



Wimmera Lutheran College Nhill

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



Term 1 Week 8 Issue 8 March 21st 2025

Upcoming Events

March

Fri 28th: Cross Country Yr3-6 10.30am

P&F Movie Night 7pm **(NEW DATE)**

April

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

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

Tues 22nd: First Day Term 2

Fri 25th: Anzac Day (no school)

Wed 30th to Fri 2nd May: Year 3/4 Camp

May

Fri 9th : Mother's Day Chapel 9am

Sun 11th: Mother's Day

Tues 13th to Fri 16th: Year 5/6 Camp

Wed 21st: National Simultaneous Storytime

Fri 23rd: WLCN Athletics Day

June

Fri 6th: Donut Day

Mon 9th King's Birthday (no school)

Chapel Dates

29th Mar Yr 2

4th April Yr 3/4

Assembly Dates

4th April Yr 3/4

Students of the Week

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

F/1: Hunter	Year 2: Ruby
Year 3/4: Sienna	Year 5/6: Nelson



Gertrude The Bear



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

Birthdays



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

Esther 27th March

Spencer 28th March

Super Readers Award

Congratulations to the following students who were presented with Super Readers awards at assembly: Ruby, Ruth, Freya and Atreyu



WLC Nhill Students Decorating Hot Air Balloons To Be Displayed At Steampunk Festival in Dimboola



Prayer of the Week



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

- James, Ruth & Joseph and their family
- Jed and his family
- Mia and her family
- Seraph & Silas and their family

Worship News

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

3rd Sun in Lent

Nhill 11am

Jeparit 9am

NhillLutheranParishOnline.com



Chapel Offerings

At this week's Chapel \$46.50 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 March	Finding hope in your grief	(Interview)
Experiencing the grief of losing someone close to you can really shake you up and sometimes make you question where God is in all of this. Steve shares what sustains him in the midst of grief.		

31 st March	Good grief	(Interview)
Can grief ever be good? As a funeral director and pastor, Tim Klein has seen all kinds of grief. Hear his perspective on how grief can impact each one of us differently.		

Devotional Thought

Bearing fruit?

Jesus said: 'If you believe, you will receive whatever you ask for in prayer' (Matthew 21:22).

Read [Matthew 21:18-22](#)

When I left Loxton, South Australia, I took with me a big rhubarb plant, which had provided me through the years with lovely rhubarb pies, stewed rhubarb and rhubarb yeast cake. It produced abundantly. I dug it up and potted it. When arriving in Noosa, Queensland, I made a lovely new raised garden bed, planted my rhubarb, fed it, watered it regularly and covered it from the digging bush turkeys. It did well for a while and then stopped producing the lovely leaves. I tried giving it more attention, but to no avail ... it perished! I wondered what had caused it to die, but I dug up the roots and the plant to rework the soil when I discovered the source of the death. Huge white grubs were chomping on my rhubarb's roots. The foundation of the plant was literally being eaten. I couldn't help but think of my rhubarb when reading through the miracle of Jesus in Matthew 21:18-22. The roots and foundation were gone. There was nothing that could now give it sustenance to produce fruity stems. Jesus discovered this with a fig tree. One thing about a fig tree: if it has leaves, it should have fruit. Jesus wanted some breakfast, as he was hungry, but as there were no figs, he cursed the tree, and immediately it withered. The disciples were amazed!

Faith and trust are the roots and foundation of being a disciple of Jesus. He tells us that even a small amount of faith can move a mountain or wither a fig tree. It is very easy as we live and move through our lives to have this faith and trust eaten away and eroded, and doubts begin to creep in. No matter how much we water and feed our faith – if we doubt that Jesus is Lord – our faith and lives will not produce the fruit that God wants us to: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Belief comes from faith and trust!

Merciful God, grow faith in my life. Help me believe you always and know you are the Lord of my life. In you, I trust. 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 morning in Get 'em Going today! We focussed on the colour pink.

We learnt a new set of songs for our music time today. Learning different actions, rhythms and using coloured ribbons to the music.

For our craft the children had a go at making their own pink pig mask. Decorating with paper ears and a nose, sticking on some googly eyes then attaching some string with assistance.

