

Upcoming Dates

September

Tues 17th: Board Meeting

Thurs 19th: School Concert

Fri 20th: Last Day Term 3 - pick up 2.15pm
Jump Rope For Heart "Jump Off"

October

Mon 7th: Term 4 starts

Tues 15th: ALWS Day

Thurs 17th: Nhill Show (no school)

Fri 25th: Grandparent's Day
World Teacher's Day

November

Wed 13th: BMX Incursion

Fri 15th: Colour Run (tbc)

Tues 19th: Board Meeting

December

Wed 4th: Year 6 Graduation Dinner
@Little Desert Lodge

Thurs 12th: Last Day of Term 4 (3.15pm)

Fri 13th: Staff PD Day

Chapel Dates *Fridays 9am*
20th Sept - Pastor Carl

Assembly Dates
(after Friday Chapel in the morning)
20th Sept - General

Little Desert School Sports @ Stawell North Park



Continued on page 9

Birthdays



Happy birthday wishes are sent to the following students & staff in September:

Helena 14th Zara 19th Miss Schultz 20th

NOTE: Last Day Term 3 Fri 20th Sep 2.15pm finish

From the Principal

Learner Profiles – making them live

Earlier this year we introduced our Nhill Lutheran School Learner Profiles: I am resilient; I think critically, creatively and with curiosity; I am responsible and show initiative; I show compassion; I am collaborative. These are wonderful qualities and dispositions we would like to see in all NLS students, and we want these statements to be more than mere fluffy words.

So how are we embedding these learner profile statements into our teaching and learning program? Initially we familiarised our students with some of the language (eg - What does collaborative mean? What is resilience?) and shared examples of these. Teachers have started using the language more intentionally in classrooms with students to provide real time feedback on when a student is demonstrating one of these qualities, and students themselves are beginning to use the language when talking about their learning or themselves as learners.

This term our chapel theme is focusing on the learner profiles and how Bible characters showed them, and when awards are given at assembly the language of the profiles are being included. This morning our Year 2 class led chapel sharing the story of The Good Samaritan, and how it links closely with the learner profile of 'I show compassion'.

Building update

Next week a fence will be erected around the old school building as we move towards the removal of this building during the school holidays. Understandably there is a range of feelings around saying goodbye to a building that has served our school community so well for many decades, and many memories are associated with the building. As we have done throughout the building process, we take time to thank the people who had the courage to establish Nhill Lutheran School and provide the facilities we have enjoyed, and to those who have maintained and used it through the years. We give thanks to God for these older buildings and also for the new facilities we now enjoy.

Concert

There is a flurry of activity as we prepare for the concert of What A Knight on Thursday. A letter has been sent home to families outlining our plans for next week where we will spend time at the Community Centre rehearsing on Wednesday and Thursday. Looking forward to seeing you next Thursday, doors open at 6.30pm for a 7pm start.

Last day – early finish

Please note we finish at 2.15pm next Friday.

Little Desert Athletics in Stawell

Congratulations to our team of athletes who represented the school at the Little Desert Athletics in Stawell yesterday: Barrett, Mia, Savannah, Clayton, Sophie, Zara, Nelson, Helena, Tricia, Tom and Henry.

Every blessing for your week,

Damon Prenzler

Buddy Time



The 5/6s and F/1s continued their paralympic sports whilst trying out seated handball, an egg and spoon relay without using their hands and seated javelin using a vortex.

Prayer of the Week

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



- Cooper & Abby and their family
- Tom & Zoe and their family
- Ellie and her family

Worship News

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

17th 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.

15th September Bethany's Story

From 20 weeks pregnant, Jo and Luke knew their baby would need urgent heart surgery, but no one prepared them for a life with a child with special needs. Hear Jo and Luke share their story of hope, challenge and resilience in caring for their beautiful daughter Bethany

22nd September Early Onset Dementia

Early onset dementia can come as a shock. Hear Ann and Tim's story of challenge and discovery after Ann's diagnosis of dementia.

