

Upcoming Dates

August

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**

100 Days for Foundation



Birthdays

Happy birthday wishes are sent to the following staff: Ms Rutherford

The Foundation students celebrated 100 days of learning on Monday with their class mates the Year 1 students. "100 days smarter".



From the Principal

Our students continue to be engrossed in the Olympic Games, as well as learning more about the events, and the many cultures represented at the Olympics. It has been very entertaining hearing students greet each other with a cheerful 'Bonjour', and hearing that a Year Two student's new favourite food is brioche.

One of our learner profiles is 'I am resilient' and there are certainly many examples of resilience on show at the Olympics.

Due to the kinder visit today there was no chapel or assembly. Next week chapel will be led by the Year 3/4 class, and they will continue our chapel theme of the learner profiles.

Hockey 7s

Our Hockey 7s team travel to Hamilton next Tuesday for the Greater Western Region competition. We wish them all the best, and thank you to Mrs Alexander and all parent helpers.

Kinder visit and enrolments

It was lovely welcoming families to NLS today for our kinder visit. Visitors were given a tour of the school led by our School Captains, children spent time with Miss Zikos in the Foundation classroom, and information about the school was 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 Monday August 12 at 6.45pm please do so. The session is free and participants will receive a booklet. You may register your interest at 5391 2144 or karen@spls.vic.edu.au.

Movie Night and Paver Fundraiser

The Parents and Friends are running a Movie Night next Friday. This has become an annual event and is a lot of fun. Also, I encourage you to consider the paver fundraiser. With future landscaping taking place at the front of the school, an area will be allocated to named pavers, with people associated with the school having the opportunity to have a named paver (or two or three).

Governor of Victoria

Next Tuesday, the school captains and I have been invited to attend a civic reception with the Governor of Victoria, Her Excellency Professor the Honourable Margaret Gardner AC.

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)

23rd Aug - Year 2
6th Sept - Year 3/4
20th Sept - General

Chapel Dates
Fridays 9am

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.

Prayer of the Week

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



- Harper & Ms Rutherford and their family
- Ollie and his family
- Jessie and her family
- Miss Schultz and her family

Worship News

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

12th Sun after Pentecost
Nhill 11am
Jeparit 9am
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.

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.

Chapel Offerings



At last week's Chapel \$3.90 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

Devotional Thought

Begging for the word of the Lord

As they went out, the people begged that these things might be told them the next Sabbath (Acts 13:42).

Read [Acts 13:26-43](#)

What a response to Paul's message! When have we been so keen to hear the word of the Lord brought to us that we cannot wait to hear it again next week?

Perhaps you are part of a Bible study group and look forward to attending each week. You may look forward to Sunday, for a refuelling with word and sacrament. Or perhaps many of us might feel as though we can miss a Sunday here and there, or that attending church once in a while is enough.

As Lutherans, we believe that the word of God is efficacious, and that he works through it to produce faith and obedience. Certainly, we see an example here of that happening in the synagogue as a result of Paul's teaching.

We have the privilege of a free country. The word of God can sit openly on our bookshelves, in our pews, on our phones and computers. Look at how much opportunity there is for God to work if we give him the opportunity. While our faith is a gift from him and not something we create ourselves – we need to give him *opportunity* to work. We must move on from spiritual milk to solid food. Are we as hungry for the word as the hearers of Paul's message?

Choose a book of the Bible, and commit to reading it daily, asking the Lord to work through his word and create a deeper faith in you. Ask him to give you desire and passion for his word and the ability to encourage others in their faith. In this world where so many voices call out to us daily, let's give the Lord the priority of our attention. Go to church!

Father God, you declare that the word that goes out from your mouth shall not return to you empty, but it shall accomplish that which you purpose, and shall succeed in the thing for which you sent it (Isaiah 55:11). Work in our lives through your word brought to us by faithful pastors and increase our desire to learn from you through them. In Jesus' name, Amen.



NLS Olympic Games 2024 - Foundation, Year 1 & 2 Competition





There was great anticipation in the F/1 and Year 2 classes in preparation for our Mini Olympics held in PE lessons during the past two weeks. The students all found their inner athlete as they participated in the 2024 NLS Olympic Games.

There were unofficial records being broken in the various events!

The athletes were all competing for a country, so we saw Australia, USA, France and South Africa all fighting for medals. Each athlete made a flag to represent their country.

