

Upcoming Dates

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

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 Dates *Fridays 9am*

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

Grandparent's Day



From the Acting Principal

Thank you to everyone for their support over the last three weeks, it has certainly been a new experience for me being the Acting Principal. We are looking forward to welcoming Mr Prenzler back to school on Monday, and pray that he and his family have a safe journey home.

Grandparents Day

Today we welcomed many grandparents and special friends to our school for Grandparents Day. It was so lovely to see the joy on the students faces as they led the chapel and shared in activities with their grandparents and special friends in the classrooms. Thank you to everyone who was able to attend, I hope you enjoyed the day, and the wonderful food the students prepared for the morning tea.

World Teachers Day

We are blessed to have such wonderful teachers and staff at Nhill Lutheran school, and I would like to say a special thank you to them. Although we are grateful for you every day, an extra special mention goes to you today on World Teachers Day. All of your hard work and dedication does not go unnoticed, and the love and care you show the students is greatly appreciated.

Landscaping

This week we have had Lee Marshall and his team from WimVic Services at our school doing some landscaping in the front two garden beds. This has helped brighten up the front of our new building and make it look more inviting. Thank you to Lee and his workers for this.

Have a lovely week,

Erin Alexander



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.

Prayer of the Week

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



- Jessie and her family
- James & Ruth and their family
- Roger and his family
- Mrs Clark and her family

Worship News

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

27th Reformation Sunday
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.

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 \$162.75 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

God has made me laugh!

Sarah said: God has made me laugh. Everyone who hears about this will laugh with me (Genesis 21:6).

Read [Genesis 21:1-7; 22:1-18](#)

No wonder Sarah was laughing. Ninety years old! A newborn son! She had laughed at God when he said she would have a son. But God kept to his promise. And, at a ripe old age, she had borne new life. A blessing from God. A peal of laughter in her life. So, now, she could laugh with God.

And everyone who heard about it could laugh with her. Perhaps, at first, in disbelief. But then, with joy and marvelling at this miracle. Recognising that God keeps his promises and can do all things!

Have you ever laughed at God? Have you ever perhaps said – or at least thought: 'Come on, God, you've got to be joking. This ain't gonna happen.' And yet it does, leaving humans shaking their heads in disbelief. Stories abound in the Bible and throughout history of those who questioned – even challenged – God and then had their lives turned around through the miraculous workings of the Holy Spirit.

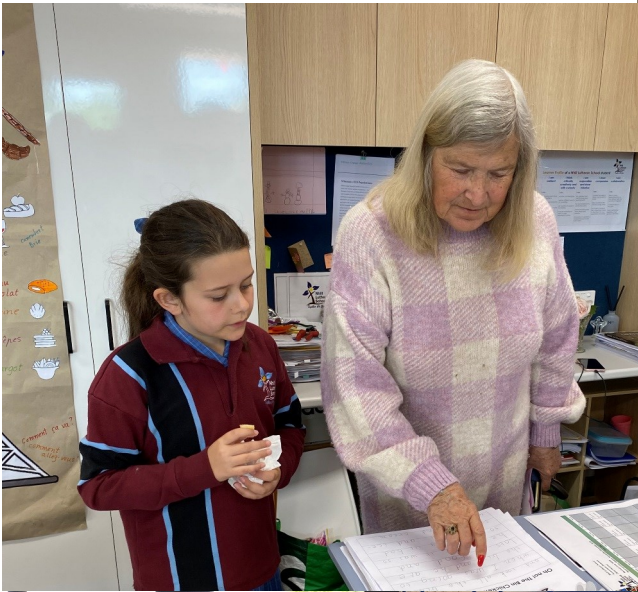
Perhaps you have a story like that in your life. If so, why not share it and get people laughing with you? Maybe you are in a situation in your life now where the last thing you want to do is laugh. Those times can be hard – distressing and even soul-destroying. If so, find someone you trust to confide in and share with. After all, a burden shared is often a burden lightened.

Or, if you have to, tell God what you think. Laugh at God! God won't strike you down. But he will keep the promise made to all of us: to be with you. He will be present in your distress, hear your complaints, and accept your disbelief and your laughter (that's what the psalms teach us to do). And, in time, God will move you to a place where you can laugh with him and invite others to laugh with you.

