



Wimmera Lutheran College Nhill



2 Mackay Street, Nhill 3418

P: 53 912 144

E: admin.nhill@wlc.vic.edu.au

Term 1 Week 2 Issue 2 February 7th 2025

Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Foundation/1: Xavier

Year 2: Dakota

Year 3/4: Jackson

Year 5/6: Sophie



Super Readers Award

Congratulations to the following students who were presented with Super Readers awards at assembly: Ruth and Xavier



Birthdays



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

Miss Zikos 4th Feb

Seraph 14th Feb

Upcoming Events

Feb

Tues 11th: P&F meeting

Fri 14th: Welcome BBQ

Sun 16th: Education Sunday

Mon 17th/Tues 18th Swimming program

Wed 19th/Thurs 20th: NO SWIMMING

Fri 21st Swimming program

Tues 25th Year 6 Leadership Day

Mon 24th to Thurs 27th: Swimming program

Fri 28th: Swimming Carnival

(More dates shown on last page)

Reminder: NO SCHOOL for the Foundation students on the following Wednesdays:

Feb 12th, 19th, 26th, and March 5th.

Chapel Dates

14th Feb TBA

21st Feb TBA

28th Feb No chapel

7th Mar Ash Wednesday

Pastor Carl

14th Mar Yr 5/6

22nd Mar F/1

29th Mar Yr 2

4th April Yr 3/4

From The Principal

It has been a hot week, but the students have continued to apply themselves well to their learning.

New email addresses and website landing page

As we are now Wimmera Lutheran College, the school and staff have new email addresses. As such our 'nls.vic.edu.au' email addresses will no longer be used, however any email sent to these addresses will be forward to the new addresses.

For any staff member, their new email address is firstname.lastname@wlc.vic.edu.au (eg – damon.prenzler@wlc.vic.edu.au). The school's admin email is now admin.nhill@wlc.vic.edu.au.

Wimmera Lutheran College has a new website landing page: wlc.vic.edu.au. From this page you can still access the Nhill Lutheran School website, and this page will also contain useful information including fee details and forms.

Swimming

Swimming lessons commence on Monday February 17th. A letter was distributed to families earlier this week with information about the lessons.

Hats and SunSmart Policy

Hats are to be worn when outside and when the UV rating is 3 or above as per our SunSmart policy. Please ensure hats are named and in good condition. If your child needs a new hat, they are available from the school.

Education Sunday

On Sunday February 16th a special Education Sunday service will be held at 9am at the Lutheran church in Nhill. At this service Miss Drisch will be installed as a new teacher at Wimmera Lutheran College, Nhill, and staff and students receive a blessing. All are welcome to attend this special service.

Bible Presentations

This morning our Foundation and Year 3 students received new Bibles, kindly donated by the P&F. It was wonderful seeing the excitement on the faces of the students. Our Bibles are used regularly in classes and are a very important book to us as a Christian school.

Student Leadership

Classes are in the process of choosing Student Representative Council members. Each class will have two representatives who will meet regularly with our SRC Coordinator, Mrs Erin Alexander.

Last year, our two school captains were selected, Clayton and Oakley. In addition to the school captain roles, our Year 6 students will also have the opportunity to serve as either a vice-captain, sport captain or SRC, and these roles are currently being determined.

Parents and Friends

The P&F are having a meeting next Tuesday at 7.30pm. The P&F are an important group that do an amazing job of fundraising for the school, as well as organising community events.

Welcome BBQ

A Welcome BBQ is being held on Friday, February 14, starting at 6pm. This is a wonderful opportunity to welcome new families to the school and welcome back returning families.

Bob Wilhelm

On behalf of the school community, I would like to express my sympathies to the family and friends of Bob Wilhelm who recently passed away. Bob served as Principal of Nhill Lutheran School from 1999 to 2006.

Every blessing for your week,

Damon Prenzler

Wimmera Lutheran College Nhill 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.

What Has Been Happening at WLCN





Bus Travelers



Can parents/caregivers please let us know at the school if your children are not going to be on the bus in the afternoon. You may use the school stream app, phone the office, email or in person when you arrive to collect the children. If you know the children are not on the bus for specific days of the week they can be permanently recorded as not on the bus for that particular day. Thanks in advance for your co-operation on this matter.

School Stream App



All families, please be aware that you can instal the school stream app from your app store and search for Nhill Lutheran School.

This app provides you with another means of communication for signing permission slips, camp absentees, bus travelling changes.

Just a reminder that there have been some changes with the school stream reporting app. to make it easier for parents/caregivers to use.

The regular used forms have been moved to their own folders, they are; Absence Reporting & Bus.