We had a few new stations set up today including a marble run which was enjoyed, watching the balls run down the slides. We also had some felt animals where the children could make their own pictures and talk about each animal sound.

We finished off the morning by reading a story about a pig.

Next week there will be NO playgroup as Bel is away.

We have our last Easter themed playgroup on Tuesday April 1st. Hope to see you there!

I Answered an Unknown Number During Filming

The Parenting Breakthrough that Happened Between Takes



A couple of weeks back I was in Sydney filming Season Three of *Parental Guidance*. Studio days are long. It's demanding work. (I'm thrilled to say that the show is going to be amazing *again* this time around!)

During a brief break, my phone rang. **"Unknown number."** I hesitated. I only had about five minutes before I had to be back in hair and makeup. I had no idea who was calling me, and I needed to be in the right headspace for the next studio session. It was going to be a heavy one.

I glanced at the number on the screen again. No idea. And then, impulsively, I answered.

"Hello, this is Justin."

"Daddy?" The sobbing, nearly inaudible voice belonged to my 14-year-old daughter, Lilli. Her tears told me everything I needed to know. My little girl was not doing well.

What would you normally say in this situation? *"What's wrong? Talk to me. What happened? Why are you crying?"*

With the best of intentions, this is where we typically begin to interrogate our child. I chose a different path.

"Oh, Lilli. You're crying. It sounds like you're having an awful day." I stopped. Waited. Then, *"I'm here for you if you feel like talking."*

Lilli opened up like a flower after rain. She was on school camp, distressed, and calling from a teacher's phone (since phones were, rightly, banned). A boy had fat-shamed her. Several of the kids were creating challenges. She was struggling with their immaturity. And camp felt awful.

When Emotions Run High, Intelligence Runs Low

Our children's big emotions create ripple effects throughout their lives. For our child, these emotions can leave them feeling disconnected from us and others. They derail interest in school, learning, hobbies, and engagement in life itself.

For us as parents, big emotions (either in our child or ourselves) cloud judgement and decision-making. They hijack our effectiveness, making it difficult to concentrate on anything else.

In short, high emotions = low intelligence.

Emotion Coaching: The Science Behind the Approach

Pioneering research by Dr John Gottman has revealed that children whose parents practice "emotion coaching" develop stronger emotional intelligence and resilience. In his landmark studies published in *"Raising an Emotionally Intelligent Child,"* Gottman found that emotion-coached children experience fewer behavioural problems, higher academic achievement, better social relationships, and improved physical health compared to their peers.

The research shows these children develop greater self-regulation skills and the ability to calm themselves in stressful situations. Most importantly, the parent-child relationship benefits from deeper trust and connection, creating a secure base from which children can explore their world with confidence.

The Five Steps of Effective Emotion Coaching

Coming home from camp was not an option for Lilli. Instead, I followed these five crucial steps to support her through her emotional moment—and no, you don't need a psychology PhD to do this:

1. Be emotionally stable and mentally present: I took a deep breath, centred myself, and gave Lilli my complete attention despite the studio pressures waiting for me. Your calm creates a safe harbour in their emotional storm.

2. Say what you see—no judgement or direction: “Lilli, that sounds so hard. This must feel so rough.” Simple observations acknowledge their experience without telling them how they should feel or behave.

3. Offer to hug, help, or hear them: “I’m here for you if you feel like talking.” This gives them options while assuring them of your unconditional support.

4. Let them process with your strength and support: I remained silently supportive as Lilli worked through her feelings. Your steady presence gives them the security to experience difficult emotions fully.

5. Ask how they want to move forward: “What do you think might help in this situation?” This empowers them to develop their own solutions while knowing you’re ready to guide if needed.

Whether your child is 4, 14, or the 44-year-old partner you married, these steps serve as a powerful guide.

Sometimes you do have to step in, make decisions, and take action. But more often, your child simply needs you to be there emotionally. Not as a therapist. As a parent who listens.

Support. Don’t solve.



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.

General Information

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.

