

## Upcoming Dates

### November

Mon 25th: Pre-Foundation Information Session 7pm

Tues 26th: Board Meeting (new date)

Fri 29th: Pre Foundation Visit 9 - 3.15pm

#### Chapel Dates *Fridays 9am*

29th Nov tbc

6th Dec F/1

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

### December

Tues 3rd : P&F meeting

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

#### Assembly Dates

*(after Friday Chapel in the morning)*

Fri 29th Nov Year 3/4

## Birthdays



Happy birthday wishes are sent to the following student & staff this week.

Cooper C 23rd Nov

Miss McLean 26th Nov

## Colour Run



## From The Principal

### **NLS Board**

Next week the Nhill Lutheran School Board meet for the last time. In 2025, as we transition to Wimmera Lutheran College, the governance responsibilities of the school will transfer to the newly formed Wimmera Lutheran College Board. It is appropriate the NLS Board is acknowledged for the vital role they perform, and have performed over many years, in the oversight of the school. Running a school is becoming increasingly complex with changes to compliance, regulations and more, and the Board provide a necessary and important function in ensuring the school runs effectively.

I would like to thank all current and previous members of the NLS Board, who have served this school community. I admire the foresight and courage many members have displayed over the years in endeavouring to provide a quality education and facility for the Nhill community, not least in committing to our recent significant building program.

Thank you to the 2025 NLS Board members, some who will serve on the WLC Board or on the Nhill Campus Advisory Committee, or supporting the school in other ways: Rachel Boyce, Darryn Rethus, Janine Grover, Karen Koning, Michelle Pipkorn and Casey Hiscock, and consultants Pastor Carl Thiele and Lyn Fisher.

### **Colour run – thanks P&F**

Our students loved the colour run last Friday, a bright and fun way to end the week. Thank you to the Parents and Friends who organised and participated in this event. The P&F are holding a meeting on December 3 and will continue their great work in 2025.

### **Student Leadership 2025**

Next Wednesday the Year 5 students will present speeches to the school as part of the selection process for school captains. After the speeches, students and staff will vote for who they think will be worthy captains for 2025.

### **Term Dates 2025**

Term One: January 29 – April 4. (Labour Day March 10)

Term Two: April 22 – July 2. (Easter Monday April 21, ANZAC Day April 25,

King's Birthday June 9, Student Free Days July 3-4)

Term Three: July 22 – September 19. (Student Free Day July 21)

Term Four: October 6 – December 11.

(Nhill Show October 16, Student Free Day December 12)

Every blessing for your week,

Damon Prenzler

## Prayer of the Week

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



- Lawson and his family
- Oakley & Koda and their family
- Barrett and his family
- Mrs Lees and her family

## Worship News

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

25th Nov The Last Sun of the Church  
Nhill 11am

Jeparit 9am

NhillLutheranParishOnline.com



## Chapel Offerings

At this week's Chapel \$21.70 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

24th 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. \*sensitive content advice\*

## Devotional Thought

### The safest place

Keep me safe, my God, for in you I take refuge (Psalm 16:1).

Read [Psalm 16](#)

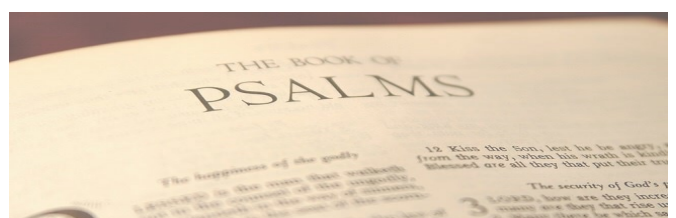
Have you ever received produce in a preserving jar? Perhaps you have relatives who preserve the wonderful fruits and vegetables from their harvest, or maybe you preserve them yourself. If you are familiar with preserves, you'll notice that they often don't have a true expiration date, as preserved items are typically safe to eat for a long time.

The first verse of Psalm 16 finds David asking God to preserve his life or to keep him safe. David writes this psalm, perhaps generally asking God for ongoing preservation from enemies and that which would attack his life, as there is no imminent threat mentioned.

It is the same for us when we hear the words of Psalm 16. We, too, call out to God, asking to be preserved and kept safe in his name because we put our hope in him. We can trust in his promises that his love never fails nor ends. By his love, God sent his only Son, Jesus, to suffer and die for our sins so that in his name, we are assured of forgiveness, life and salvation. In all things, we, by faith, take refuge in the living God, knowing that we are his children, and he will keep us safe.