Thank you to all the families who have returned the many forms that have been sent home in the last week in a prompt manner. It is so much appreciated! Cheers Lyn

Our new office email is as follows: admin.nhill@wlc.vic.edu.au

Anaphylactic/ Asthma Plans

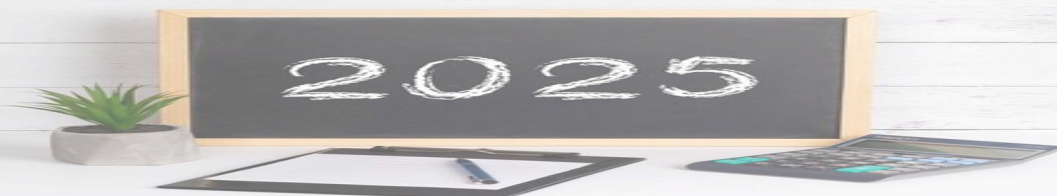
A friendly reminder that it is time to source the above plans from your doctor and provide the school with the plan. This enables us to be able to follow the correct management for your child.

Dental Van Visit Letter

A letter has been sent home today with all students from a visiting dental van. The letter includes information for you about what they do and the consent if you wish your child to have the check done.

Forms will need to be returned to school by Friday 14th Feb.

Term Dates for 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)

School Fees

The school fees were emailed this week, just a reminder that you may need to check your junk mail as they show up as "accounts".

If 'direct debit' request forms are required they may be found at the bottom of the home page at wlc.vic.edu.au or there are some hard copies at the school office.

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)

Prayer of the Week

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



- Oakley & Koda and their family
- Wesley and his family
- Matilda and her family
- Miss Zikos and her family

Worship News

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

5th Sun after Epiphany
Nhill 11am
Jeparit 9am
NhillLutheranParishOnline.com



Chapel Offerings

At this week's Chapel \$34.90 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

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

9th Feb	Enduring love	(Interview)
When love is supposed to be forever, how does it survive through illness and death? Hear Cheryl Keller share her story of enduring love with her husband, Trevor Keller (former Lutheran Media presenter).		

Rest In Peace

The school community would like to extend our condolences to Betty Wilhelm on the sad passing of her husband Bob.

Bob was the Principal here at Nhill Lutheran School; 1999 to 2006.

Devotional Thought

Yes or no?

All you need to say is simply, 'Yes' or 'No'; anything beyond this comes from the evil one (Matthew 5:37).

Read [Matthew 5:27-37](#)

It makes sense these days to keep things simple. 'Yes, I look forward to seeing you tomorrow' OR 'No, I won't be able to make it'. I was only talking with a friend yesterday who explained how her Christian friend didn't respond to her invitation but just ignored it – that was her way of saying 'No'. My friend felt cheated, ignored and unvalued. Why not speak the truth and simply say, 'Thank you for your invitation, but I'm unavailable'? When did this become so difficult to do?

When I taught in the classroom, I noticed a growing increase in the lack of honesty among some students. It's perpetuated in our modern culture, isn't it? What some people don't realise is that honesty can be extremely empowering. It doesn't have to be impolite. Just authentically liberating.

My friend and I spent time watching some popular TV shows based around criminal activity, and the overriding theme was that the criminal was not fessing up! Of course, the twisted, chaotic and extremely frustrating plotlines revealed that, in the end, the criminal was revealed, caught and compelled to confess.

Confession can be a frightening prospect without God's help. In the Book of James, chapter 5, we read: 'Confess your sins to one another and pray for one another, that you may be healed.' Jesus reiterates in our Bible text reference today the healing power of honesty: Let your 'Yes' be 'Yes' and your 'No' be 'No'!

We are sinful. We make mistakes – sometimes big ones that can have a lasting consequence. But confession and seeking our neighbour's forgiveness and God's forgiveness is the healing way: it is God's way. May we seek God's way daily as we live in relationship with others in our lives.

Merciful God, we are so grateful, and we give you thanks that we can ask for your help and forgiveness when we sin against our neighbour and against you. We know we are sinful and inevitably do wrong, even when we try to do the right thing. Teach us to be honest. Gift us with your grace to confess our sins to one another and you. Let our 'Yes' be 'Yes' and our 'No' be 'No'. Empower us with your strength to face the truth, even when we feel embarrassed or ashamed by our sinful behaviours. Thank you for the saving power of the cross. Thank you that we can turn to you daily and call on you to help and save us. May all that is within us praise your holy name. To God be all honour and glory forever and ever. 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 first session back for Get 'em Going today!

We are learning all about colours this term and today we focussed on the colour RED.

For our mat time today we used buckets and tapping sticks to play along to some songs practising rhythms, stopping and starting and loud and soft.

We also enjoyed a song about crayons, learning all the colours.