The events included 'waterless' swimming and rowing, sprints, javelin, basketball, cycling, rugby, hockey, gymnastics and hurdles. Some were in a race format against the other competitors and some were against the clock. Our resident gymnast - Zoe - demonstrated this event most capably!

As part of the medal presentation, the national anthem of each country was played. Athletes were able to experience standing on the podium to receive either a gold medal or a prize for showing good sportsmanship and a wonderful effort.

The athletes would have all won gold medals if they were awarded for HAVING FUN!

What's the name of the fastest dinosaur at the Olympics?

Olympics?

Why does Cinderella never win the

What is a banana's favourite gymnastics move?

The splits!

Why is basketball the messiest Olympic sport?

Because the players dribble all over the court!

Why was the Olympian not able to listen to music?

Because he broke the record!

Why is it so hot in a stadium after the Olympic games are over?

Because all the fans have left!

Why were the swimming elephants thrown out of the Olympics?

Because they couldn't keep their trunks up!

How do fireflies start a race?

"On your mark. Get set. Glow!"

Why did the spotted cat get disqualified from the Olympics?

It was a cheetah.

Why can't tomatoes win races against lettuce at the Summer Games?

Because the lettuce are always a head, and the tomatoes are always trying to ketchup!

Why couldn't the bike finish the Olympic race?

It was two-tired.

What is the best part of an Olympic boxer's joke?

The punch line.

Which Olympic sport generates the most conversation?

Discus.

What lights up a soccer stadium?

A soccer match.

What animal is best at hitting a baseball?

A bat, of course.

What kind of phone does an Olympic Gymnast use?

A flip phone

I just competed in the suntanning Olympics... but I only got bronze.



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 fun morning in Get 'Em Going this morning!
It was all about the motorbike today!

The children enjoyed colouring in their own motorbikes and driving them on the road track. Lots of different colours were explored. It was great to see them practising their pencil grip too.

We all learnt a new set of songs today during mat time, practising our actions and using ribbons with dance.

The children have been working hard the last few weeks practising screwing bolts and getting them through small holes with our fool kits. It's great to see the learning new skills.

We had a very exciting pop up story book today, all about different vehicles, this was loved by all.

Next week we are learning all about trains!





The Power of Perspective

Too often we forget what it's like to be a child. We forget the anxieties and nervousness, and even the fear of getting things wrong or disappointing our parents. We forget what it's like to not understand. We can try to understand our child's perspective, but we consistently find it hard to see through their eyes.

This is something that our children themselves may not be able to do yet. Developmental researchers have identified an important capability called 'Theory of Mind.' Studies suggest that from around age five, we develop the capacity to see the world through another's eyes and to take their perspective. Prior to that, the brain is too immature and undeveloped to recognise that others might have an alternative perspective to their own. They are entirely egocentric. It's all about them. They don't care if we disagree. It's irrelevant. Their view is the only one.

Once their perspective capability kicks in—that is, once they've developed Theory of Mind—our children understand that just because they can see things one way, it doesn't mean others can also experience the same perspective—especially if they're in another place.

Just because adults can see another perspective doesn't mean we do. In fact, people with power (like parents) are less empathetic—less likely to look through another's eyes—than those with less power. We become impatient and demanding. We seek compliance. We get absorbed in solving our problems rather than understanding theirs.

"You did what!?"

A few years ago I received an email from a mum who had a beautiful story to tell:

I walked downstairs into my lounge room and saw my 4 year-old son surrounded by clothes. Then it dawned on me. The clothes baskets that I had left on the floor – the ones that held 4 loads of washing and ironing I'd just completed – were now empty. He was standing in the middle of the clothes, picking each item up and throwing it into the air. As he threw the clothing, he burst out laughing. So did his 18 month-old brother, who was watching the destruction of my washing like it was entertainment.

I was just about to blast him. I knew all the things I wanted to say. And once I'd said it, he was going straight to time out.

But then... I remembered you saying I should try to see the world through his eyes. I paused.

In my eyes he was being a brat, intent on demolishing all of my hard work. But in his eyes, perhaps he was something else.

Mustering all my self-control I quietly and calmly asked him, "What are you doing with all of that washing and ironing?"

He turned around when he heard my voice, smiled, and said, "Hi Mum." It was like nothing had happened. I asked him again. Then he gave me this sweet explanation:

You were asleep upstairs, and Josh (his little brother) was getting upset and I was scared he would wake you up. I started throwing things and it made him happy so you could sleep."

