



Wimmera Lutheran College Nhill



2 Mackay Street, Nhill 3418 P: 53 912 144 E: admin.nhill@wlc.vic.edu.au

Term 1 Week 3 Issue 3 February 14th 2025

Upcoming Events

February

Fri 14th: Welcome BBQ 6pm

Sun 16th: Education Sunday 9am

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

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

Tues 19th: P&F Meeting 7.30pm

Fri 21st: P&F Movie Night 6.30pm

April

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

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

Chapel Dates

21st Feb Pastor Carl

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

Assembly Dates

21st Feb Yr 3/4

28th Feb No
Assembly

7th Mar Yr 2

22nd Mar Yr 5/6

4th April Yr 3/4

What's Going On At WLCN



Reminder: NO SCHOOL for the Foundation students on the following Wednesdays:
Feb 19th, 26th, and March 5th.

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

From The Principal

This evening our annual Welcome BBQ is being held, starting at 6pm. This is a lovely evening where we get to welcome new families to our school community, and to welcome back continuing families. Details are on the flyer located in this newsletter.

Swimming

Swimming lessons commence next Monday, February 17th. Please ensure children have their swimming necessities with them. Next week swimming is on Monday, Tuesday and Friday.

Education Sunday

This 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. As Miss Zikos is unable to attend on Sunday, she will be installed at next week's chapel.

Student Leadership

Congratulations to the following Year 6 students who have the following leadership roles for 2025:

SRC: Lawson Lynch, Mia Grover

Vice Captain: Darcy Borgelt, Sophie Blackwood

Sport Captain: Cooper Cramer, Harrison Jupp, Zara Rethus

Our School Captains, Oakley Moylan and Clayton Hiscock, were announced last year. SRC representatives in the F-4 classes will be announced next week.

Parents and Friends

The P&F held their first meeting of the year earlier this week where the 2025 committee was chosen:

Chair: Jackie Rethus

Vice Chair: vacant

Secretary: Gemma Cramer

Treasurer: Dimity Launer

Additional members: Augusthino Pereira, Bianca Borgelt, Carol Case-Hassell, Alison Dahlenberg, Alicia Alexander

The P&F have some great fundraising and community building ideas for this year.

Wellbeing Officer

We are blessed to have a Wellbeing Officer serve our school. Karen Prenzler is available to students and their families if you need support, or just to have a chat about wellbeing issues (karen.prenzler@wlc.vic.edu.au). Additionally, Karen is teaching a lesson a week to each class, focussing on wellbeing, health, social and emotional capacity, and the child safe curriculum.

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.

Parent & Friends Update

On Tuesday night the P&F met for the first time in 2025. It was great to see a new face! It was sad to say goodbye to Jamie and Maree, who will be taking a step back after 4 years of dedicated service to the P&F. They have done an extraordinary job in executive roles and will be missed. After electing a new committee, it was time to plan for the year ahead. We are hoping to run a couple of Movie Nights, a Quiz Night, and Colour Run as social events and a few donut fundraisers throughout the year. Heads up, National Donut Day is June 6 this year. All parents and carers of the school are welcome to attend meetings, and we love seeing new faces. Feel free to join us any time that suits and see what we are doing. We look forward to another successful year for P&F and hope to see many of you tonight at the Welcome BBQ.

Jackie Rethus
P&F Chair

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.

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.

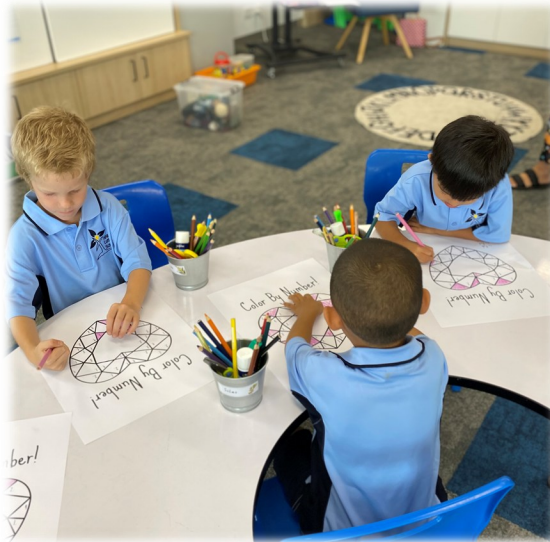
School Fees

The school fees were emailed lastweek, 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, Neil Leek, at HTLC (53 822 529)

