

Upcoming Dates

October

Fri 25th: Grandparent's Day
World Teacher's Day

November

Fri 1st: Pre Foundation Visit 9 - 11am
Fri 8th: Official Opening 9.15am
Pre Foundation visit 9 - 1.15pm
F/1/2 Sports Day PM @ Nhill College

Wed 13th: BMX Incursion

Fri 15th: Colour Run (tbc)

Tues 19th: Board Meeting

Fri 22nd: Pre Foundation Visit 9 - 3.15pm

Fri 29th: Pre Foundation Visit 9 - 3.15pm

December

Wed 4th: Year 6 Graduation Dinner
@Little Desert Lodge

Wed 11th: End of Year Graduation Service

Thurs 12th: Last Day of Term 4 (3.15pm)

Fri 13th: Staff PD Day

Chapel & Assembly Dates page 4

Greater Western Region Athletics



Last Friday, we had 4 students represent the school in athletics at Ballarat; Savannah, Helena, Henry & Tom

They represented the school in the Greater Western region; which encompasses from Western Hwy SA border down to the coast then along the coastline to Colac then up to Ballarat and weave the way up to Birchip then across to the SA border starting point.

So it was a great achievement to all athletes getting to this level.

Congratulations to Henry who has qualified for the State level in Discus.

Birthdays



Happy birthday wishes are sent to the following student this week.
Gus 23rd October

From the Acting Principal

ALWS

On Tuesday we were blessed to have Josie Wundersitz from Australian Lutheran World Service visit our school and lead 2 sessions with our students, and students from St Peters Lutheran Dimboola. Josie gave us an insight into how people less fortunate than ourselves live, and how the ALWS can help. Josie also shared with us the new Gifts of Grace catalogue.

Greater Western Regional Athletics Championships

Congratulations to Henry, Tom, Helena and Savannah for the way they competed at Ballarat last Friday. Each of these students did a fantastic job in their events where they competed against up to 14 other students from the Greater Western Region. A special mention to Henry who placed 2nd in discus, and will now progress to the State Championships. A big thank you to parents for taking the students to Ballarat and supporting them on the day.

Upcoming Events

Friday October 25: Grandparents Day - We invite Grandparents and special friends to join us for a special chapel at 9am, followed by activities in the classroom and a morning tea prepared by the students.

Friday November 1: Pre-Foundation visit – We welcome the pre-foundation students to our school from 9-11, and look forward to getting to know each of you.

Have a lovely week,
Erin Alexander

Year 5/6 Decorated Boxes Mini Show

This term we have a focus on Creativity and Compassion for the y5/6s. For a creativity starter, the 5/6s changed a small ordinary teabag box into Something else! And, as you can see below, they were great! As they might have been 'treasure boxes', each student was given a gold coin to vote for the best (not their own!), hence the gold coins in the photo.

But there were three more rounds of votes to come! With a major project this term as the Bizarre Bazaar, the 5/6s voted on the most 'bizarre' box design. They presented them to the y2's, who voted on the 'best'. Later in the day, they presented them to the y3/4s who voted on the ones they liked most, with a written reason. These were tallied up to give our first and second prizes in this 'mini-show competition' the starry box (3rd from the left), and the First Nations welcome box (2nd from the right).

