

Term 4 Week 4 Issue 32 November 1st 2024

## Upcoming Dates

### November

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*

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 15th Nov Year 5/6  
Fri 29th Nov Year 3/4

## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:  
Year 2: Lucy  
Year 3/4: Nelson Year 5/6: Darcy



## Derek The Bear

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



## Birthdays

Happy birthday wishes are sent to the following student this week. Harry 2nd Nov



## From The Principal

Greetings. Ciao. Bonjour. Hallo. After spending the last 5 weeks overseas it is nice to be back. A sincere thank you to Erin Alexander for performing the role of Acting Principal in my absence, and to the staff and students for starting Term 4 well. I have had a lovely time away with my family, and now look forward to successfully finishing the school year.

### Reformation Day

October 31, Reformation Day, is an important day for the worldwide Lutheran church. On this day in 1517, Martin Luther nailed 95 theses on the church door in Wittenberg, Germany, leading to a significant reform in the church. Luther valued the role education played in teaching people about God, and as a Lutheran school we are connected to that place and time, and continue the Lutheran story.

### Official Opening of the New School Building

Next Friday we will officially open our new school building. Mr Colin Minke, Executive Director of LEVNT, will have the honour of officially opening the building, and we will be joined by other special invited guests. All members of the Nhill Lutheran School Community and wider community are welcome to attend. A morning tea will be available after formalities.

### Pre-Foundation visits

This morning we welcomed our eager 2025 Foundation children for their first pre-Foundation visit. We look forward to seeing them a few more times in the next few weeks as they familiarise themselves with 'big school'.

### Wimmera Lutheran College Nhill Advisory Committee

Expressions of interest are being sought for the WLC Nhill Advisory Committee. With Wimmera Lutheran College commencing next year, the advisory committee will be the voice of the Nhill campus to the WLC Board, so if you wish to contribute as part of this group please let me know via email, phone or in person. A terms of reference is available upon request. I hope to have the composition of the advisory group finalised in the next few weeks.

Every blessing for your week,

Damon Prenzler



***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.....



- Helena and her family
- Esther & Cooper and their family
- Sienna and her family
- Ms Rutherford and her family

## Worship News

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

1st Nov All Saints Sunday  
Nhill 11am  
Jeparit 9am  
NhillLutheranParishOnline.com



## Chapel Offerings

At this week's Chapel \$44.70 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

## 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

3 <sup>rd</sup> November	Call Me Dad	(Rev Ben Hentschke)
With over 46,000 children in foster care across Australia, this week we hear from Rev Ben Hentschke as he shares the joys and challenges of being a foster dad.		
10 <sup>th</sup> November	Nothing Normal	(Interview)
For over 12 years, Tanya has cared for 33 foster children. Hear her story of challenges and joys as she opened her heart and her home to children in the foster care system.		
17 <sup>th</sup> November	Smashing Plates	(Interview)
One woman's journey of healing from childhood trauma took her from a place of anger, frustration and helplessness to a place of restoration and hope. *sensitive content on domestic violence*		

## Devotional Thought

### Seeing God's hand

This is from the Lord; we can say nothing to you one way or the other (Genesis 24:50b).

Read [Genesis 24:28-38,49-51](#)

Hindsight is a wonderful thing. It's amazing how we can see things with so much more clarity when we look back on them. Then there's foresight, where we can predict future possibilities and prepare for them.

There's another 'sight' that you may not have heard of. Probably because I just invented it. I wish I had 'middle-sight', where I could see what is really going on right in the middle of things and not have to wait until later or try to predict it earlier.

After reading this story again, I am amazed at how everybody seemed to understand exactly what was going on while it was happening. There appears to be no confusion or questioning. No-one doubts that it's God's plan and his doing. They can all see God's hand so clearly as the story unfolds. Laban sums it up by saying, 'This is from the Lord'. He goes on to add that there is nothing more they can say about it.

So why is it so hard to see God's hand in our lives at times? Then, when we do, why do we second-guess him, doubt him, question him and have so much to say?

