backs, our authority evaporates. Instead, we need to focus on building relationships of trust. This slow, deliberate approach might seem less effective at first, but it yields long-term results.

The Three Es of Effective Discipline

If we really want to *help* our children, we do it best by *working with them* rather than *doing things to them* or simply issuing commands. To help, I've developed the 3 Es of Effective Discipline: Explore, Explain, and Empower.

When we **explore**, we spend time together, connecting. When we understand where our child is struggling, we move to explain.

When we **explain**, we keep it short and simple. Most of the time our children already know what is expected. So we restate, "You know, and I know, that hitting your siblings is not ok. We're always working on managing our feelings and asking for help if we need it."

Then, assuming they feel understood and we know they get our expectations loud and clear, we **empower**. This does not mean we let them decide what should happen. It means we invite their ideas on how to move forward, and offer gentle collaboration and guidance to help them figure things out. It might mean they apologise to someone who's been hurt, make restitution for something lost, broken, or stolen, or simply promise to do better next time.

Power struggles are an inevitable part of parenting. Toddlers fight over bedtime, screen time, or what to wear. Teenagers push back against curfews and household rules.

Parenting with influence, not control, requires patience, empathy, and a willingness to understand our children's perspectives. By setting aside our badges of authority and embracing the Three Es of Effective Discipline, we can navigate the challenges of parenthood with grace and effectiveness, fostering a nurturing environment where our children can thrive.



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.



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Get 'Em Going Father's Day Gift making morning

**Tuesday August 27th
9:30am**

Bring your preschooler
along to make their
Dad or special friend a
creative gift!

Nhill Lutheran School Presents...

What a KNIGHT!



**Camelot's Craziest
Quest!**

19th of September
Nhill Memorial Community Centre
Doors open at 6:30pm - 7pm start
Gold coin donation

★ MOVIE NIGHT ★

★ POPCORN ★

★ DRINK ★

Movie Night

Friday 16th August
6.30pm

Popcorn provided

Please BYO comfy seats,
blankets and water bottles.

Please note all children need to be supervised
as this is an out of school hours event.

Movie will be PG rated



P&F Signature Paver Project



The P&F are currently running a Signature Pavers Project. All members of the school community; staff, students, family; past, present and future are able to purchase a paver for \$50 to be laid at the school with their name on it. Families may purchase multiple pavers if wanted. This is a wonderful way of commemorating our past with our new school building. If you would like to purchase a paver, order forms are available from the school office or by emailing pandf.nls@gmail.com.

Orders close August 23rd.