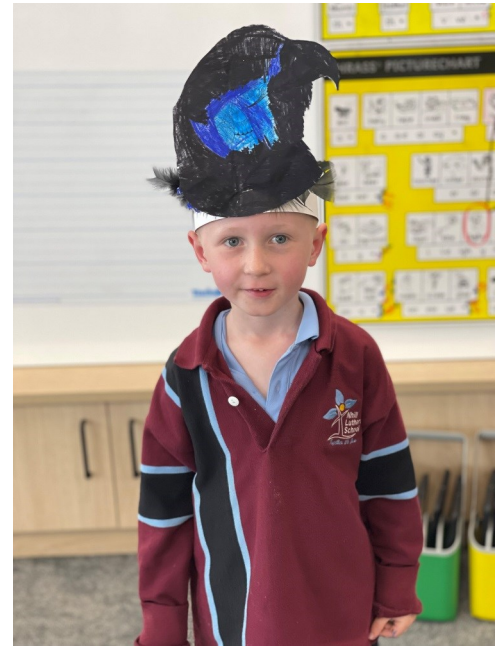
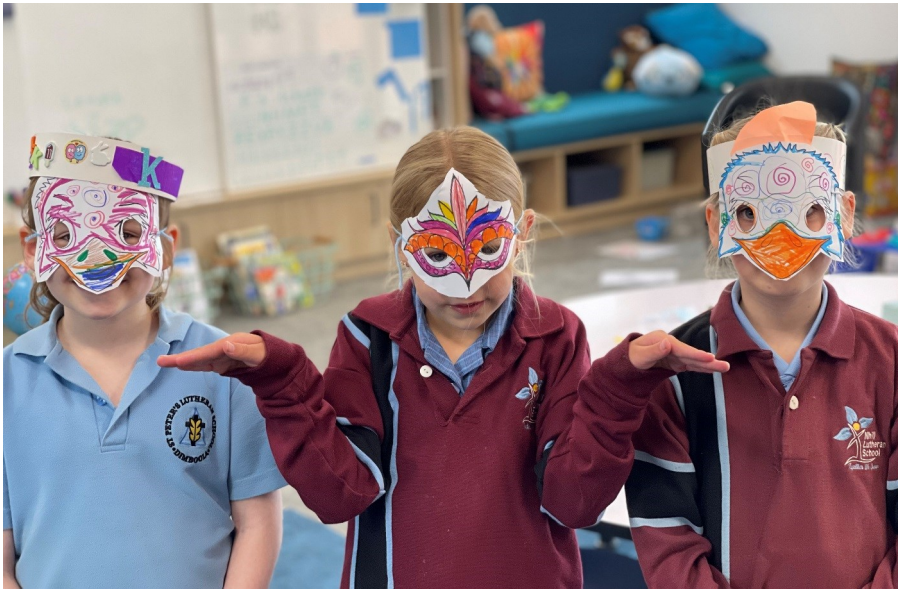
The 3/4s responded by presenting their decorated round boxes to the 5/6s who voted for the best one of them. The potato decorated box won. Students can be rightly proud of their decorated boxes and for those who entered them into the Show section for this, I congratulate them on taking their creations that step further to share in the wider community (I hope one of you wins!).



ALWS Visit, Presentation and Activities



F/1 & Year 2 Class Making Masks and Hats For Nhill Show and Aust Bird Count



Chapel Dates *Fridays 9am*

25th Oct Grandparents Day

1st Nov Year 3/4

8th Nov Official Opening

15th Nov Year 5/6

22nd Nov Year 2

29th Nov tbc

6th Dec F/1

Wed 11th Dec Graduation Service
@ St Paul's Lutheran Church
(Time to be confirmed)

Assembly Dates

*(after Friday Chapel in
the morning)*

Fri 1st Nov tbc

Fri 15th Nov Year 5/6

Fri 29th Nov Year 3/4

Term 4 Fees

The school fees for Term 4 were emailed last week, just a reminder that you may need to check your junk mail as they show up as "accounts". Due 30th October.

If any assistance for organizing a payment plan is required please contact the Principal Mr Prenzler (53 912 144) or the Business Manager at HTLC (53 822 529)

Prayer of the Week

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



- Jackson and his family
- Henry & Matilda and their family
- Ollie and his family

Worship News

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

22nd 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.

20 th October	Facing Fear	(Interview)
Sarah McCutcheon, National Relationship Manager for Global Leadership Network Australia and renowned speaker, shares valuable insights into facing fear and embracing courage.		

27 th October	Foster Parenting	(Interview)
With foster care in high demand, hear Ann - mother of four, and a foster parent - share about the unique struggles and joys that come with foster parenting.		

Chapel Offerings



At this week's Chapel 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

Satisfaction

Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days (Psalm 90:14).

Read [Psalm 90:12-17](#)

When we have eaten a meal, we often refer to ourselves as being satisfied – we have eaten sufficient for our needs.

In our school days, we may have received a note on our report card that our performance was satisfactory. This indicates that we met the standard required.

