

## Upcoming Dates

### Chapel Dates Fridays 9am

6th Dec F/1

Wed 11th Dec Graduation  
Service

@ St Paul's Lutheran Church  
(Time to be confirmed)

### 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

## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today: Foundation/1: Jed Year 2: Zoe & Alyssa Year 3/4: Ruby & James Year 5/6: Clayton



## Birthdays

Happy birthday wishes are sent to the following staff this week.  
Mr Prenzler 7th Dec



## Derek The Bear

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

## From The Principal

### Advent

This Sunday marks the start of the Church season of Advent. Advent leads into Christmas and is a time to prepare for the wonderful gift of Jesus, whose birth we remember at Christmas time.

### End of Year events

Please note the following upcoming events:

Wednesday December 4: Year 6 graduation dinner at Little Desert Lodge.

Thursday December 5: Year 5/6 Christmas market.

Wednesday December 11: End of Year Graduation Service at the Lutheran Church. *All students are expected to attend.*

Thursday December 12: Last day of school.

Saturday December 14: Nhill Community Christmas Carols. Our students will be singing at this event.

### Student Leadership 2025

On Wednesday, our Year 5 students presented school captain speeches to the school. Students and staff then voted for 2025 school captains. The school captains will be announced at chapel next Friday, and a 'handing over' will take place at the End of Year Graduation service, where the 2024 captains hand over to the 2025 captains.

### Enrolment and Fee letter

A letter containing enrolment and fee information for next year was emailed to families earlier this week. If you did not receive this letter please let us know and we can get one to you. If you have any questions about the letter feel free to ask me.

### 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.....



- Xander and his family
- Maddy, Charlotte & Atreyu and their family
- Amber and her family
- Miss Zikos and her family
- Sophie & Lucy and their family
- Harper C and her family
- Sophie B and her family
- Zara & Lexie and their family

## Worship News

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

1st Sun in Advent

Nhill 9am

Jeparit 11am

NhillLutheranParishOnline.com



## Chapel Offerings

At this week's Chapel \$7.40 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 Spotify.

1st Dec	Beyond the Stress	(Discussion)
How would a stress-free life look to you? Celia talks with Anna and Janine about why it's so hard to get beyond the stress.		
8th Dec	What to Buy	(Richard Fox)
Are you one who tries to find the perfect gift at Christmas? Richard shares his struggles with the shopping list and explores the ultimate gift from God at Christmas.		

## Devotional Thought

### Looking for faults in others

Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life (John 5:24).

Read [John 5:21-29](#)

Jesus healed a man who had been living with disability for 38 years. He performed this miracle on a Sabbath (or holy day), so he was roundly chastised by the religious police for breaking God's law. Jesus used this opportunity to explain to the religious police – and the watching crowd – that we cannot achieve the relationship our Heavenly Father wants to have with us by religiously keeping a set of rules.

Our relationship as God's dearly loved children is now, not some time in the future. Jesus confirms this by saying we have already 'crossed over from death to life'. When Jesus died on the cross, we died too. And when Jesus came back to life after three days, we were born again into a new life as God's children – into the heavenly family. This was confirmed in our baptism when we were given our new birth certificate – the gift of the Holy Spirit.

So now we no longer have to worry about whether we are doing everything we must do to keep in God's good books. As children of the heavenly family, the Holy Spirit is working within us so that we become more like Jesus in our care and concern for one another.

A challenge for us is to daily review our motivation for what we do and how we respond to situations. I recently heard an episode on the radio about a man complaining about his wife. When he made a cup of tea or coffee for himself, he would ask his wife if she would like one, too, and she mostly did. But she would drink only half the cup before it got cold and unpleasant. Later, she would ask for another cup, even though she still had a half-full cup. This irritated the man to the extent that he was prepared to ring a radio station to have a whinge.

Now, I can imagine that those reading this are thinking about ways to solve the situation. However, the point I would like to make is that the man could decide that his wife has done nothing wrong, so he has no right to be irritated with her. He could pray about his negative feelings and ask God to lift this chip off his shoulder. Then, each time he brings his wife a cup of tea or coffee, he offers it with love, making it just the way she likes it. And having been given the gift, she is free to use it how she likes to.

