

Upcoming Dates

August

Tues 6th: P&F Meeting 7.30pm
 Fri 9th: Kinder Visit 9.15 to 11am
 Mon 12th: Growing Resilient Kids 6.45pm
 Tues 13th Hockey 7s @ Hamilton
 Fri 16th: P&F Movie Night
 Mon 19th to 23rd: Bookfair "Reading is Magic"
 Parade on Friday 23rd
 Tues 20th: Board Meeting
 Wed 21st: West Wim Athletics @ Warracknabeal
 Fri 30th: Father 's Day Chapel

September

Sun 1st: Father's Day
 Tues 3rd - Wed 4th: 3 Way Conversations
 Fri 6th: Yr2 Sleepover (TBC)
 Thurs 12th: Little Desert Athletics @ Stawell
 Tues 17th: Board Meeting
 Thurs 19th: School Concert (TBC)
 Fri 20th: Last Term 3

Jump Rope For Heart "Jump Off"

October

Mon 7th: Term 4 starts
 Tues 15th: ALWS Day
 Thurs 17th: Nhill Show (no school)
 Fri 25th: Grandparents Day

**Assembly and Chapel Dates are
on page 2**

Derek The Bear

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



Belated Awards



Freya received her 2 awards from last week's assembly for being a Super Reader and a Student of the Week

Birthdays

Happy birthday wishes are sent to the following student: Matilda 3rd August



From the Principal

Olympic fever has engulfed our school and it certainly helps having an old scholar representing Australia at the Olympics. All the best to Lucy Stephan and the whole Australian team.

Hockey 7s

Congratulations to our Hockey 7s team for their winning efforts in the Little Desert Hockey 7s tournament. A special thank you to parents who supported, and especially to Mrs Alexander for her organisation and leadership. NLS defended their title and got through to the next level in Hamilton.

Kinder visit and enrolments

We look forward to welcoming families to NLS next Friday for our kinder visit. Visitors will be given a tour of the school, children will spend time with Miss Zikos in the Foundation classroom, and information about the school will be shared with the parents. If you, or someone you know, intends to enrol a child at Nhill Lutheran School in 2025, please complete and submit an enrolment form. These are available upon request from the school.

Growing Resilient Kids workshop

If you haven't yet registered for the free Growing Resilient Kids workshop on August 12 please do so. The session starts at 6.45pm. You may register your interest at 5391 2144 or karen@spls.vic.edu.au.

Wimmera Lutheran College update

Regular meetings are continuing as we prepare for the commencement of Wimmera Lutheran College. One new staff role which will add value to us in Nhill is the Director of Curriculum – Primary who will be announced soon. This role will flow across the three WLC sites and support teachers and students in their teaching and learning. This is an example of how becoming part of a larger entity enables us to tap into a bigger resource pool to better cater for the needs of students and teachers.

Part of the structure of the new College is the establishment of an advisory committee for each site. The advisory committee will consist of the Principal, Board member, staff member and community members including parents. The role will include assessing the needs and/or issues of the Nhill campus and reporting to the WLC Board.

Book Week

Book Week this year is the week beginning Monday August 19, with the theme being 'Reading is Magic'. A book fair will be held during Book Week, and our annual dress up parade will be held on Friday August 23. Students may dress as their favourite book character, or as something to do with the 'Reading is Magic' theme.

Every blessing for your week,

Damon Prenzler

Assembly Dates
(after Friday Chapel in the morning)
9th Aug - Kinder Visit
23rd Aug - Year 2
6th Sept - Year 3/4
20th Sept - General

Chapel Dates
Fridays 9am
9th Aug - Kinder Visit
16th Aug - Year 3/4 **(changed)**
23rd Aug - F/1
30th Aug - Father's Day Chapel
6th Sept - Year 5/6
13th Sept - Year 2 **(changed)**
20th Sept - Pastor Carl (tbc)

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.

Term 3 Fees

The school fees for Term 3 were emailed last week, just a reminder that you may need to check your junk mail as they show up as "accounts". Due 9th August.

If any assistance for organizing a payment plan is required please contact the Principal Mr Prenzler (53 912 144) or the Business Manager at HTLC (53 822 529)

Year 2 Class - Tree Planting



Last week the Year 2 class celebrated 2024 National Tree Planting Day with planting a shrub at the front of school, which should attract butterflies, birds and add natural aesthetics to the area.