29th September Families Coping with Dementia

Coping with a diagnosis of dementia is difficult for families but there is hope. Dr Chris Materne reflects on what she has learned through her doctorate and her own family story



Chapel Offerings

At this week's Chapel \$16.00 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

Paul speaks to the crowd

After receiving the commander's permission, Paul stood on the steps and motioned to the crowd. When they were all silent, he said to them in Aramaic: 'Brothers and fathers, listen now to my defence' (Acts 21:40-22:1).
Read [Acts 21:37-22:16](#)

In yesterday's reading, Paul was arrested and about to be taken into the Roman barracks. As we continue the story today, we read that Paul asked permission to address the crowd.

The crowd grew quiet as Paul talked to them in their own language, Aramaic. He repeated the story of his conversion to a follower of Jesus. Previously, Paul had persecuted Christians. Then, one day, on the road to Damascus, Jesus appeared to him and told him that he would be a witness to the Gentiles about Jesus' gospel.

What lessons might we learn from this story about dealing with conflict and misunderstanding?

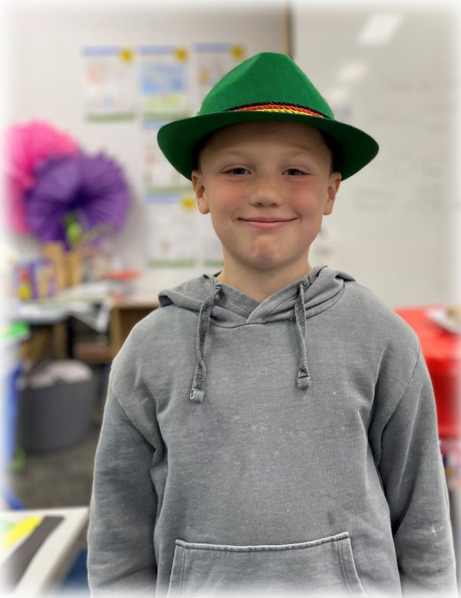
Firstly, Paul acknowledged what he had in common with those who had just attacked him. He spoke their language to emphasise that he was one of them. He explained that he shared their zeal for God, even to the extent of persecuting those he believed were spreading false doctrine. Then, he described his conversion and why he had changed his opinion about Jesus.

Similarly, when faced with conflict, we should not assume that because others have a different opinion from ours, they must be wrong. Instead, we should seek to build understanding. We should look for common ground. Most of all, we should actively listen to the opinions of others to understand why their belief differs from ours. The area of immediate conflict is often a symptom of a deeper difference in our fundamental beliefs. Such active listening may not resolve the dispute, but it may lead to mutual respect and understanding. With God's help, we can understand that reconciliation does not always require agreement.

God of reconciliation, we admit we do not deal well with conflict. We find it hard to love our enemies. Fill us with your love and peace so that we can minister to a hurting and divided world. Amen.



Year 2 Class - International Dress Up Activity





The Case for Risky Play in an Age of Overprotection

Remember playgrounds? I'm talking about the real deal: towering metal structures, splintery wooden forts, rocket ships you could climb up into for forever, and swings that sent you soaring; playgrounds where skinned knees and the occasional lost tooth were badges of honour, not cause for panic.

Today, those playgrounds are becoming an endangered species. In their place, we've erected sanitised, plastic-coated play areas that prioritise safety over adventure. Rather than making playgrounds as safe as necessary, we're making them as safe as possible. Swings barely leave the ground, monkey bars are disappearing, soft fall cushions the ground, and the merry-go-round? It's been banished to the realm of nostalgia.

We've become so obsessed with a well-intentioned desire to protect our kids from every possible bump and bruise that we've forgotten something crucial: kids need risk.

They need to climb, jump, fall, and get back up again. They need to test their limits, push their boundaries, and experience the thrill of conquering a challenge.

