



Wimmera Lutheran College Nhill



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Term 1 Week 4 Issue 4 February 21st 2025

Welcome Gertrude The Bear

Congratulations to Amber for receiving Gertrude the Bear. We hope you both enjoy your time together.



Students of the Week

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

Foundation/1: Sienna

Year 2: Gus

Year 3/4: Abby

Year 5/6: Helena



Birthdays



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

Grace 28th February

Super Readers Award



Congratulations to the following students who were presented with Super Readers awards at assembly:
Jertome, Koda & Cooper

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

From The Principal

Welcome BBQ

Thank you to all who attended our Welcome BBQ last Friday, and a big thank you to the Parents and Friends for organising. It was a lovely evening of fun and fellowship, and the food was good, too!

Swimming and Swimming Carnival

The students are to be commended for their adaptability and efforts during swimming lessons this week. Lessons continue next week on every day Monday to Thursday, and our swimming carnival takes place on Friday. A separate letter about the swimming carnival will be distributed next week, along with a program. The carnival starts at 9.30am.

Installation of Miss Drisch and Miss Zikos

A special practice in Lutheran schools is the installation of teachers, where they receive a blessing. Miss Drisch was installed as a WLC Nhill teacher at the Lutheran Church on Sunday, and this morning Miss Zikos was installed at our chapel service. Thank you to Pastor Carl for performing the installations.

Student Leadership

SRC representatives have now been chosen for all classes. Congratulations to the following students:

F/1: Xavier Jenz, Sienna Batson

2: Amber Pedie, Atreyu Marra

3/4: Charlotte Marra, Harper Hiscock

5/6: Lawson Lynch, Mia Grover

These students received badges at assembly along with our captains (Oakley and Clayton), vice-captains (Darcy and Sophie), and sport captains (Zara, Harry, Cooper).

Next Tuesday, our Year 6 students will participate in a Primary Student Leadership Day at the WLC Horsham campus along with other student leaders from the WLC Dimboola and Horsham campuses. A reminder to parents that we leave at 8.30am and return at 4.30pm.

Year 6 tops

Another special presentation at assembly was that of the Year 6 polo shirts. Last year the students selected colours and a design, as well as a nickname to be placed on the back. The Year 6 students may now wear these tops as part of their uniform.

Miss McLean

Next week, Miss Taela McLean is getting married to Shannon Launer. We wish Taela and Shannon God's richest blessings for this special occasion. Earlier this week, our students surprised Taela with a celebration where she had to wear a veil, walk through the arch, dodge airborne coloured rice, and receive a huge group hug, as well as a few other gifts.

Every blessing for your week,

Damon Prenzler

Upcoming Events

February

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

21st Mar Yr 5/6

4th April Yr 3/4

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

Welcome BBQ @ WLCN





Swimming Program Started This Week @ WLCN



School Stream App



All families, please be aware that you can install 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.

Year 2 Class Collecting and Creating With Natures Gifts



Prayer of the Week



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

- Cooper & Abby and their family
- Spencer and his family
- Amber and her family
- Miss Schultz and her family

Worship News

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

Harvest Thanksgiving
Nhill 11am
Jeparit 9am
NhillLutheranParishOnline.com



Chapel Offerings

At this week's Chapel \$52.10 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.

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.		
2 nd Mar	A ladder and a torch	(Interview)
There are many tragic stories about the abuse of alcohol, but how does it start, and how can it change? Hear Darryl's lifelong struggle with alcohol and how his life was transformed through hope.		

Devotional Thought

Faith and action

Jesus reached out his hand and touched the man. 'I am willing', he said. 'Be clean!' (Matt 8:3)

Read [Matthew 7:28-8:4](#)

After Jesus taught the crowds on the mountainside, in his Sermon on the Mount in Matthew 6 and 7, a man with leprosy came to Jesus. Lepers lived outside the city at this time, in communities of similarly sick people, who had been cast out of the town, and forbidden to enter the temple. They could not even hug their families goodbye and had to carry bells to warn others to stay away from them. Catching their disease, in Jesus' day, was a death sentence.

This leprous man had the audacity to come dangerously close to non-leprous people and even walked up to Jesus and knelt before him. He showed beautiful simple faith when he said, 'Lord, if you are willing, you can make me clean'.

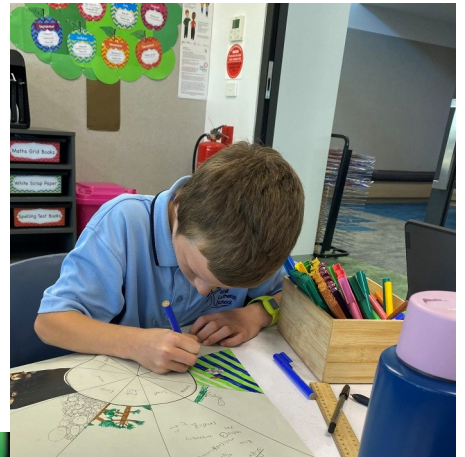
Jesus honoured his faith, saying, 'I am willing! Be clean!' This was more than just a physical healing. Jesus gave him not just healing, but the opportunity to rejoin life inside the city walls, to reunite with his family and to enter the temple community once again.

And, in keeping with Jewish law, Jesus instructed the man to go and show himself to a priest – who could pronounce him officially clean – and to make the offering that went with this pronouncement. Jesus restored the man to his community. This was healing in every sense – physical, social and spiritual. And Jesus gladly gave this man back his life.