Having just written that, I am now pointing a finger at myself.

**Holy Spirit, thank you for the ways you are working in our lives to change the way we react to situations. We especially ask for your help in not finding the faults in others but instead seeking how we can bless them – motivated by your love for us. Amen.**



## Pre-Foundation Visits



The pre-Foundation students have been busy in their recent visits. They have engaged in mini-muscle rotations, reading stories and completing a craft to match and having fun playing and holding the baby chickens.





## Year 5/6 Christmas Market Notice Board

Christmas is getting closer and to help you prepare, the 5/6 class are preparing a Christmas Market for next Thursday 5 December in the last part of the afternoon before school pick-up time. It's not just for the 5/6s! So, please accept this as our invitation to the school community to come! Please come to buy some of our hand-made gifts, food and decorations. Please come to support our charities by your purchases: Australian Lutheran World Service; Royal Flying Doctor Service; Save the Children and the World Wildlife Fund.

**NOTE: All students are welcome to bring a gold coin to buy something from the stalls .**



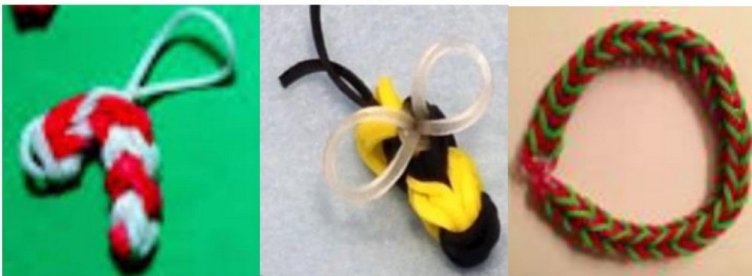
**Come! Come! Get some gingerbread men biscuits! You get to choose if you want to put on your icing, or not, but if you want to put on your own icing you will have to pay 50c more. We are also doing Christmas cards which come with the gingerbread men. We are supporting the Royal Flying Doctor Service.**

**Made By Clayton, Lawson, and Darcy.**



***We are having our Christmas market on the 5th of December in the multipurpose room at 2:40-3:10.***

***My name is Sophie and I am selling loom band bracelets and charms to support Pankind.***



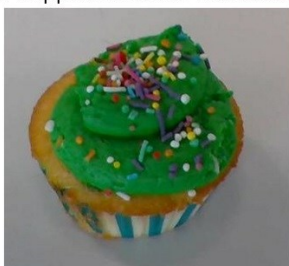
***(Not to scale.)***

**Cooper and Oakley are selling salt dough decorations You can buy with no paint for 50c cheaper at their stall. The charity that we are supporting is the Royal Flying Doctor Service.**



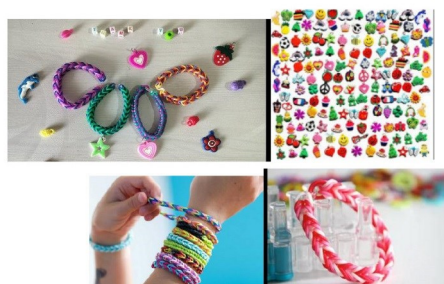
## Christmas Tree Cupcakes

In support of Save The Children



By Barrett, Harry and Henry

***I am selling loom bands with charms and just loom bands without charms. I am supporting the Royal Flying Doctors Service.***





## Year 3/4 Cooking Class—Afghan Biscuits



Learning about different cultures with Mrs A, at school,. This week focuses on New Zealand, so they are learning the haka and their cuisine.





# Why Is My Child Like This?



## *The Power of Perspective Taking in Parenting*

My two children were fighting. Again.

"Abbie, what is going on?" Abbie described how Chanel teased her, was mean, and was hurting her. "Chanel, is that true?" I asked the older of the two girls. Her reply was instant. Without meeting my eyes, she said, "No".

"Chanel, if I were to ask you to pretend to be Abbie and I had you describe what went on, what would you say to me?" Chanel reluctantly took Abbie's perspective and acknowledged that Abbie would say that "Chanel teased me, was mean, and hurt me."