If we have applied for a new job, the assessment may be that we have satisfied the key selection criteria.

In every case, to be satisfied implies that we have met a marker. We have not exceeded it. We have not achieved more than what was required, and the issues were satisfied.

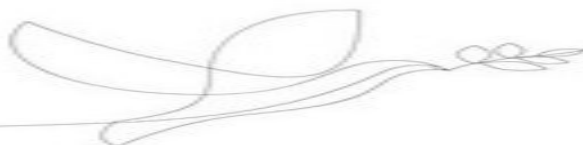
In our psalm today, the prayer to God is that he 'satisfy us'. We leave it to God to determine what that will require and how it will be done.

Paul had been pleading with God to remove the thorn from his side when, in 2 Corinthians 12:9, we read, 'But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness". Therefore I will boast all the more gladly about my weaknesses so that Christ's power may rest on me'.

What is sufficient for us, what God satisfies us with, is his grace. That is all we need. His grace and mercy to which we respond with joy and gladness all our days.

Our circumstances may be such that in the morning, we do not feel like being glad and joyful in the circumstances in which we find ourselves. But the promise of God is that through his grace, there is hope, joy and gladness in knowing that he is beside us, walking with us and providing all that we need for our life of faith in him and his promises.

On my waking and sleeping, Lord, may I always be glad and give praise for your unfailing love and grace. Amen.





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*

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

Applications close: 25th October 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>



15 Ways to Raise Kids Who Bounce Back: No Fluff, Just Grit

Here are two propositions that matter when it comes to understanding resilience.

i. Life is hard. Full stop. End of story. Despite what Instagram promises, it rains when you need sunshine, the kids will be “too tired” when you’re running late...and the potty-training toddler, who’s been dry for a week, will save a truly epic nappy blowout for the moment you strap them into their car seat for a four-hour road trip. Oh, and don’t forget the inevitable chorus of “I’m hungry!” that erupts precisely three minutes after you’ve finally cleaned up the hurricane of a meal they just declared they “didn’t like.”

ii. People are resilient. It’s in our nature. We are designed that way. Unfortunately, we are fed a lie. We are told that challenges break us. And so we try to make life comfortable. We try to avoid the hardships that are guaranteed to hit us. And we do the same with our kids, scooping them up out of harm’s way so we can “protect” them. But what if I told you that resilience is a muscle built through experiences and relationships? What if I told you that you can’t be resilient unless you face those hardships?

If you want kids who face life’s curveballs with their heads held high, here’s the blueprint:

1. Forge Unbreakable Bonds: Kids need to know they’ve got a corner in this crazy world where they’re safe, loved, and unconditionally accepted. That’s the foundation for everything else. The best research tells us that this is numero uno. They need to know you’re there for them no matter what. (But that doesn’t mean you’ll do everything for them!)

2. Give ‘Em the Reins (Sometimes): Let them make choices, even small ones, so they learn to trust their gut.

3. Feelings Aren’t the Enemy: Teach them that it’s okay to feel ALL the feels. But also give them the tools to navigate those emotions without getting swept away. Emotions come and go, just like waves on the beach. Help them learn to recognise and ride those waves... the good ones and the not so good ones.

4. Celebrate the Climb, Not Just the Summit: My eldest daughter and I hiked a huge hill in the Rocky Mountains. It was exhausting. After an hour of climbing I stopped and stared at the summit. She started to tell me it was too far. I spun her around and asked her what she could see. “We’ve come a long way huh? That view is amazing.” She turned to face the mountain and kept walking up it.

5. Self-Care Isn’t Selfish: A well-rested, nourished kid is better equipped to handle stress. Teach them healthy habits, and model them yourself. And remember, no health habit supports resilience better than getting enough sleep.

6. Asking for Help is a Superpower: Create an environment where they feel safe expressing their needs. Make it clear that asking for help isn’t a weakness, it’s a smart move.

7. Set the Bar... But Keep It Reachable: Break down big goals into bite-sized chunks. Celebrate progress, and help them see that even small steps matter.