Prayer of the Week

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



- James & Ruth and their family
- Jed and his family
- Mrs Lees and her family
- Savannah and her family

Worship News

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

11th Sun after Pentecost
Nhill 9am
Jeparit 11am
NhillLutheranParishOnline.com



Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at messagesofhope.org.au or on iTunes and Spotify.

4th August Who Am I?

What do teenagers really think about their place in a world of confusion and challenges? Hear stories of young people searching for identity, and how faith shapes who they are.

11th August No Shame

No-one is immune from shame. Celia, Anna and Richard discuss shame to help understand what shame really is and what we can do about it.

18th August Living with Confidence

Finding our way in life can be a long journey, and who we are can take a battering. Peta, Christian life coach and speaker, shares her passion for helping women build confidence and purpose.

25th August Finding Connection

There are times when the pieces of our life don't seem to be fitting together as they should. Nancy explores how the stress of juggling being a wife, mother and police officer had her feeling disconnected and uncertain.

Devotional Thought

Juice box miracles

Jesus said to Philip, 'Where are we to buy bread, so that these people may eat?' He said this to test him, for he himself knew what he would do (John 6:5b,6).

Read [John 6:1-21](#)

If you have ever given a juice box to a small child, you know they are filled to the brim and that, within seconds of handing it to a toddler, their immediate squeeze of the box is going to go everywhere. I fixed this by telling them I was 'just taking the top off first'. As our family grew, so did my little 'freebie' drink and I could give six children a drink without buying one for myself! The older children knew exactly what I was doing, when I still 'took the top off' theirs long past the age of needing to avoid spillage. This has progressed to the dinner table. Last week when my husband was away, and all six children (some now young adults) were home, I served six dinners instead of seven – only to be asked where my own plate was. This has happened before, and we know the drill. I took a polite spoonful of rice and beef chilli off each plate, and all seven dinners still looked perfect – this time with some for me. You never would have known!

I pondered this experience and the loaves and fish miracle. My version is just simple 'mum economics', though of course the Lord provides through those. However, no matter of mum economics could feed 5000 people with the loaves and fish from one lunch as we read in all four gospels.

Jesus' question to Peter was to test him. Jesus already had in mind the miracle, but he was testing Peter's trust and knowledge. I have two thoughts today on this passage. Firstly, we cannot underestimate or discount the miracles of God – and we cannot do them in our own strength. Secondly, it might seem crazy to give the very little we have to the Lord, for his kingdom work. 'My plate isn't enough to share', or 'I can't give much so it's pointless me giving anything'. Let us remember that what we give to the Lord, he multiplies as he chooses. It might be a loaves-and-fishes miracle. Or it could be a home-style beef chilli or juice box miracle in which the smaller sums work together for a larger effect. Consider your time, your talents – and your dollars. How can we contribute our little, or a little more, to the Lord's work?

Lord God, you are our 'Jehovah-Jireh', God our provider. You allow us to participate in your kingdom work. Help me to be a good steward of all that you generously provide to me, and to be willing to contribute to your work. Help me to trust you and to consider those around me who may also need to share in what I have, whether I can only give a little, or whether it be a little more. In Jesus' name, Amen.



Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am to 11am.

Each week children will be given the opportunity to participate in physical, social and mental stimulating activities to assist in preparing them for their learning journey ahead.

Please bring along the following:

- A water bottle / Fruit snack / Gold coin donation

If you have any questions or would like more information on the program please contact Mrs Fisher at the front office. 53 912 144 or admin@nls.vic.edu.au



We had a great morning in Get 'Em Going today! We learnt all about the ambulance. During mat time we talked about who to call in an emergency and what number we need to ring. There was lots of imaginative play explored today through our magnets, with some of the children making a big castle! They then added some little people. We explored our fine motor skills with a new activity using contact and different items to stick onto it. The children decorated an ambulance using sparkles for the siren and red paper for the cross. Next week we are learning all about the motorbike!





STOP, LOOK, and LISTEN to Your Kids

Some years ago I came across a parenting questionnaire developed by thoughtful, careful researchers. One of the questionnaire items asked, *“Do you stop and pay attention to your child when your child wants/needs you?”* As a parenting expert I knew there could only be one answer. *“Yes, of course I do,”* I told myself.

The question got under my skin a little bit though, for two reasons. First, I knew deep down that my answer wasn't entirely honest. But second, am I supposed to stop what I'm doing every time my child needs me and pay attention? I'll never get anything done! And won't that spoil my child, creating an entitled little empress who thinks I'm only there to do her bidding?