And I'm talking about all kids. Typically developing kids, children with disabilities, neurodivergent kids... the lot. Taking risks is how we build competence, and with competence comes confidence and self-esteem.

Renowned psychiatrist and mental health expert, Professor Patrick McGorry, has found that Australian young people are second only to US youth when it comes to mental health challenges. And researchers like New York University's Jonathan Haidt have linked the decline in risky play to the rising rates of anxiety and depression Professor McGorry describes in his recent studies. The argument: kids who are constantly shielded from risk may grow up feeling ill-equipped to handle life's inevitable challenges. They may become overly cautious, afraid to step outside their comfort zones, and paralysed by fear of failure.

It makes sense, though. We love our kids. We want them to be safe. The last thing we want is for them to break their arm. And yet... aren't those some of the very best stories we tell for the rest of our lives? Stories of adventure and misfortune; stories about how we scored our scars?

The Biosphere 2 experiment offers a cautionary tale. Scientists tried to create a perfect, self-sustaining ecosystem, but they failed miserably. The trees grew tall, fast, and straight. But then they toppled. They were too top heavy. Their roots were too shallow because there was no wind in Biosphere 2. The trees lacked the "stress wood" that develops in response to challenges (like windy days).

Our kids are like those trees. They're growing up in a controlled environment, protected from the harsh realities of the world. But when they finally venture out on their own, they're going to get

knocked down. And if they haven't developed the resilience – the stress wood – to get back up, they're going to struggle.

Let's be clear. Risky play is *not*:

- Ignoring evidence-based and mandated safety measures (e.g., the use of helmets, car seats, life jackets, stair safety gates).
- Leaving children unsupervised in potentially hazardous situations (e.g., street play in traffic areas).
- Pushing children to take risks beyond their own comfort level.

I'm not suggesting that we throw caution to the wind or encourage reckless behaviour. It's about finding a balance. It's about creating playgrounds and environments where kids can explore their limits within a safe and supportive framework. It's about encouraging them to climb trees, build forts, and jump off swings, while also providing guidance and supervision.

The benefits of risky play are undeniable.

Studies have shown that kids who engage in such play:

- Are less likely to develop anxiety and depression.
- Have better social skills, improved physical coordination, and enhanced creativity.
- Are more likely to take initiative, demonstrate leadership qualities, and persevere in the face of challenges.

Research also shows that risky play is essential for building resilience, confidence, and problem-solving skills. It helps kids learn to assess risk, make decisions, and navigate the world on their own terms. And the American and Canadian Paediatric Societies are both encouraging parents to help their kids take more risks!

By denying children of those opportunities, we're not just robbing them of fun – we're stunting their development.

So let's reclaim the playground as a space for adventure and exploration. Let's embrace the scraped knees, the joyful shouts, and the occasional tears that are an inevitable part of childhood because school camp is hard, riding down the hill is scary, or the wind is blowing strong. Let's trust our kids to navigate the world, to take risks, and to discover the resilience that lies within. And let's turn off the computer/tablet screens so they can get out there and go for it.

Because in a world that's increasingly sanitised and controlled, the greatest risk may be not taking any risks at all.



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.



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 ARPANSA.

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

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 out in Get 'Em Going today. We learnt all about the Crane!

The children enjoyed using some paint and sponges today to decorate a Crane. We then attached a hook with a split pin.

We read a story called 'Charlie the Crane'. We counted animals and picked out colours we knew throughout the book.

We introduced a black quiet tent today which the children enjoyed playing hide and seek, quiet puzzles and shaker toys also.

For our mat time we practiced our listening skills using shakers. Exploring what loud, soft, fast and slow means whilst shaking our shakers.

Little Desert School Sports @ Stawell North Park

F/1 & Year 2 Paralympic Game Celebration—Seated Volleyball



Congratulations to the following students, Mia, Savannah, Clayton, Sophie M, Zara, Nelson, Helena, Tricia, Tom and Henry who represented NLS at the Little Desert Athletics in Stawell yesterday.