Although the preserved produce mentioned earlier does, of course, finally stop being preserved, we, in God's care, are preserved, protected and kept – always. We are protected and kept safe from all danger, evil, or lack of food, clothing, family or work – the things that Martin Luther reminded us of when we pray, 'Give us today our daily bread'. We are loved, cared for, made new in Jesus daily and safe in his loving arms.

**Lord, my safety and protection, preserve and keep me this day as I put my trust in you that nothing I will face today will be without you. Please remind me that I am always in your care. Let me see with eyes of faith that I am in the safest place with you. Open my heart to hear your word daily so I may grow in you and know you will never let me go. All this I pray in Jesus' name. Amen.**



## Colour Run Photos





### How Healthy is Nhill Lake in 2024?



Well, you've seen the photos of the 5/6 class at the Lake last term and finding 'water bugs' this term, but what was it being done for? As part of a Unit of Inquiry that covered 'Acting local', we investigated the Lake to see how healthy its environment and ecosystem is. We have just completed a class information report on this, see below. Those responsible for the writing of each paragraph are shown in brackets, while sentences coming from class discussion of the results are shown in italics.

Our 5/6 class was at the Nhill Lake. We went there on the 14<sup>th</sup> of August to test the water quality. We also looked for living things. On the 30<sup>th</sup> - 31<sup>st</sup> of October, we looked at water bugs. The healthy clues from the Nhill Lake were from our eyes, the tests and the water bugs. (Clayton, Cooper, Mia)

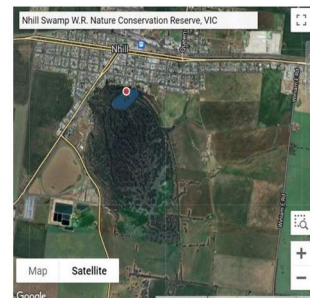
The environment has four parts: air; land; water; and living things. All of these are essential to survival. The circular lake has an island on it and a pontoon. When we were there, the air was warm. The water was a bit salty, not drinkable, and very clear. We could see the bottom of the lake! The lake had lots of living things. The River Red Gums and cockatoos were noticeable. "I thought the Nhill Lake looked healthy." (Mia and Sophie, and Lawson)

*We did four tests for water quality.* The pH value was 8 – basic. The turbidity was a clear 2 NTUs. The salinity was 1590 ECs – a bit salty. The air temperature was a warm 25C, and the water was a mild 19C. The water quality is a bit bad, but still ok for bugs to live – *and birds and fish.* (Darcy)

The ecosystem at the Nhill Lake is healthy because we discovered lots of different water bugs. Some of the bugs we found were: damselfly larvae; caddisfly larvae; water boatmen; fishing spiders; and backswimmers. Some of the bugs eat each other and some of them eat algae, Water Ribbons and bark. *For example, pond snails eat algae, and can be eaten by backswimmers, which can be eaten by water boatmen and all can be eaten by dragonfly or damselfly nymphs, and all of these can be eaten by the Eurasian Coots. So, although the Stream Health Score is a poor 3.9, it supports a healthy food web for these and other birds.* (Henry and Oakley)

The air was healthy. The living things were healthy. The land is healthy, but the water salinity wasn't healthy. Altogether, I think the Lake is pretty healthy and a great use of space.

We could look after the Lake better by picking up rubbish, not littering, picking up litter in the gutters that run to the Lake, and getting new grass, sprinklers for the trees and more trees. (Lawson, Clayton, Sophie, Zara, Harry)





## How to Really Play with Your Kids

*(And Actually Enjoy it as Much as Them)*

Playing with your kids. It's supposed to be fun—an enriching and bonding experience. Yet, for many of us—the overworked, the stressed, the ones who've traded sleep for a few more hours of productivity—the idea of one more demand on our time and energy can feel... daunting. Let's be honest, sometimes Netflix and chill sound a hell of a lot better than another round of hide-and-seek.

But here's the reality: engaging with your kids, truly engaging, is not just good for them. It's an investment in your relationship, your sanity, and quite possibly, your future. Studies show it makes them happier, *and* it makes us happier.

Those moments of genuine connection? They're the dividends of the time and energy investment parents make in play. Forget the Pinterest-perfect crafts and the expensive toys. The best games are organic, spontaneous, a little ridiculous, and tailored to your kids' unique quirks and interests. And remember, their primary interest is *time with you*.

Simple, Fun Games You'll Actually Enjoy

So, ditch the guilt, put down the phone, and get into it. It might be messy, it might be loud, and it is all-but-certain to be tiring, but I promise you, it'll be worth it. And who knows, you might even have some fun along the way. Here's a bunch of ideas that have worked in our family home over the years that I reckon your kids will love.