I spoke to my wife, Kylie, and asked her what she thought. *“I know I'm supposed to always be there, and I'd like to say I am... but I'm probably not”* was her reply. She added, *“Is it even realistic?”*

That night, Kylie sat with our children and asked them if they believed that we were always there for them, ready to listen and pay attention when they wanted us. The answers surprised us, none more so than this from our (then) 7-year-old daughter:

“When you are busy you don't listen to me properly. Like when Dad's on the computer or you (mum) are doing craft you're not available to me. It feels like those things are more important than me.” She added, *“Even when you say you're listening to me, you're not, because you're not focused on me. You keep doing what you were doing.”*

Ouch!

Stop, Look, and Listen

When we cross the road, we stop, look, and listen. It helps us navigate a physically hazardous or challenging situation. Relationships with our children can be like crossing the road. If we aren't willing to stop, look, and listen, we may miss something important heading our way, and we, or our child, or even our whole family, could get hit by it. Perhaps it is a friendship challenge, an issue at school, or a toddler feeling like she needs to be comforted. Maybe it's a teen who is thinking about doing something unsafe with drugs or sex. Or it could be as simple as a child who wants—needs—to be seen but doesn't know how to communicate that need.

Play the Long Game

So will stopping and paying attention to our children make life easier? Or will it just lead to more interruptions and selfish children?

Researchers have uncovered a surprising finding. Children whose parents are willing to stop, look, and listen tend to become less needy. These children learn over time that when they need their parents, they'll be there. They feel secure in that relationship. Conversely, children who have parents who push them away, say, “not now”, or tell them to “hurry up” all the time worry about whether their parents will be available and they become more needy.

When our child wants us, it can be easy to pretend to be listening while we continue scrolling on Instagram. We might even turn our body and shoulders towards our child and mumble “uh-huh” as they tell us about their day or whine about their sibling. But, as my daughter so poignantly pointed out in her interview with her mum, we're not really listening. And that leads them to act in ways that demand our attention... but it's not really the kind they want.

By giving your full focus to your child, you are also teaching them how to have present and meaningful conversations with friends and other family members!

How does it feel for you?

Perhaps you have talked with a spouse or partner, or a friend, and they've been distracted while you poured out your heart. Chances are you felt frustrated. Perhaps you even felt that you could not trust that person with your challenges and vulnerabilities? Our children feel the same way.

To build strong, trusting relationships with our children the simplest things we can do is this:

- STOP. Stop what you are doing. Completely. Put down the phone. Turn away from the screen. Turn down the stove. (But keep your eyes on the road if you're driving!)
- LOOK. Look at your child - in the eyes. You might crouch down so you can hold hands. Make that visual connection.
- LISTEN. Keep that mouth zipped. Just listen. Keep looking at your child and really pay attention.

(This works for spouses and partners too).

Just as dollars are the currency of our economy, attention is the currency of our relationships. Too often our relationships are in the red. We are not giving them enough attention – or the right attention, and it dilutes our ability to help our children.

Really stop, sincerely look, actively listen, and observe how much better family life feels.



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.

P&F Signature Paver Project

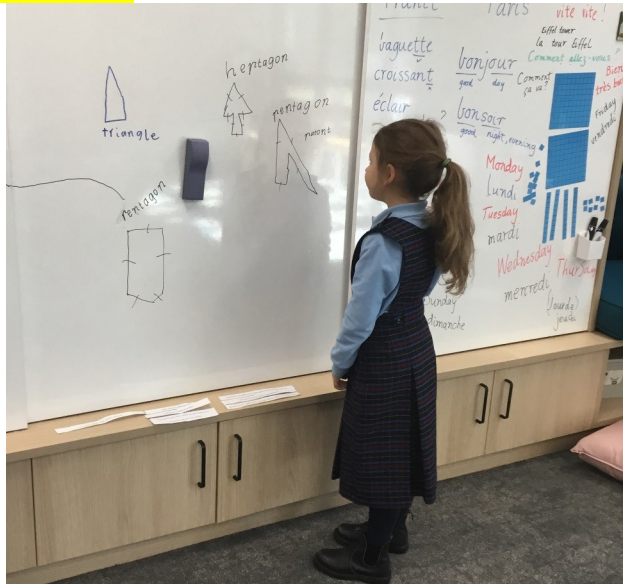


The P&F are currently running a Signature Pavers Project. All members of the school community; staff, students, family; past, present and future are able to purchase a paver for \$50 to be laid at the school with their name on it. Families may purchase multiple pavers if wanted.

