

Athletics State Championships

Last Wednesday "the country met the city." Henry travelled to Melbourne to compete in the Athletics State Championships in the Discus event. Henry represented the school and walked away with placing 9th out of 17, he had actually thrown his personal best of just over 30m. The school is very proud of your efforts and congratulate you on your personal best.



Upcoming Dates

November

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

Thurs 5th: Year 5/6 Christmas Market 2.40 to 3.10pm

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*

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

From The Principal

"Whoever hears these words of mine and puts them into practice is like a wise man who built his house on the rock" (Matthew 7:24)

This morning was a special occasion for Nhill Lutheran School, with the official opening of the new school building. Mr Colin Minke, Executive Director of LEVNT, had the honour of cutting the ribbon and unveiling the plaque which now adorns the front entrance area of the school. Proceedings commenced with the school captains welcoming guests, acknowledging country and leading the singing of the National Anthem. Mr Damon Prenzler then spoke to the audience sharing some of the story of the building journey, and Mr Colin Minke and Mrs Michelle Pipkorn, on behalf of Rachel Boyce (NLS Board Chair) shared a few words. The gathering then relocated to the front of the school where Pastor Carl Thiele led the Rite of Dedication, before Mr Minke cut the ribbon and unveiled the plaque. Guests could then explore the school building and enjoy a morning tea.

Special invited guests included:

- Mr Colin Minke, Executive Director of Lutheran Education Victoria, NSW, Tasmania
- Associate Professor Lisa Schmidt, Executive Director of Lutheran Education Australia
- Emma Kealy MP, Member for Lowan
- Monica Revell, CEO of Hindmarsh Shire
- Fellow Lutheran School Principals, including Jason Przibilla who will be the inaugural Executive Principal of Wimmera Lutheran College
- Derek Fauknall also from Shape, who was the site manager of the building project, and endeared himself to our community, so much so that the children named a fluffy bear after him
- Pastor Carl Thiele, pastor of Nhill Lutheran parish
- Past and present members of the Nhill Lutheran School Board
- Friends, parents, parish members, and most importantly, the students.
- Bishop Lester Priebbenow, Bishop of Lutheran Church of Australia Victoria and Tasmania, unfortunately was unable to be here today and was an apology, but sent his greetings to our school community, as did Rachel Boyce – chairperson of Nhill Lutheran School Board.

We give thanks to God for this time in the life of our school, and for the provision of a wonderful new facility for our community. Like the wise man in the parable, we hope this school will be firmly built on the rock of Jesus.

As far as building plans go, our attention now turns to the large space at the front of the school where the old school was recently removed.

Every blessing for your week,

Damon Prenzler

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 Damon know via email, phone or in person. A terms of reference is available upon request.

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.....



- Jerome and his family
- Cooper & Abby and their family
- Ellie and her family
- Mrs A and her family

Worship News

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

10th Nov 25th Sun After Pentecost
Nhill 11am
Jeparit 9am



Chapel Offerings

At this week's Chapel .30c 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 or on iTunes and Spotify.

10 th Nov	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 th Nov	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. <i>*sensitive content on domestic violence*</i>		
24 th Nov	Domestic Violence	(Professor Sarah Wendt)
No one is immune to domestic and family violence. Professor Sarah Wendt is dedicated to understanding the impacts of domestic violence and share her insights from personal stories about the causes and effects and where we may find hope in such a painful topic. <i>*sensitive content advice*</i>		

Devotional Thought

The price of freedom

So if the Son sets you free, you will be free indeed (John 8:36).

Read [John 8:31-36](#)

As a SAPOL (SA Police) chaplain, I visit the Triple Zero call centre in Adelaide's city centre every week. Just behind the call centre is the city watch house. This is where people who have broken the law are imprisoned until their court case has been heard. I have been inside the walls, and it's not a friendly place.

Some people are released from there after the court case or hearing; others are sent off to prison for various sentence lengths. Their freedom is cut off. They're locked in. They are locked out of everyday life at home and the rest of the community.

Sadly, some people carry a criminal record with them wherever they go for the rest of their lives. They may never be totally free again.

But, then again, that's true for you and me. We might not be imprisoned by our courts and may not have had to stand before a judge and jury but, as sinners, we do live with something that binds us up. John says: 'Everyone who practises sin is a slave to sin.' Slavery is like being in prison. We are controlled – even unconsciously so. Is there anything that can free us? What sets us free is truth – the gospel truth of Jesus and his sacrifice for us. That's what frees us from the eternal consequence of our sin. We call out to the Lord for mercy – confessing our sins. He graciously forgives us.

This freedom can travel with us anywhere, in any circumstance of life. This is the freedom that Dietrich Bonhoeffer knew in his imprisonment. This is a freedom that people with faith, even in their dying days, hold onto with hope and trust. This is a freedom that even a convicted criminal can hold onto as they serve their sentence. This is freedom from the bondage, burden and guilt of sin. This freedom is an undeserved gift of love: God's grace for you and me.

This is our faith: the freedom we live in is won for us through the death and resurrection of Jesus. That is the cost of true freedom. It's pure grace!

Dear Heavenly Father, thank you so much for Jesus and your living truth from heaven. Thank you that Jesus paid the ultimate price for our freedom. Keep us in the truth of your living word. Keep our hope in him. In the name of Christ, Amen.

Official Opening of the New School Building





Year 2 Class Bee Bots



F/1 Class Melbourne Cup Celebrations– Met and Raced Mr Big





Why Repeating Yourself Doesn't Work.....