### **Push Dad off the Bed**

This is perfect for the tired parent. Lie on the bed. Put all your weight into staying put. Then challenge the kids to push you off. For the first minute or two, you'll be too tired to move. And then, their laughter becomes infectious. Their efforts (needling you in the ribs) force you to move. And energy creates energy. The kids win—and the game is over—when they push you off the bed. (If your kids are really small, you can make it easy for them... or have them call in reinforcements in the form of another parent—if available—to help them out.)

### **Run Away People**

We created this as Part II of "Push Dad off the Bed". Once the parent is on the floor, recovering from the beating they've just taken, all the kids jump onto the bed. The parent's job is simple: get all of the kids off the bed so that none of them are touching the bed in any way. Then the parent is allowed to get back on the bed and "be tired" all over again. With six kids who, from eldest to youngest, are fifteen years apart, this was a big challenge in our home. It required strategy, stacks of energy, and a soft touch. More fun than you can imagine.

### **Build a Fort**

Blankets, pillows, the dining table or lounge—use anything you can. Make it extra fun by having dinner in the fort. Perhaps you can make it big enough for a sleep-out?

### **Pull Dad's Socks Off**

When "Push Dad off the Bed" wasn't working because the kids were too weak and big sisters were away, the kids discovered that pulling my socks off annoyed me. I'd try to keep my socks on. Then I'd be off-balance. And the kids could push me off the bed! Soon enough, "Pull Dad's Socks Off" became a stinky, kind of gross, stand-alone game.

### **Hide and Seek**

It's an endless delight how much mileage this old-school game still gets in our home. Kids hiding in kitchen or bathroom cabinets; me hiding in places my body doesn't really want to clamber into anymore; and hours of fun. We tend to play at night time with no lighting other than what comes into the windows from the street. The game has a slightly scary tinge to it that the kids thrive on.

## Security

This one is really for kids under about seven years of age. A parent is on "patrol". They must only walk in one direction (e.g., down the hall) until they hit the wall. Then they can turn and go in another direction. The goal is for the kids to be outside the house and try to "break in" and get to a designated point (like the fridge where the treats are) without security turning around and catching them. If they are behind "security", the parent can't turn around and catch them unless they come to a wall, which requires a shift in direction.

## Tickle-Monster Chase

This one's simple. You (the parent) are the tickle-monster. You make lots of "roar" sounds and chase your kids around the house. When you catch them, you tickle them. When they say stop, you let them go and chase them again.

## Making Memories Through Play

Screens are addictive, attention spans are shrinking, and our kids are growing up in a world that's more chaotic than ever. But know this: roughhousing on the bed, building a pillow fort, or chasing your kids around the house like a maniac? That's the antidote. It's not just about being a 'good parent'. It's about joy. It's about resilience. It's about time.

That's how kids spell L-O-V-E; they spell it T-I-M-E.

So despite all the crap that we have to deal with each day, let it go and be in the moment. Go make some memories. Your kids will thank you, and frankly, so will your future self.



### **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](https://happyfamilies.com.au).



add some christmas  
**Jingle**

## Sensitive Santa

**for families with special needs**

Tuesday, 10th December, 2024 from 5.45pm

Quiet low key setting  
Photo's available from \$6  
No waiting in queues  
Pre-booked 5 minute time slots

Bookings essential  
Phone 03 5382 0912  
[manager@horshamplaza.com.au](mailto:manager@horshamplaza.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](mailto:admin@nls.vic.edu.au)



We had a fun morning in Get 'Em Going today! We learnt all about birds.

For our craft the children enjoyed making their own blue bird, sticking on feathers for wings.



We had a play shop out today which the children enjoyed making their peers and parents food and snacks.

Lots of gross motor skills were explored with our ball throwing net and obstacle course. Practising throwing, catching, balancing and crawling.

For our story we read a book about a Lyrebird. The children enjoyed finding all the different birds on each page and guessing what sound they make.

Next week we were learning about sunflowers!



## Animal Care Over Holidays



It is that time of the year again, when our pets will need some care over the holidays.....



Peaches the lizard - the enclosure could be taken home.

The fish - the tank could be taken home.

The frogs - the enclosure could be taken home.



If you are willing to help for the holidays would be appreciated, please contact the office to make arrangements. Thank you for considering helping the school with their care.

## Students Returning Date for Term 1

The first day of school for students will be Wednesday 29th January 2025. The staff will be returning to school on the Wednesday 22nd. More confirmation dates will be available later this term in regards to uniform



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**

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

Hindmarsh Shire Council

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