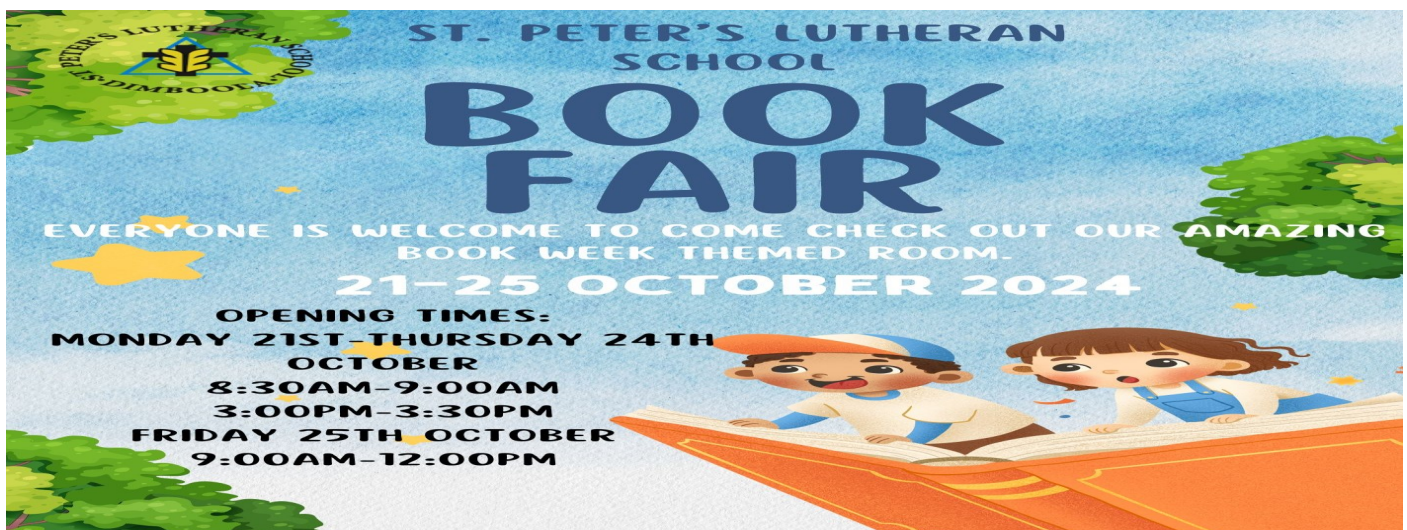
8. Be Their Resilience Role Model: Share your own stories of overcoming challenges. Let them see that setbacks are part of life, and bouncing back is possible. The dinner table is the best place for these chats. Or the car. Or walking the dog. Or on the trampoline. Or anywhere! Just have the conversations.

- 9. Laughter is the Best Medicine:** Inject some fun and silliness into everyday life. Teach them to find the humour in situations, even tough ones.
- 10. Let Them Explore Their Passions:** Encourage curiosity and support their interests, even if they seem quirky or unusual. It's about finding their spark.
- 11. Roll with the Punches:** Life throws curveballs. Help them see change as an opportunity, not a threat.
- 12. Find Their "Why":** Help them discover what matters to them, what lights their fire. A sense of purpose fuels resilience. This will be most helpful for older kids.
- 13. Turn Problems into Puzzles:** Teach them to approach challenges with curiosity and creativity. Brainstorm solutions together, and let them take the lead when possible.
- 14. Build Them Up, Brick by Brick:** Focus on their strengths, their unique qualities. Remind them of their wins, big and small. A strong self-image is a powerful shield.
- 15. Routine Creates a Safety Net:** Predictability provides a sense of control, especially during turbulent times. Establish healthy routines, but allow for flexibility when needed. Remember, building resilience is an ongoing process. It's about nurturing a mindset, not checking off a list. Be patient, be present, and most importantly, be the safe harbour your child needs to navigate life's choppy waters.



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.