Sometimes we fail to see the hand of God in the midst of things simply because we're not looking for it or even expecting it. Maybe it's because we have a set idea of how he should be acting and what he should be doing, and we're not looking anywhere else. If we can't see God's hand, it's not because he's not actively working in our lives. He is. He is always at work and blessing us beyond measure.

We can ask God to open our spiritual eyes to see his hand more clearly in our everyday lives and then actively look for him, expecting to see him at work.

Think back over the last few days. Where can you see the hand of God? How has God been active in your everyday life?

**Loving Father, thank you that you are active in my life. Thank you for all the blessings you give me each day. Open my spiritual eyes to see your hand more clearly in my life. Help me to look for you and expect you today. Amen.**

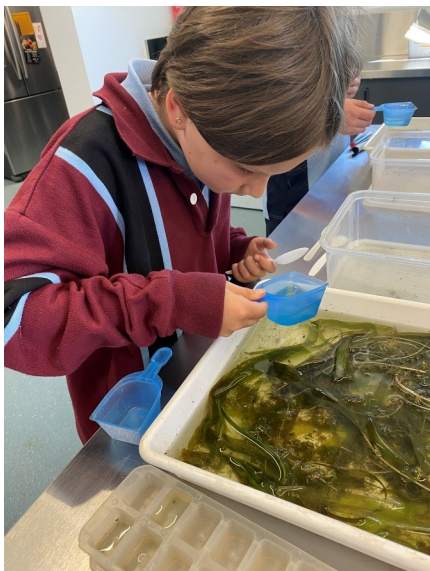


## Year 3/4 Class





## Year 5/6 Class







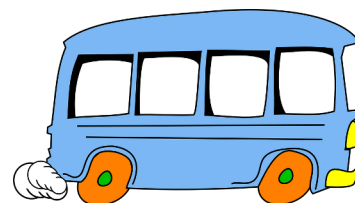
## School Stream App

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

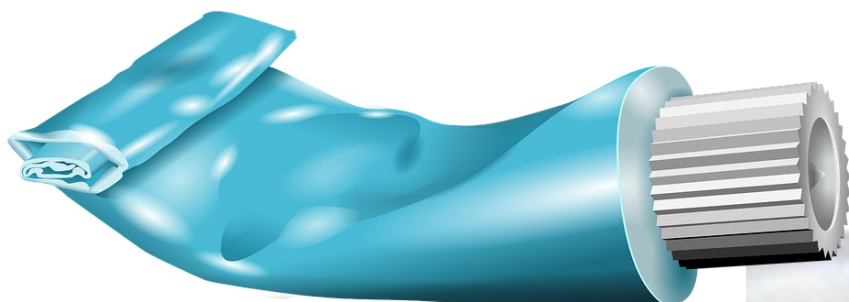
The regular used forms have been moved to their own folders, they are; Absence Reporting & Bus

## 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.



## Melbourne Cup Day



Reminder this coming Tuesday is Melbourne Cup Day and we are all at school.



To celebrate this well known race we invite the students to dress in their race-going outfits or in casual clothes.

No coin donation required.

## ICAS Awards



Savannah, Lawson and Sophie B, were presented with their ICAS certificates at assembly today. They all participated in this non-compulsory testing in mathematics, science, spelling, & writing. Well Done to you all.

## Jump Rope For Heart Certificates Presented At Assembly



Nelson, Luka, Gus, Alyssa, Zoe, Cooper, Esther and Sienna helped raise funds for the worthy cause.



## Hope Builders *Equipping Our Kids to Thrive in a Challenging World*

Take a look at the clickbait headlines of our major news outlets and consider the words you see pop up most. Words like "grim", "brutal", "chilling". They're carefully designed to evoke anxiety. And they're working.

Mental health challenges are at unprecedented levels among our children. Recent research published by the Australian Bureau of Statistics (ABS) shows that anxiety, depression, and self-harm are on the rise. Around 40% of girls and 20% of boys have anxiety. (That's about 8 girls and 4 boys in every school classroom around the country.) Diagnoses are climbing for children at younger ages. ADHD and autism diagnosis is also on the up.