Great sportsmanship and athletic ability were on show for the day.

Savannah, Helena, Tom and Henry will be competing at the Regions in Ballarat on Friday 11th October. We wish them well for the upcoming event.



Pyjama Day







Saver Plus gives you down-to-earth money talk - and a **\$500 incentive** to build your savings!

You can double your savings. If you reach your savings goal each month for 10 months, **ANZ will match it up to \$500.**

Take control of your finances






For every **dollar you save**, you will receive **another dollar from ANZ** to spend towards educational costs, up to \$500



What can the \$500 be spent on?

-  Laptops and tablets
-  Vocational education
-  Books and supplies
-  Uniforms and shoes
-  Lessons and activities
-  Camps and excursions

To join Saver Plus

-  Be 18 years or older
-  Have a Health Care or Pensioner Card
-  Have a child in school, starting school next year, or be studying yourself
-  Get a regular income (you or your partner)
-  Agree to join in free online financial education workshops

Saver Plus was developed by ANZ and the Brotherhood of St. Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.

saverplus.org.au 1300 610 355

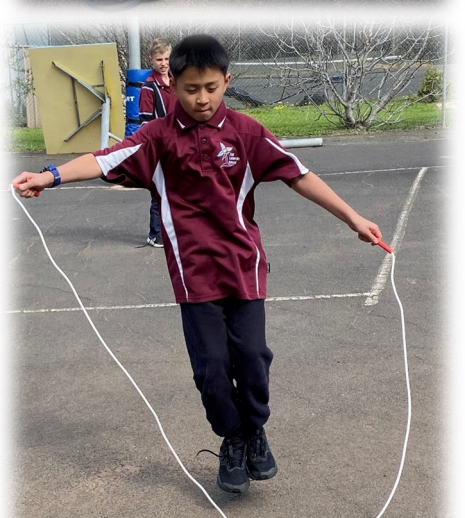


Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible 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>

Jump Rope For Heart Practice



NEUROKIN MICROFESTIVAL HORSHAM

SUNDAY SEPTEMBER 29

IMAGINEERING NEURODIVERSITY

Autistic-led space facilitated by Louise Cooper, author, artist and organiser of Australia's first neurodiversity arts festival.

Louise has lived experience as a late-diagnosed Autistic parent of two AuDHD offspring. Louise has a graduate certificate in Autism Studies.

People of all ages & neurotypes welcome

Educators, therapists & allies encouraged to attend

Testimonials

"Such a helpful, joyful and inspiring event. I'm beyond grateful and excited to have had the opportunity to attend. This was so good for our learning, community connection, sense of self worth and general wellbeing. I trust that Neurokin Events will continue on and offer connection, inspiration, wellbeing and joy to many more."

"You were fabulous. We felt so welcome even being so far away from home and not knowing anyone. The activities you ran were so fun, and whilst we could see you had a plan, you were flexible to the kids ideas. We were so thankful to be a part of your event and look forward to coming along again."

3 Spaces To Wander & Explore

10am - 12pm

Silent Disco



Put on a pair of our special silent disco headphones and dance away to a playlist of neurodivergent musicians



The Book Nook

Read Louise's book

'Welcome Neurokin, I am Autistic'

designed with conversational prompts on each page to encourage discussion, self-knowledge, positive self-identity & self-advocacy.

Create a little book of your own to photocopy, share & take home

Sensory Design



Explore a range of fabrics and design your own sensory space.

What might a public sensory space be like and where would you most need it?

Neurodivergent Artists Chat, 2-4pm



Learn about creating accessible spaces and practices for both others and ourselves. Find out about

Neurokin Festival 2025 and how you can get involved.

Network & share with other neurodivergent artists.

Creatives of all descriptions welcome: actors, visual artists, musicians, writers, producers, academics etc.