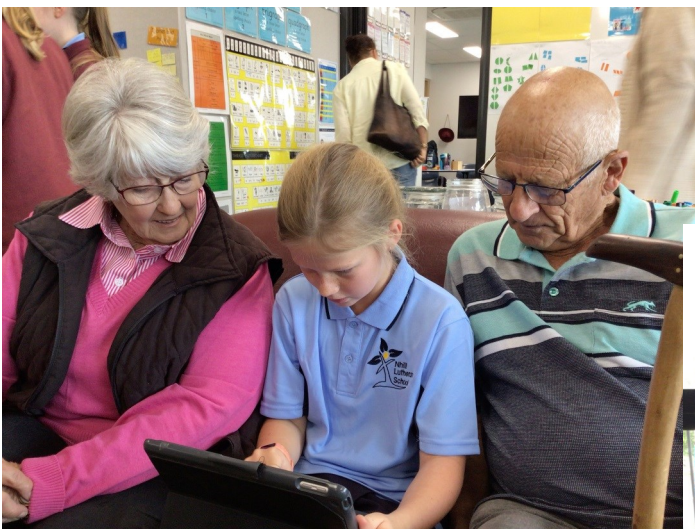
My favourite verse in the Bible is Ephesians 3:19: God can do far more than you can imagine! It worked for Sarah. It works for me. It can work for you. Allow God's imagination to run riot in your life. And allow God to make you laugh.

God of laughter, God who knows distress, be with us in our glad times and our sad times. Please help us to trust in you and to look forward to times of shared laughter. Amen.

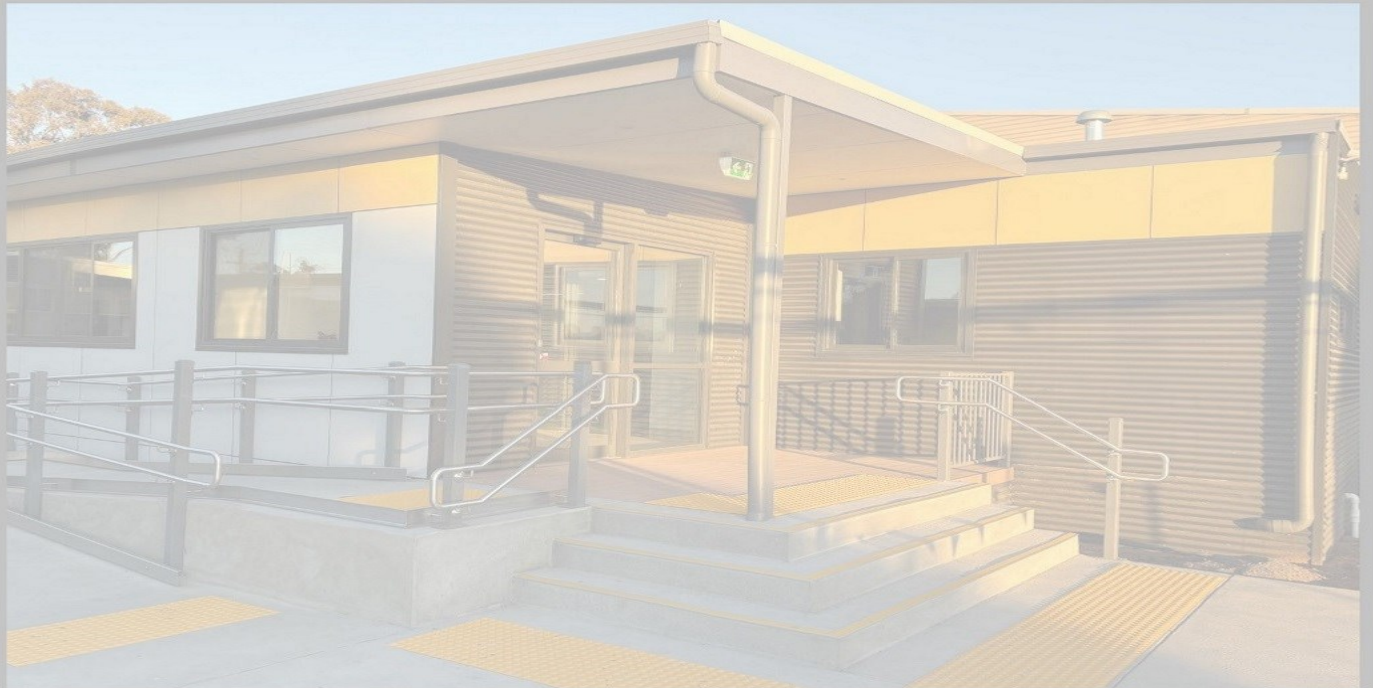
Grandparent's Day







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



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)



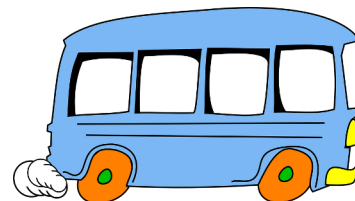
School Stream App

Just a reminder that there have been some changes with the school stream reporting app. to make it easier for parents/caregivers to use.