Love Is In The Air In The F/1 Class



Prayer of the Week



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

- Maddy, Charlotte & Trey and their family
- Jerome and his family
- Savannah and her family
- Mrs Lees and her family

Worship News

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

Christian Education Sunday
Nhill 9am
Jeparit 11am
NhillLutheranParishOnline.com



Chapel Offerings

At this week's Chapel \$5.90 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 Spotify.

16 th Feb	Dealing with stress	(Interview)
Life seems to be going 100 miles an hour, people all around us seem to be suffering from burnout and stress. This isn't something new. But what is it that causes us to feel like it's all just getting too much, and what helps us cope?		

23 rd Feb	Carrying hope	(Interview)
Sophie Gebreyes, from Lutheran World Federation, coordinates humanitarian aid for Ethiopia's country program. Hear how generous Australians are making a world of difference in the lives of people in struggling communities.		

Devotional Thought

How does a follower of Jesus treat others?

So in everything, do to others what you would have them do to you (Matthew 7:12a).

Read [Matthew 7:1-12](#)

As we have journeyed through Jesus' teaching from the Sermon on the Mount this week, we have focused on what is required of us as followers of Jesus. As I prepared these devotions, I found that these passages remind me of the 'plank in my own eye' (verse 3) that still needs lots of work. How am I to 'cast stones' when there is still so much work for the Holy Spirit to do with me?

Of course, Jesus wants us to have good discernment ('wise as serpents' – see Matthew 10:16), but we must be careful that we don't set ourselves up as the judge of others, as there is only one Judge (James 4:12). It is not up to us to decide who God saves, especially given that we cannot even save ourselves.

Remember when we looked at the Lord's Prayer on Tuesday? Check out the verses Matthew included following the prayer (Matthew 6:14,15). If we are forgiven, then we should forgive others. If God is gracious to us, then it makes sense that we should be gracious to others. When I get frustrated with others, I try to remember a comment a Pentecostal pastor (and good friend) said to some of us pastors: 'I am glad that God is more patient with me than I am with others!'

As we deal with our families, schoolmates, friends, work colleagues – whomever we encounter – we need to remember how our loving God has treated us, and this should then be how we treat others.

Gracious Father, forgive me for how often I forget all you have done for me. Remind me each day of your wonderful gospel. Please help me, through the power of your Spirit, to treat others well. I pray in the name of my Lord and Saviour, Jesus Christ. 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 session in Get 'em Going today! We focused on the colour yellow! It's great to see some of the children wearing yellow also sticking to the theme.

Bel picked one of her sunflowers from her garden so the children could see the seeds and explore how sunflowers grow.

We had yellow balls, pillows and Playdough cards today.

The tunnel in our obstacle course was a hit! Will some younger ones crawling in and out and playing 'peek a boo'.

For our craft; all the children made a sunflower to take home. Using PVA glue to stick on sunflower seeds and yellow paper for the petals.

New children practised the actions and words to our hello and goodbye song. Doing a great job at following along. We then finished with a story about how sunflowers grow.

Next week we are focusing on the colour green!



Compassion



The Parenting Superpower Most Mums and Dads Aren't Using

Every interaction with your child is either building connection or creating distance. Most parents are unknowingly choosing distance without realising the long-term emotional consequences.

In the daily grind of managing the household, getting children to and from school (and other commitments), regulating their emotions and our emotions, and navigating the everyday realities of life: it wears us out. We're flustered. Exhausted. And... let's be honest; sometimes we are impatient.