Junior Tennis Coaching 8 Week Program

9am - 9.30am Red Ball stage
\$10 per session

9.30am - 10.30am Orange Ball Stage
\$20 per session

10.30am - 11.30am Green Ball Stage
\$20 per session

11.30am - 12.30pm Yellow Ball Squad
\$20 per session



For more information or to register contact:

Helen - 0419 829 272

Nhill Show Grand Parade



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

Reminder.....Playgroup returns – Tues 22nd Oct

Invitation



Dear Families, Friends and Community
Nhill Lutheran School invites you
to share with us the
Official Opening
of our new school building.
Friday 8th November
9.15am
followed by a morning tea

RSVP
1st November 53912144
admin@nls.vic.edu.au





We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.



Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](https://www.bom.gov.au) and live UV levels are available from [ARPANSA](https://www.arpansa.gov.au).

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect students and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF50+ broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language

**Astronomers Share Universe with Public at
Little Desert Nature Lodge Fri 1st November**

Ever wished that you could see the spectacular rings of Saturn through a large telescope? Have you ever wondered what that bright star is called? Do you wish you could recognise the shapes of the constellations?

If you answered 'Yes' to any of these questions, here's your chance to be taken on a guided tour of the Universe by experts, via naked eye and large portable telescopes. District locals are invited to attend a public viewing session on Friday 1st November with members of the Astronomical Societies of Victoria (ASV) and South Australia (ASSA) in the grounds of Little Desert Nature Lodge, prior to the start of the **2024 VicSouth Desert Spring Star Party**.

The night will begin with former president of the ASV, resident astronomer for ABC radio and columnist for The Age newspaper - Perry Vlahos, guiding you through the Cosmos to all points of interest and answering your questions, whilst you follow his powerful hi-tech green laser pointer to the stars. Learn the secrets of the night sky as you are shown the shapes of the constellations, hear their mythological stories, locate the most significant stars, find out their names, and be shown all the planets visible that evening.

Take along your binoculars, if you have them, and a light camping chair to sit on.

Furthermore, you'll be given a chart of the sky, bring a torch with several layers of red paper over the front of it, fastened with a rubber band, as red light is eye-friendly.

This will be followed by viewing some of the most impressive objects in the heavens, through equally impressive telescopes. Imagine venturing into space to see Saturn and its beautiful rings close up as you've never seen them with your own eyes before; or brilliant Venus, and Mercury, blazing in the western sky.

Away from our Sun's family of planets, you'll encounter our closest neighbour - triple-star Alpha Centauri. Sail out into the Galaxy to look at beautiful groups of young stars clustering together. Be stunned by enormous nebulous clouds of gas and dust that are creating these star clusters. Leave our Milky Way galaxy to find huge collections of stars in spherical shapes called 'globular clusters' - some contain more than a million stars. Finally, stretch your gaze as far as it will go with telescopes, to spot galaxies that are millions of light years away, made up of billions of stars!

It promises to be a spectacular night of discovery, don't miss it, the Universe is there for the looking; best of all, it only costs a gold coin donation for this celestial tour!

If the weather looks doubtful on the day, phone the Lodge after 5pm on (03) 5391 5232, to check if this event will go ahead or has been cancelled.

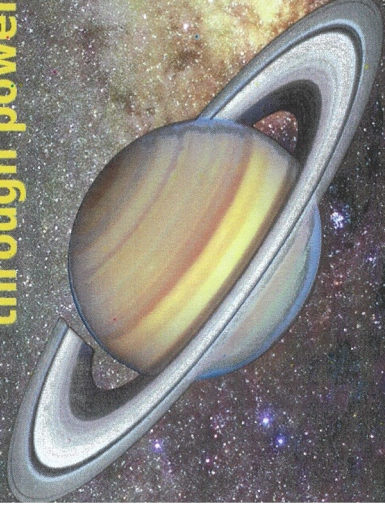
Friday 1st Nov, Little Desert Nature Lodge - 14km south of Nhill, 7:30 - 10:00pm

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**VicSouth Desert Spring
Star Party**



**Come and see the stars
and planets and galaxies
Come on a guided tour of the night sky,
see Saturn and other celestial wonders
through powerful telescopes**



**Residents of Nhill and surrounding areas are
invited to a FREE stargazing evening,
on the lawn at Little Desert Nature Lodge
(1457 Nhill-Harrow Road)
Book now by phoning the Lodge on
(03) 5391 5232**

**Friday 1 November 2024, from 8pm
(weather permitting)**