Horsham Neighbourhood House

13 Robin St, Horsham

Tickets \$20

<https://www.trybooking.com/CTJRZ>

<http://www.fb.me/rockabilby>



FRRR

Foundation for Rural & Regional Renewal

CREATIVE VICTORIA





SEPTEMBER/OCTOBER 2024 SCHOOL HOLIDAY PROGRAM



WEEK 1

WEEK 2

MONDAY 23 SEPTEMBER

Tennis Workshop with Jeremy Quest (ages 6-9)

Jeparit Tennis Court
10am - 11am

Tennis Workshop with Jeremy Quest (ages 10+)

Jeparit Tennis Court
11am - 12pm



TUESDAY 24 SEPTEMBER

Cooking with Sharon

Nhill Memorial Community Centre
11am - 12:30pm

Outdoor Cinema: Migration

Jaypex Park, Nhill
7pm - 9pm



WEDNESDAY 25 SEPTEMBER



Tiny Goats & Co Farm Visit

393 Dimboola-Rainbow Road
10am - 11:30am



Tiny Goats & Co Farm Visit

393 Dimboola-Rainbow Road
1pm - 2:30pm



Outdoor Cinema: Paw Patrol The Mighty Movie

The Oasis, Rainbow
7pm - 9pm



THURSDAY 26 SEPTEMBER

Botanical Craft

The Supper Room - Rainbow
10am - 11am



FRIDAY 27 SEPTEMBER

**AFL GRAND FINAL
(public holiday)**



scan to register



REGISTER NOW!

Registrations submitted prior to school holidays are much appreciated!

Children under 11 years of age are required to have parent/guardian supervision.

Please note: These activities have limited bookings available. Should they be oversubscribed, preference will be given to residents of Hindmarsh Shire.

MONDAY 30 SEPTEMBER

Cooking with Sharon

Jeparit Library
10am - 11:30am



TUESDAY 1 OCTOBER

Cooking with Sharon

Dimboola Library
10am - 11:30am



Outdoor Cinema: IF

Dimboola Recreation Reserve, Dimboola
7pm - 9pm



WEDNESDAY 2 OCTOBER

Soccer Clinic (ages 6-9)

Davis Park Nhill
10am - 11am

Soccer Clinic (ages 10-12)

Davis Park Nhill
11:30am - 12:30pm

Soccer Clinic (ages 13+)

Davis Park Nhill
1pm - 2pm



Outdoor Cinema: Trolls Band Together

Jeparit Primary School
7pm - 9pm



THURSDAY 3 OCTOBER

Ultimate Frisbee (All Ages)

Dimboola Recreation Reserve
1pm - 3pm



FRIDAY 4 OCTOBER

Cooking with Sharon

Rainbow Library
11:00am - 12:30pm



For more information visit
www.hindmarsh.vic.gov.au/events,
call 03 5391 4444
or email youth@hindmarsh.vic.gov.au.



WEST WIMMERA WARRIORS

EXPRESSIONS OF INTEREST WANTED

UNDER 15 & CRICKET BLAST COACHES



Please contact Tarrah Dodds
0438 329 042 or
Ash Dickinson 0417 587 002
for more information.



WEST WIMMERA WARRIORS

EXPRESSIONS OF INTEREST WANTED

JUNIOR CRICKET

UNDER 12

- Training TBC
- Friday night game

UNDER 15

- Training TBC
- Saturday morning game

UNDER 17.5

- Training TBC
- Friday night game

COMPETING IN THE HORSHAM CRICKET ASSOCIATION

Please contact Tarrah Dodds 0438 329 042 or
Ash Dickinson 0417 587 002

*Team entry will depend on numbers



Nhill Lutheran School Presents...

What a KNIGHT!



**Camelot's Craziest
Quest!**

19th of September
Nhill Memorial Community Centre
Doors open at 6:30pm - 7pm start
Gold coin donation