We want to be great parents. We know that connection is key. But now it's 5pm, and our children are done for the day. The energy is shifting. Tempers are fraying. They're bickering. You've asked and asked, but their school bag is still in the doorway.

When our willpower is at its lowest, our children are likely to be most challenging. At this point, us trying to get things right is like trying to start a campfire with wet matches—frustrating, energy-draining, and seemingly impossible. It's easy to fall into a cycle of correction and direction that misses the most important aspect of raising children: connection.

Compassion is the answer. I know... It feels like a sharp command, a clear consequence, and a stern face will get you where you want to go faster: maybe it will. But you're playing a longer game.

What is Compassion?

Let's get clear on definitions. *Compassion* comes from two Latin words. In our English translation we'll say that:

Com means together, with others. (Think community, communicate, combat, common.)

Passion doesn't mean what you think. It's Tony Robbins saying, "*Believe in yourself! You can do it!*" The word literally means *to suffer*.

So *compassion*, at its core, means *to suffer together*.

In Real Life

Consider a typical scenario: Your child is upset because a friend has moved away over the Christmas break. The natural response might be to minimise their feelings by saying things like, "You'll make new friends" or "Stop moping around." There's the classic Aussie response: "You'll be right." But these responses tell children that their emotions are inconvenient or invalid. It feels dismissive.

Instead, true compassion means sitting with their pain. It means saying things like:

- "It must be really hard to miss your friend." - "Being apart from someone you care about is tough." - "I can see how much this is affecting you."

The Power of Validation

Validation doesn't mean agreeing with everything or solving every problem. It means acknowledging the emotional experience. When children feel heard, they feel safe. When they feel safe, they're more likely to communicate openly and work collaboratively with parents.

This approach transforms discipline from a power struggle into a collaborative process. Instead of creating resistance, compassion builds connection.

5 Practical Ways to Practice Compassionate Parenting

1. Listen Without Judgement: Create a safe space for your children to express their feelings. Put away distractions, make eye contact, and hear what they're saying. Avoid immediate advice or correction. Sometimes, feeling heard is the most powerful intervention.

2. Name the Emotion: Help children develop emotional intelligence by naming their feelings. "It seems like you're feeling frustrated" or "I can see you're feeling disappointed" gives children language for their internal experiences. This helps them understand and manage their emotions more effectively.

3. Set Boundaries with Empathy: Compassionate parenting isn't about eliminating boundaries. It's about setting those boundaries with understanding and respect. Instead of "Because I said so," try "I understand you want to do this, and right now, we need to do something different. Here's why..."

4. Model Emotional Regulation: Children learn emotional management by watching their parents. When you handle your own stress, disappointment, or anger with calm and reflection, you're teaching them a powerful life skill. Show them how to process emotions constructively.

5. Repair and Reconnect: No parent is perfect. When you make mistakes—and you will—take responsibility. Apologise sincerely. Show your children that it's okay to be imperfect and that relationships can be healed through honest communication and genuine care.

The Long-Term Impact

Compassionate parenting isn't a quick fix. It's a long-term investment in your child's emotional development. Children raised with this approach are more likely to:

- Develop strong emotional intelligence
- Build healthier relationships
- Communicate more openly
- Handle stress more effectively
- Show empathy to others

Discipline will always be part of parenting. But when discipline is rooted in compassion, it becomes a tool for teaching and connection rather than a weapon of control.

Remember, you're not just raising children. You're nurturing future adults who will carry the emotional skills you've taught them into every relationship and challenge they'll face.



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.





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>

Tonight!

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



The Raptors will be making an early start to the 2025 / 26 Basketball Season by hosting two come and try training sessions on Sunday mornings in February.



These sessions will run on the following dates:

9th of Feb @ Nhill - 16th of Feb @ Dimboola

**Under 12s (2015 - 2017)
Boys & Girls 9:30am**

**Under 14 - 18 (2009 - 2014)
Girls 10:30am**

Any enquires contact Nic Mattschoss

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/>