Lord Jesus, you come near to us in many ways, offering healing and restoration of our bodies, our souls and our relationships. Help us to take a step of faith, and to praise you for your abundant grace. Amen.

9 th March	Feeling lonely	(Discussion)
Loneliness is still one of the biggest issues facing people around the world. Statistics say 1 in 3 people experience loneliness. Hear Richard, Emma and Jo share their experiences of loneliness and what helps.		
16 th March	Called to serve	(Interview)
Have you ever wondered what inspires people to serve? Hear Eloise, an inspiring young person, as she shares her story of following the call to serve people in need through mission trips overseas and locally in her own community.		

Year 5/6 Class



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 day at Get 'em Going playgroup today! We learnt all about the colour green! It was great to see lots of the children wearing green, some even had green ribbons in their hair. We enjoyed using buckets and sticks as drums for our songs, also practising stopping, starting, slow and fast rhythms.

For our craft we decorated a green sheep with Pom Pom's and sparkles. Practising fine motor skills picking up the sparkles and sticking on with glue.

The children enjoyed exploring our obstacle course, jumping and climbing through different shapes.

We finished off by reading the green sheep book which was a hit! The children loved pointing to all the different sheep on the page.

Next week we are doing the colour blue!

2025 Year 6 Top Presentation



SRC



WLCN School Captains

Vice Captains

Sports Captains



The Power of Belonging



Why Feeling Connected at School Matters More Than You Think

We all want our children to be happy and successful at school. We focus on their grades, their friendships, and their extracurricular activities. But what if I told you that one of the most important factors for their well-being, both now and in the future, is their sense of belonging?

A fascinating new study from Monash University has shed light on the profound impact of school belonging on long-term mental health. Associate Professor Kelly-Ann Allen, the lead researcher, followed over 1500 individuals from adolescence to adulthood, examining the link between their feelings of connection at school and their mental well-being later in life.

The findings were striking: those who felt a strong sense of belonging in high school experienced fewer mental health challenges in their twenties. This connection was evident even after accounting for other factors like academic achievement and family relationships. In other words, feeling like you fit in, that you matter, that you're part of the school community, has a lasting positive impact on your mental health.

Why does belonging matter so much?

Think back to your own school days. Remember that feeling of walking into a classroom where you felt welcomed, valued, and supported? Or perhaps you recall the opposite—the sinking feeling of being an outsider, of not quite fitting in. These experiences shape not only our immediate well-being but also our long-term sense of self and our ability to navigate social and emotional challenges.

When children feel like they belong, they're more likely to:

- **Engage in learning:** They're more motivated, attentive, and eager to participate in classroom activities.
- **Develop positive relationships:** They feel more comfortable interacting with peers and teachers, fostering friendships and a sense of community.
- **Cope with stress:** They have a support system to turn to when faced with academic or social challenges.
- **Build resilience:** They develop a stronger sense of self-worth and the confidence to navigate life's ups and downs.

So, how can we, as parents, foster a sense of belonging for our children?

1. Partner with the school:

- **Open communication:** Stay connected with your child's teachers. Attend school events and parent-teacher meetings. Be an active participant in your child's school life.
- **Advocate for your child:** If your child is struggling socially or emotionally, don't hesitate to reach out to the school counsellor or other support staff.
- **Support school initiatives:** Get involved in school activities and events that promote a sense of community and belonging.

2. Nurture connections at home:

- **Family time:** Prioritise quality time together as a family. Share meals, play games, and engage in activities that foster connection and communication.
- **Emotional support:** Create a safe and open environment where your child feels comfortable expressing their feelings and concerns. Validate their emotions and offer unconditional love and support.
- **Social skills:** Help your child develop strong social skills. Encourage them to engage in activities that foster friendships and positive peer relationships.

3. Champion their interests:

- **Encourage exploration:** Support your child in exploring their interests and passions. This could involve extracurricular activities, hobbies, or simply pursuing their own unique curiosities.
- **Celebrate their strengths:** Focus on their positive qualities and accomplishments. Help them develop a strong sense of self-worth and confidence.
- **Foster autonomy:** Give them age-appropriate choices and responsibilities. Allow them to make decisions and experience the consequences of their choices (within safe boundaries).

The Bottom Line:

School belonging isn't just about feeling happy and comfortable in the classroom; it's a crucial ingredient for long-term mental health and well-being. By partnering with the school, nurturing connections at home, and championing our children's interests, we can help them build a strong foundation for a happy, healthy, and fulfilling life.



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>

Going To The Chapel Of Love.....All our Love to you both Taela & Shannon



Marriage is all about communication and a lot of compromise!



GUEST SPEAKERS
WILL SHARE THEIR
KNOWLEDGE AND
RESOURCES TO
HELP US TALK
WITH OUR TWEEN-
TEEN(S).
TOPICS INCLUDE:
MENTAL
WELLBEING,
PUBERTY,
RELATIONSHIPS &
SEXUALITY,
DRUGS & ALCOHOL
SOCIAL MEDIA

"TOUGH TALKS"

the how to for talking with your tween-teen(s)

TUESDAY, MARCH 25 2025

5.30PM

NHILL COLLEGE -
ADMINISTRATION BUILDING

ALL PARENTS/CARERS OF STUDENTS IN YEARS 5-10
ARE INVITED TO JOIN US FOR THIS INFORMATIVE
SESSION!

NIBBLES & DRINKS ON ARRIVAL

RSVP: 18/3/25 TO NHILL COLLEGE 5391 2111 - FOR
CATERING PURPOSES



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