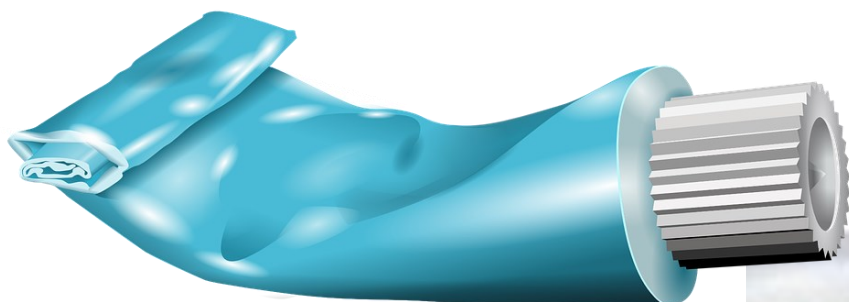
The regular used forms have been moved to their own folders, they are; Absence Reporting & Bus

Bus Travellers

Can I please ask parents/caregivers let us know at the school if your children are not going to be on the bus in the afternoon. You may use the school stream app, phone the office, email or in person when you arrive to collect the children. If you know the children are not on the bus for specific days of the week I can have them permanently recorded as not on the bus for that particular day. Thanks in advance for your co-operation on this matter.



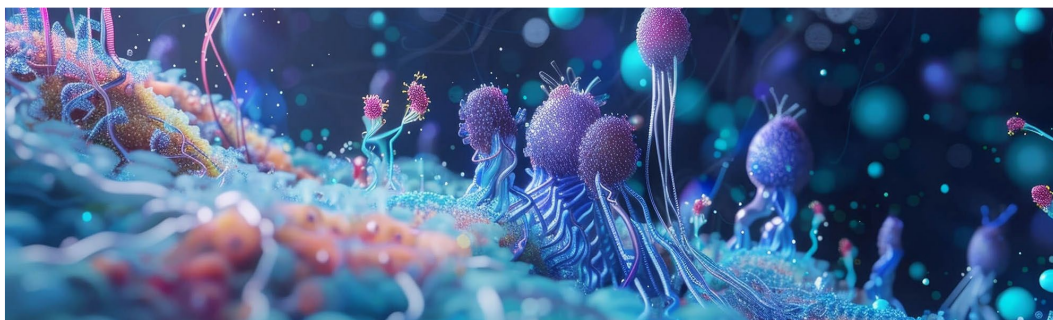
Banish The Rubbish



Year 2's recently launched the BRAD project in Assembly. We invite you to join us by sending in anything from the list of items which are too small to be recycled in the normal process.

There are two boxes in which to deposit these items - one in the Year 2 classroom and the other near the door to the multipurpose room.

A list of the items that can be deposited, is available from Miss Schultz.



Brain Chemistry Hacks for Better Learning

It's no secret that **motivation for schoolwork** can dwindle as kids get older. Research consistently shows a decline in intrinsic motivation for learning as children progress through school. This happens for a variety of reasons: increased academic pressure, social distractions, hormonal shifts, and a growing sense of autonomy, to name a few.

But the good news is that parents can play a key role in helping their children "hack" their brain chemistry to reignite that spark and foster a love of learning.

The Happiness Quartet: Neurochemicals and Motivation

Our brains are intricate chemical factories, producing a cocktail of neurotransmitters that influence everything from our mood to our motivation. Understanding these chemicals and how they work can empower us to create environments that nurture a child's natural curiosity and love of learning. Let's explore four key players:

Dopamine: The Anticipation Engine

Dopamine is often called the "reward" chemical, but it's not just about the reward itself; it's about the anticipation. Think of the thrill of looking forward to a special event, the excitement of chasing a goal, or the satisfaction of completing a challenging task.

Practical Tip: Help your child break down larger tasks into smaller, more manageable steps. Each completed step triggers a dopamine hit, fuelling motivation and a sense of accomplishment.

Serotonin: The Calm Conductor

Serotonin is the serenity superhero, promoting feelings of calm, contentment, and well-being. It's the antidote to stress and anxiety, which can sabotage learning and motivation.

Practical Tip: Encourage outdoor activities, even a short walk in the park. Sunlight, fresh air, and physical activity are all serotonin boosters. And remember the importance of serotonin for emotional regulation. Help your child develop strategies for managing stress and anxiety, such as deep breathing exercises or mindfulness practices.

Endorphins: The Body's Natural Mood Booster

Endorphins are like nature's own "feel-good" chemicals, released in response to physical activity, laughter, and even a warm hug. They act as natural painkillers, reducing stress and boosting mood.