And What to Do Because Repeating Yourself Doesn't Work

"Put on your shoes." "Your shoes." "Put on your shoes!" "I SAID PUT ON YOUR SHOES!"

It's a familiar scene - repeated one way or another most days in most homes. That slow simmer of frustration when a simple request seems to vanish into the ether, met with the selective deafness that only a child can truly master.

It's easy to assume they're deliberately ignoring us, their minds mysteriously attuned to the siren call of "ice cream" or "treats" while remaining impervious to any mention of footwear, schoolbags, lunchboxes, or the wet towel on the carpet.

But before we write them off as defiant or inattentive, let's consider a different perspective. What if the communication breakdown isn't entirely their fault? What if we, as parents, are inadvertently contributing to the disconnect?

Most of us see communication as a simple process:

1. We say it. We keep it short and simple so it's easy to understand.
2. They hear it. (And then they act).

But communication, especially with children, is far more nuanced.

Imagine this: your request to "put on your shoes" is just the opening move. Your child then needs to decode your message, understand what you're asking, and provide feedback – a nod, a verbal response, or the actual act of moving towards those elusive shoes. And we, in turn, need to be attuned to their feedback, ensuring our message has landed as intended.

Perhaps the bigger issue is this: just because we did send the message and it was received, there are no guarantees that our child will act. Timing matters. What they're doing, how they're feeling, and what their agenda is are all factors that impact whether they act, regardless of how loud and clear the message was. If your child is "not listening" it's time to shift strategy and engage in a more mindful, collaborative approach to communication.

Here's how to transform those frustrating moments into opportunities for connection:

1. Make sure you have their attention before you start speaking. This might (but doesn't have to) involve:

- A personalised invitation: Say their name gently but firmly, signaling that you're about to say something important.
- Pressing pause: Give them a moment to disengage from their current activity and shift their focus to you. Eye contact is the signal you need to know they're connected to you.
- A gentle touch: A light hand (or tap) on the shoulder can be a powerful way to draw their attention without startling them.

2. Speak Their Language. Remember, you're communicating with a child. Adjust your language and delivery accordingly:

- One thing at a time: Avoid overwhelming them with a barrage of instructions. Focus on one specific request at a time.
- Keep it concise: Use clear, simple language, and keep your sentences short.
- Make it fun: Inject some playfulness into the request. Can they put their shoes on "super fast" or with "extra-sneaky ninja moves"?
- Engage their thinking: Instead of simply giving directives, ask questions like, "What do you need to do before we leave?"

3. Confirm Understanding. Don't just assume they've understood. Take a moment to confirm:

- Playback time: Ask them to repeat back what you've asked them to do.
- Timeline check: Ask, "When will you put your shoes on?" or "What are you going to do first?"

4. Read the Nonverbal Cues. Pay attention to their body language and facial expressions. Are they confused? Overwhelmed? Resistant? Adjust your approach accordingly.

5. Validate Their Feelings. If they're struggling to comply, acknowledge their feelings. "Don't you just wish you could play/read all day? I know it's hard to stop playing right now, but we need to leave soon."

6. Practice Patience. Remember, children are still developing their self-regulation skills. Be patient, understanding, and offer gentle reminders **when** needed.

7. Create a Culture of Respectful Communication. Encourage open and honest communication in your **family**. Create a safe space for everyone to express their thoughts and feelings. Children are imitators. **They** need you to be a model of appropriate communication.

8. Remember the Power of Connection. Sometimes, the most effective way to get through to a child is to connect with them on an emotional level. Take a moment to engage with them, offer a hug, or simply acknowledge their feelings.

9. Do it with Them. When all else fails (or sometimes well before anything fails), be involved together. Solidarity and companionship are often the secrets to making things work.

Even with the most effective communication strategies, there will be days when your child's selective hearing seems to reach world-class levels. But by shifting our approach from one of frustration and repetition to one of connection and collaboration, we can transform those frustrating moments into opportunities for growth, understanding, and deeper connection with our children.



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 very busy day out in Get 'em Going today. We learnt all about Bees!

For our mat time the children enjoyed being able to touch and feel a real bee hive tray with honey on it. We then looked at some pictures of bee swarms, hives and even a queen bee! In the spirit of Cup day today we had a very special visitor of a pony named 'Mr Big'! The children loved giving him



a pat and watching him try to run up and down in the mini farm. This was a great sensory experience for them.

During our playtime the children had a go at their own horse races using pool noodles and jumping over the hurdles!

Each child had the opportunity to make their own bee hive picture, experimenting with fine motor skills using cotton buds to decorate with paint.

It was great to see so many children forming new friendships and having a fun time with their peers.

Next week we are learning about vegetables and flowers we can grow in spring.

See you then!

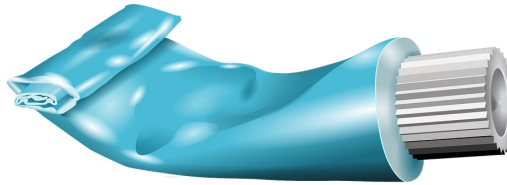


Banish The Rubbish



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.

All welcome

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

Hindmarsh Shire Council

Walk the WALK

FREE EVENT

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

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

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

SAFE + EQUAL
RESPECT VICTORIA

hindmarsh shire Council

If you have any questions, please contact
Stephanie Lynch: Free From Violence Project Officer
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 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 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