This is a wonderful way of commemorating our past with our new school building. If you would like to purchase a paver, order forms are available from the school office or by emailing pandf.nls@gmail.com.

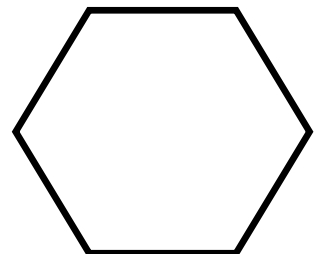
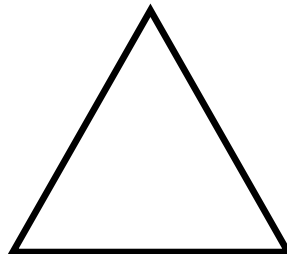
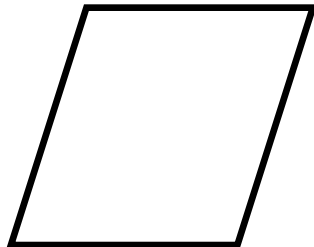
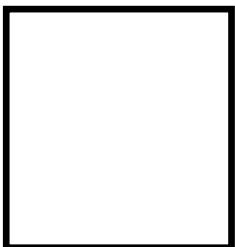
Orders close August 23rd.

Year 2 Class



The Year 2 girls were creating as many regular and irregular 2D shapes as they could using popsticks.

They are learning the names of all the different shapes such as parallelogram (a four sided rectilinear figure with opposite sides parallel)



★ MOVIE NIGHT ★

★ POPCORN ★

★ DRINK ★

Movie Night

Friday 16th August
6.30pm

Popcorn provided

Please BYO comfy seats,
blankets and water bottles.

Please note all children need to be supervised
as this is an out of school hours event.

Movie will be PG rated



From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

Horsham

Wednesday 21 August 2024,
Choice of 11am OR 6:30pm sessions

(3 hr seminar incl question time, doors open 10:30am & 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey
from diagnosis to present day giving an insight from Daniel's
personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling
perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living,
employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.

Early Bird
Tickets
until 7 Aug!



Presented by

Daniel Giles OAM
Order of Australia
Medal Recipient
& Autistic Self-Advocate

Daryl Giles
Daniel's Dad

Leash Purcell
Daniel's Sister
and Educator



Venue

Horsham Sports and Community Club
177-181 Baillie St, Horsham VIC

Tickets (*Includes \$0.50 booking fee for online bookings)

Autistic people, family & carers
\$30.50* early bird | \$35.50* regular

Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.)
\$75.50* early bird | \$85.50* regular

trybooking.com/CSXJP (or scan QR code)

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A CELEBRATION DAY FOR GIRLS

A Celebration Day for Girls is a one-day workshop for girls aged 10-12 years, and their mother or female carer. Designed to support you both at this special threshold in your lives, and to provide an affirming, grounded and connected celebration of the journey to womanhood



Sunday 25th August
10am-4pm
Horsham Neighbourhood
House

Bookings at
Eventbrite

Includes 2 hour
Mother/carer session
Thurs 22nd Aug 7-9pm

For more information contact
Rachel Pilgrim 0430 450 967
or rachel.pilgrim@yahoo.com

www.rachelpilgrim.com.au

www.celebrationdayforgirls.com

Hockey 7's @ Dimboola





Congratulations to the Hockey 7s team who came home with individual gold medals and the shield for the school to display for another 12 months. The team has made it to the next level to be held in Hamilton Tuesday 13th August.

Growing Resilient Kids Workshop

This is a practical solution focused workshop for parents, caregivers, grandparents, and educational staff who connect with young people.

This 2-hour workshop focuses on:

- The brain science behind emotions.
- Learning about the purpose of anxiety and stress (it's not all bad!).
- Increasing understanding of how feelings (e.g., anxiety, stress) impact our thoughts and body (physiology).
- Learning ways to recognise, accept and/or manage unpleasant feelings.
- Practical tips and strategies for supporting young people to cope and persist through challenging moments and feelings.

I AM THE
BOSS
OF HOW I
THINK,
FEEL & ACT.

Monday 12th August 2024
6.45pm-8.30pm

Cost: Free

Location: Nhill Lutheran School
2 Mackay Street, Nhill

Register via:
karen@spls.vic.edu.au
Or NLS 53912144

** Registration will provide you with a participant workbook

Presenters:

Lana-Joy Durik & Gez Walter
Senior Psychologist Educator & Counsellor

Smiles 😊
ALL ROUND