The pressures of school, social media, and an uncertain future are taking their toll. Throw in political instability, a middle-Eastern war, a Russian/Ukrainian war, and economic pain with high interest rates and inflationary pressure... and it's a lot.

These are big issues. Some research, however, shows that often it's the multitude of small issues that accrue until our kids are total stressballs, rather than the big stuff. That is, they're probably more worried about their best friend forgiving them for that dumb thing they said yesterday, or they're stressed about the speech they have to give in class, or that weird interaction they had with a new "friend" on Roblox more than they're worried about climate change and wars. The small things are immediate and close. The big things are often more abstract and distant.

In reality, it's likely both that are contributing to anxiety and stress in kids.

But amid these challenges, there's a powerful tool we can equip our kids with; one that inoculates kids against anxiety, takes down depression, and softens stress.

That tool is hope.

Hope, in the psychological sense, isn't just wishful thinking. It's not the "Geez, I hope we can pay the grocery bill this week" thinking (for adults) or "Hey, I hope that the kids are nice to me at school today" thinking (for kids). Instead, hope has three key components:

**Goals:** Having clear goals provides direction and purpose.

**Pathways:** Believing in one's ability to find multiple routes to achieve those goals, even when faced with obstacles.

**Agency:** Having the confidence and self-belief to navigate those pathways and overcome challenges. Think of it like this: hope is the internal GPS that guides our kids towards a brighter future, even when the road gets bumpy. It's the belief that they have the power to steer their own course, navigate detours, and ultimately reach their destination.

And our job is to be hope builders.

So, how can we, as parents, become hope builders for our children?

I'm going to make three suggestions to show how we can create hopeful kids. In other words, I'm going to give you a goal to work towards and a pathway to follow. As for the agency part... I believe in you, but ultimately that's going to be up to you.

1. Nurture Goal-Oriented Thinking:

**Encourage Exploration:** Help your child discover their passions and interests. Expose them to a variety of experiences, from sports and music to art and volunteering.

**Set Realistic Goals:** Work together to set achievable goals, breaking them down into smaller, manageable steps. Progress is the key word here, because progress builds hope.

2. Cultivate Pathways Thinking:

**Problem-Solving Power:** Equip your child with problem-solving skills. Figuring out options creates hope and resilience. Teach them to brainstorm solutions, evaluate options, and adapt their approach when needed.

**Embrace Mistakes:** Normalise setbacks and mistakes as valuable learning experiences. Encourage them to see failures as detours, not dead ends. As a cyclist, a quote I share with my kids regularly is "You've got to love the hills. The hills make you strong!"

**Model Flexibility:** Show them how you adapt to challenges and find alternative routes to achieve your goals.



### 3. Boost Agency Thinking:

**Encourage Self-Reflection:** Whether they fail or succeed, ask them how it felt, what they did to get there, and what they'll do next time. This builds confidence to face the future and chase the goal (and develop focus for improved pathways).

**Foster Autonomy:** Give them age-appropriate choices and responsibilities. Allow them to make decisions and experience the consequences of their choices (within safe boundaries). This builds self-belief as they accomplish challenges.

**Provide Unwavering Support:** Let them know you believe in their capabilities, even when they doubt themselves. Be their cheerleader, their sounding board, their safe harbor in the storm. In a world that often feels overwhelming and uncertain, hope is a beacon of light, guiding our children towards a brighter future. These ideas will work for children of all ages. Adapt them accordingly.

By nurturing their goals, empowering them to find pathways, and fostering their agency, we can equip them with the resilience and optimism they need to thrive. This is how we build hope. Parents need to be hopebuilders



**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).



## Preparing for Harvest Prayer Seminar

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

**Friday 22<sup>nd</sup> Nov: 7pm-9.30pm ( For Church Leaders)**  
**Saturday 23<sup>rd</sup> 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: [thsimmons158@gmail.com](mailto:thsimmons158@gmail.com)

*Rsvp 15<sup>th</sup> Nov.*





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](mailto:admin@nls.vic.edu.au)



We had a very colourful morning in Get 'em Going playgroup today! We learnt all about the rainbow!