Seeing Beyond Behaviour

If we are honest with ourselves, most of us will admit that we get things wrong from time to time when it comes to parenting and our children. We might get mad at a child for losing her shoes, and then realise we put them outside after we washed them. Or we might get cross at a child for not doing what we asked only to find out he was doing something for his dad, or his brother, or for someone else.

If our children were icebergs, their behaviour would be what we see above the water, but the larger part of the iceberg rests below the surface. This remains invisible unless we take the time to understand what is down there. Feelings, developmental progress, the broader context, and more all contribute to our children's behaviour. Rather than getting mad at our children for being difficult or inconvenient we should try to see the world through their eyes.

It may be one of the hardest things for us to learn to do as a parent. We are always operating on our agenda and we expect our children to fall into line and step with us. While there are times when children do inexplicable, unexplainable things with nasty motives, those situations are typically rare. Even in those instances, a deep unmet need may be the driver of the challenging behaviour.

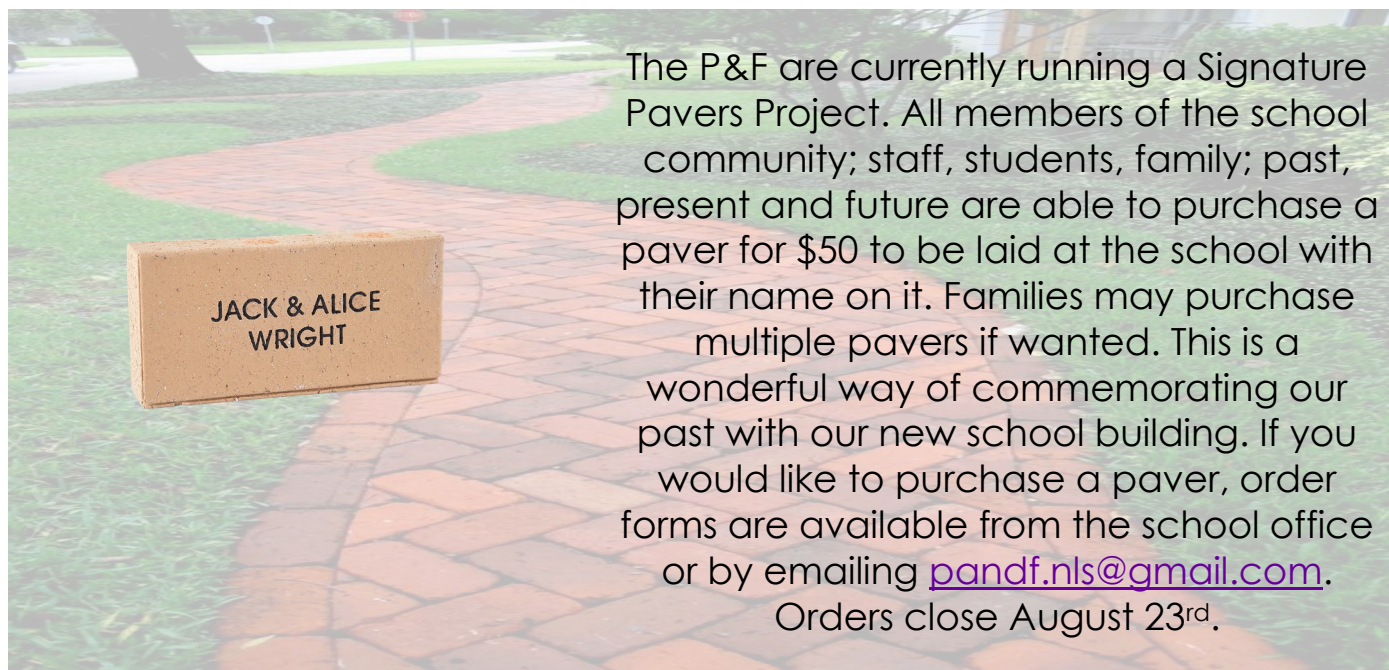
When we pause and make a point of trying to understand, we will usually find that our children are amazing people who really do want to do the right thing. They just need us to let



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.

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)

★ 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



Get 'Em Going Father's Day Gift making morning

Tuesday August 27th
9:30am

Bring your preschooler
along to make their
Dad or special friend a
creative gift!



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>

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