We used red paint for our craft today. Using chopped half apples as the shape to press onto our page relating to our story the very hungry caterpillar.

It was great to see some new faces at playgroup and look forward to next week when we focus on the colour yellow.



The Hidden Benefits of Your Child's Back-to-School Butterflies



Has your usually chatty child become quieter than normal? Does your typically confident kid need extra hugs?

The start of a school year brings a unique mixture of emotions for both parents and children. Whether your little one is taking their first steps into kindergarten, starting a whole new school (or high school), or just moving up to a new year level with friends, that flutter of anxiety in their stomach (and yours) is completely normal. These transitions are crucial moments for emotional growth.

Recent research in childhood development shows that periods of change—whether it's starting school, changing classes, or moving to a new suburb—are remarkable opportunities for your child to develop resilience and emotional intelligence. When they tell you they are worried, these concerns aren't necessarily something to “fix”. Rather, it's a sign of their developing emotional awareness.

Consider what's happening when your child says they're worried about school. They might be:

- *Processing complex social dynamics:* A new friend group, new classmates, new teacher,
- *Anticipating academic challenges:* “I don't know how to do what they're going to ask me to do”, or simply
- *Responding to a change in routine.*

Each of these concerns represents their brain working to prepare them for new experiences.

Some practical steps can help:

Slow things down.

Rather than running full steam ahead and filling up their calendar, start slow. Ease into things. Reduce after-school activities if your child needs it. Keep plans simple on the weekend. Leave margin so you can be available.

Time your conversations.

The best time to talk isn't necessarily as soon as you see them. While some kids are excited to tell you everything the minute they see you, most prefer to have some time to relax and decompress. You probably don't like being interrogated when you arrive home. Nor do they. Give them time to process. Some children need quiet time; others might want physical activity to release the day's tensions.

Ask deep questions.

When it's time to talk, rather than saying, “How was school today?” ask them to tell you who they spent time talking with and how it felt. Invite them to tell you something they did that was challenging. Have them consider how they showed determination. Who did they help or show kindness to? Deep questions create connection.

Listen to their specific concerns.

Are they worried about how big the school is (or how big some of the kids are)? Making friends? Understanding new rules? Each worry gives you insight into what support they might need.

Ask practical questions.

Do they like their lunch? Are they feeling like the morning routine is working for them? What's their favourite afternoon tea?

When they do share concerns, *listen more than you solve*. Rather than rushing to **fix** every worry, help them identify what they're feeling and why. Say things like, "That sounds tricky", and "Wow, how do we solve that one?" This builds their capability and **confidence**.

Without being overzealous, watch for physical signs of anxiety: stomach aches, sleep changes, or increased clinginess might appear. These aren't just "attention-seeking" behaviours—they're often genuine expressions of emotional processing.

Remember: Your role isn't to eliminate their anxiety but to help them understand and work with it. (Think of Riley in *Inside Out 2*. When anxiety takes over, it's a problem. But it does play an important role.) When we support children through transitions while validating their feelings, we're helping them build emotional skills they'll use throughout their lives.

Every child moves through transitions differently. Some might be excited about new books, fresh pencils, and their new teacher, while others need more time to warm up to change. Neither approach is wrong—they're just different ways of processing the same big step.

Your child is learning to navigate complex feelings about school. The key is remembering that this anxiety isn't a problem to solve, but rather a normal part of growing up. By staying present with them through these feelings, you're teaching them that they can handle big emotions and new experiences - even when they feel overwhelming at **first**. Supporting a child through these transitions can be emotionally taxing for parents too, but this investment in understanding and patience pays off in building your child's emotional toolkit and their resilience.



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.

Year 2 Class





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>



Wimmera Lutheran College - Nhill
Parents and Friends Association
invite all families to our

WELCOME BARBECUE

FEB 14TH | 6.00PM

Meat, bread, coleslaw, green salad
and ice cream provided
BYO Chairs and Drinks

Inquiries/dietary requirements
pandf.nls@gmail.com

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

sunsmart.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/>

Upcoming Events

March

Wed 5th: Wimmera Field Day Excursion for Year 1 to Year 6

Mon 10th: Labour Day (no school)

Wed 12th: First Wednesday for Foundation

Wed 12th to Mon 24th: Naplan testing for Year 3 and Year 5

April

Tues 1st/ Wed 2nd: Parent Teacher Interviews (after school)

Fri 4th: Last Day of Term 1, pick up 2.15pm

Assembly Dates

21st Feb Yr 3/4

28th Feb No Assembly

7th Mar Yr2

22nd Mar Yr 5/6

4th April Yr 3/4



THANK
YOU

Thank you to everyone who kindly
donated things for the mud Kitchen.
We are very grateful and we will
have fun with them. From Ruby &
Jessie