P&F Donuts at Nhill A&P Boot car sale due back Mon 24th March

Cross Country Year 3-6 forms due back today!

Parent/Teacher Interview Times due back Wed 26th March

NO Get em’ Going Playgroup on Tues 25th March returns 1st April

**SRC Dim Sims will return 1st week in Term 2 !!!
Wednesday only - \$1 each - steamed
send money in envelope with student name & quantity**



Harmony Day





SRC Cadbury Chocolate Fundraiser

To help raise money for our SRC, we are taking part in a Cadbury Chocolate Fundraiser. We have got 3 different types of products we are selling in various flavours, these are Easter eggs, Freddo frogs and Natural Confectionary Company lolly bags.

Cadbury Fundraising Easter Carry Box,
(20 bags) a mix of:

- 114g CADBURY DAIRY MILK Egg Bags
- 117g CADBURY CARAMELLO Egg Bags
- 110g CADBURY CRUNCHIE Egg Bags
- 113g CADBURY CARAMILK Egg Bag

Each bag of eggs are \$4,



**Bags of Easter Eggs are
available
after school
to purchase
\$4 each**

Freddo and Friend carry box. Contains
(120)mix of:

- 40x 12g Freddo Milk Chocolate
- 40x 15g Caramello Koala
- 20x 15g Freddo Strawberry
- 20x 12g Freddo Milky Top

Each item in this box is 50c



**Individual Freddos are
available at
Lunchtime
for students to buy @ 50c
each.**

Natural Confectionary Company lolly bags,
each box contains (20 bags) a mix
of:

- 200g Snakes
 - 180g Chews Fruity Mix
 - 180 Party Mix
 - 180g Sours Squirms
- Each bag of lollies is \$3



**Bags of Natural Jellies
are available
after school
to purchase
\$3 each**

Boxes will be available for families to take home and sell if they would like to, however this is not mandatory. We also have the option of making up mixed boxes with some of each of the products, or making up smaller packs to sell rather than whole boxes. If you would like one of the boxes, or a mixed box to sell, please talk to Mrs Fisher at the front office.

When we sell all the boxes, the SRC will make over \$1,100 to go towards school improvements!

Erin Alexander

Wimmera Machinery Field Days

On Wednesday the 5th of March in 2025 the Wimmera Lutheran College went to the Wimmera Machinery Field Days at Longerenong College.

Firstly, we went to the snake show and I wanted to hold one but we couldn't because we had to go. Then we went to the Racing Simulator and Lasertag. It was so fun at the Lasertag, I kept going for Miss Rutherford and I shot people 29 times!!

Next we got heaps of free stuff like a bucket full of stuff like a frisbee, bags, Pens, and a colouring sheet. We also got some cool stuff from the West Wimmera Health Service stall like a lolly, squishy ball and a pencil case of stuff. Then we had our lunch while watching Paw-Patrol, I found it too loud but I liked the show. Lastly we went to the lolly shop and the ice-cream shop and some kids got lollies or ice-cream or BOTH before we started walking back to get on the bus. We were all feeling hot and tired but had a good time and a great day!!

Written by Ruby Woodward

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**

FUN & SAFE

OSHC



**WEST
WIMMERA
HEALTH
SERVICE**

WEST WIMMERA HEALTH SERVICE



VACATION CARE

- **MONDAY 7TH
APRIL**
- **WEDNESDAY 9TH
APRIL**
- **MONDAY 14TH
APRIL**
- **WEDNESDAY 16TH
APRIL**

**DON'T LET
YOUR
CHILD MISS
OUT ON THE
HOLIDAY
FUN - SIGN
UP TODAY!**

caring for your kids...



Enrol now via the website:
<https://www.wwhs.net.au/oshc>

Any questions, please email:
OSHC@wwhs.net.au

**9AM-
4:30PM**

XXXXX

MOVIE *Night*

COME AND JOIN THE P&F
FOR A FUN FAMILY NIGHT
[MOVIE TO BE PG RATED]

7 PM

New Date:
March 28th

BYO comfy
seating.

Popcorn
provided.

Water only
please.



NHILL LUTHERAN SCHOOL MULTIPURPOSE ROOM

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