The children enjoyed making a rainbow for our craft time; using cotton wool for clouds and then colouring it in, remembering what colours a rainbow has.

For music time we learnt a new song called 'ten coloured crayons'. It teaches children counting, colours and some basic shapes. We will keep practising this for a few weeks.

For our story time we shared the Noah's Ark story from the Bible. The children learnt about the promise God made to us; and we counted how many colours a rainbow has. The children were very excited to see a beautiful rainbow at the end of our story!

Next week we are learning all about bees! Come dressed in yellow or anything that resembles a bee.





## Lions International Peace Posters

Mid year the Year 5/6 class worked on their 'Lions International Peace Posters' entries for 2024.

The students did an amazing job of their posters and the Lions Club will be displaying the posters from Tuesday 5th Nov at the Nhill Gallery for approximately 2 weeks.

This is a great opportunity for the families and friends to view all the entries from all the schools.

The NLS school has a winner and many highly commended entries, unfortunately we are unable to announce them at this time, but they will be on display at the gallery.

## Super Readers Award

Congratulations to the following student who was presented with Super Readers awards at assembly: Ollie



**All welcome**

**FUNDED UNDER RESPECT VICTORIA'S 16 DAYS OF ACTIVISM GRASSROOTS INITIATIVE**

**Hindmarsh Shire Council**

# Walk the WALK

**AS A PART OF 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE**

**You are invited to join us for a community walk to bring awareness to gender-based violence. Each walk will end with a free barbeque tea.**

**PLEASE WEAR ORANGE- AND BRING YOUR BANNERS OR SIGNS OF SUPPORT**

 <b>MONDAY 25 Nov 2024</b>	<b>Nhill</b> From Nhill Memorial Community Centre to Nhill Lake	 <b>6pm-7:30pm</b>
 <b>TUESDAY 26 Nov 2024</b>	<b>Dimboola</b> From Dimboola Library to Train Park	 <b>6pm-7:30pm</b>
 <b>MONDAY 02 Dec 2024</b>	<b>Rainbow</b> From Turbo Gallery to Rainbow Skate Park	 <b>6pm-7:30pm</b>
 <b>TUESDAY 03 Dec 2024</b>	<b>Jeparit</b> From Menzies Square to Riverbank Precinct	 <b>6pm-7:30pm</b>

**If you are unable to join us for the walk, please join us for the free barbeque tea!**

**SAFE + EQUAL**  
**RESPECT VICTORIA**

**If you have any questions, please contact Stephanie Lynch: Free From Violence Project Officer**  
[slynch@hindmarsh.vic.gov.au](mailto:slynch@hindmarsh.vic.gov.au)



# Do you suffer from asthma or hay fever?

## Grass pollen season is here



**Thunderstorm Asthma can be life-threatening.**  
Know the risks. Get prepared. Stay safe.



See your GP  
about an asthma  
action plan or  
hay fever  
treatment plan



Avoid  
thunderstorms –  
go indoors  
before and during  
thunderstorms.



For forecasts &  
alerts, get the  
**VicEmergency**  
app



Always carry  
your medication  
in grass pollen  
season



Learn  
asthma  
first aid



Grampians  
Health  
Grampians Public  
Health Unit

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

If you have current, past or undiagnosed asthma or seasonal hay fever you are at risk of thunderstorm asthma. Even if you don't think you have asthma or hay fever, don't ignore symptoms like wheezing or shortness of breath.

Thunderstorm asthma can be sudden, serious and even life threatening.

Know the risks. Get prepared. Stay safe.

Learn more at <https://www.bhs.org.au/services-and-clinics/grampians-public-health-unit/thunderstorm-asthma/>



**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](http://sunsmart.com.au) and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](http://Bureau of Meteorology website) and live UV levels are available from [ARFANSA](http://ARFANSA).

### 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