Practical Tip: Encourage your child to engage in regular physical activity. Whether it's playing tag in the park, dancing to their favourite music, or joining a sports team, movement is a powerful endorphin activator. (Pro-tip: the riskier the activity, the more endorphins and the more resilience. Anything where they can go fast, fall, or take some risk will be a winner.) And note that laughter is a great endorphin booster. Share jokes, watch funny movies, or engage in playful activities that spark laughter and joy. A good dose of giggles can do wonders for both mood and motivation.

Oxytocin: The Connection Catalyst

Oxytocin, often referred to as the "love hormone," plays a crucial role in social bonding, trust, and emotional connection. It's released during positive interactions with loved ones, creating a sense of belonging and security.

Practical Tip: Strengthen family bonds. Prioritise quality time with your child, engaging in activities that foster connection and communication. Shared meals, game nights, and bedtime stories are all opportunities to nurture those oxytocin-rich moments.

But remember that you can foster positive relationships in other contexts and that will help with learning, particularly when you encourage healthy friendships and social interactions with kids at school. Researchers have found the kids who feel a strong sense of "school belonging" do better at school, and for many years afterwards.

Emotions Are Information

Positive emotions enhance learning, and we love it when the kids feel these emotions because those neurotransmitters are buzzing around their brains. However, it's crucial to acknowledge and validate all emotions, even the challenging ones.

When your child is struggling, remember that their emotions are information, not a crisis. It's easy to get caught up in their emotional storms, but try to remain calm and centred. Help your child understand that all feelings are valid – even the messy ones like frustration, disappointment, and anger. Support them in developing healthy ways to navigate these emotions. Remind them that emotions are like waves on the shore. They come and they go. Ride the wave and then watch it disappear back into the ocean. (In doing so, you'll create oxytocin and serotonin!)

The Take Home Message

By understanding the power of brain chemistry, parents can create an environment that nurtures their child's innate love of learning. It's not about manipulating their brains, but about providing the support, encouragement, and opportunities they need to thrive. Remember, a happy brain is a learning brain!



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.



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>

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.

We learnt all about the ladybug!

The children enjoyed using stickers and googly eyes to decorate a ladybug to take home.

We read the story 'the bad tempered ladybird'. The children enjoyed guessing the names of all the different animals and finding the ladybird on each page.

For our mat time we enjoyed using ribbons and following along with the actions. We also practiced keeping time with the song by clapping to the beat and tapping our knees.

Next week we will be learning all about the rainbow! Come dressed in your favourite colour or multicoloured shirt!





SUNSMART

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 and live UV levels are available from ARPANSA.

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

sunsmart.com.au



Preparing for Harvest Prayer Seminar

**Venue: Horsham Lutheran Education Centre
McPherson Street
(Behind the church office)**

Friday 22nd Nov: 7pm-9.30pm (For Church Leaders)

Saturday 23rd Nov: 9am-4pm

Presenters: Ps Matthew & Ps Kathryn Bolte - "Mission Pray International"
Our presenters have a passion for the scriptures, with their ministry helping churches connect prayer to mission and evangelism.

Matthew and Kathryn love to see the Body of Christ gathering together in one accord to pray, that the lost might be saved.

All welcome. Free event.

An opportunity will be offered to contribute to a faith offering.

Saturday, BYO lunch,

Complimentary tea, coffee and biscuits will be available

For more information or to register please contact

Helen Simmons ph: 0429 821 171 or email: thsimmmons158@gmail.com

RSVP 15th Nov.



**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.

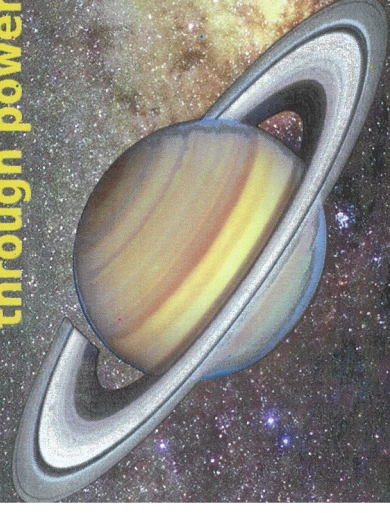
Friday 1st Nov, Little Desert Nature Lodge - 14km south of Nhill, 7:30 - 10:00pm

(Copyright © 2024 Perry Vlahos)

**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)**



SCHOOL LOCKIN

Mums and Dads can stay and bowl for same price !

FRIDAY 25th October

2 SESSIONS

First time slot - 4pm -6.30pm

(Great for younger/ preschool kids)

Second time slot - 6.30pm -9pm



UNLIMITED

TENPIN BOWLING

&

INFLATABLES



\$15.00 ENTRY

(per session)

FOR ALL SCHOOL AGES

6 Jenkinson ave Horsham
53825022