A man spoke to a famous speaker after a conference about relationships. "I can't understand my son. He won't listen to me." The speaker responded, "Let me say back to you what I just heard you tell me. You can't understand your son because he won't listen to you."

"That's right", the man confirmed.

The speaker reiterated, "Let me say it again. You can't understand your son because he won't listen to you." He paused as the man stared at him. Then he added, "I thought that to understand your son, you need to listen to *him*."

I've heard many exasperated parents ask me variations on the same question. "Why is my child like this? Why do they do that? Why can't they just listen and understand?"

As adults, we have a lot more life experience than children. We've seen more, learned more, and faced more challenges. It's easy to forget what it's like to see the world through a child's eyes. Yet when our children feel understood, truly listened to, life works better—for them and for us.

### How to Better Understand Your Child's Perspective

- **Remember what it was like to be a child.** Think back to your own childhood experiences. What were your fears and worries? What challenges did you face?
- **Listen attentively to your child.** Pay attention to what they say and how they say it. Try to understand their feelings and point of view.
- **Ask questions to gain clarity.** Don't assume you know what they're thinking or feeling. Ask open-ended questions to encourage them to share their thoughts and feelings.
- **Be patient and understanding.** Children are still learning and growing. They may not always have the words to express themselves clearly.
- **Avoid dismissing their feelings.** Even if their worries seem small to you, they are very real to your child.

### Sharing Your Perspective in a Helpful Way

- **Offer comfort and reassurance.** Let your child know that you're there for them.
  - **Share your own experiences (in an age-appropriate way).** This can help them understand that challenges are a normal part of life and that they can overcome them.
  - **Help them develop coping strategies.** Teach them healthy ways to deal with stress and difficult emotions, such as deep breathing, talking about their feelings, or engaging in physical activity.
- By remembering to see the world through your child's eyes, you can build a stronger connection with them and help them navigate life's challenges with confidence.



#### **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).

## Year 3/4 Class

### Rubbish Free Day

In Term 4, the Year 3/4 class have been exploring the key idea that Christians have a responsibility in and for the world. We discussed how we could be responsible for our environment. We decided to try a Rubbish Free Day. The rubbish that we put in our bins can end up in land fill or in better cases in a waste energy plant. If we can use less rubbish that means, there will be less rubbish in landfill.

We collected rubbish from the whole school at recess on Wednesday 27 November and counted 44 pieces of rubbish. Considering we have 54 students in the school, that was very impressive.

We decided to have a rubbish free day just for our class on Thursday 28 November and 10/16 students put their snack in reusable containers instead of bringing lots of food in packages.

We watched a clip of a family on YouTube that decided three years ago to live waste free. In three years, their waste fitted into two jars.



<https://www.youtube.com/watch?app=desktop&v=epTPhU4Hg4U>

We would like the rest of the school to join us for a Rubbish Free Day on Wednesday 4 December. Is it possible to have no rubbish in the school?





## SRC Christmas



Next Friday 6th Dec  
Christmas Theme Dress up  
Day  
No cost  
Free Zooper Doopers

## Super Readers Award

Congratulations to the following student  
who were presented with Super Readers  
awards at assembly: Charlotte



## MiniLit Awards



Congratulations to the following students for completing 40  
weeks of the MiniLit program, that involves extensive sound and  
word focus: Charlotte, Freya, Atreyu, Gus, Roger, Jackson and  
Jessie



## 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 out in Get 'em Going today! Today we learnt all about sunflowers. During our library time we learnt some new action songs and even our first Christmas song which we used a range of different musical instruments. The children made a sunflower for their craft. Using crepe paper to decorate the petals and glitter for the seeds. They all did a wonderful job! Lots of imagination was explored with our Playdough today. Making pizzas, shapes and spaghetti.

We finished the morning off reading a story 'Rose's Garden' about a little girl who collected garden seeds from all over the world and made her own special garden. Next week we start our Christmas celebrations and the children will be making some decorations for their own Christmas tree!





## 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 sales days.



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>



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)



# 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