



Wimmera Lutheran College Nhill



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Term 2 Week 2 Issue 11 May 2nd 2025

Upcoming Events

May

Fri 9th : Mother's Day Chapel 9am

Sun 11th: Mother's Day

Mon 12th: Little Desert Cross Country

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

Tues 20th: School Photos

Wed 21st: National Simultaneous
Storytime

Fri 23rd: WLCN Athletics Day

June

Fri 6th: Donut Day

Mon 9th King's Birthday (no school)

Tues 24th: Freestyle Dance Ministry

Wed 25th: WLC Board Meeting @ Nhill

July

Wed 2nd: Last Day Term 3 (3.15pm)

Thurs 3rd & Fri 4th: Student Free Day

Mon 21st: Student Free Day

Tues 22nd: Term 3 starts

August

Thurs 14th: Ghana Beat My Drum

Mon 18th - Fri 22nd: BookWeek
"Book An Adventure"

Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today: Year 2: Jed Year 5/6: Grace F/1: Ivy



Gertrude The Bear

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



NOTICE TO BUS TRAVELLERS

NO Buses will be running on Wednesday 7th May, students will need to make alternative arrangements to get to & from school.



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

Darcy 30th April

Heath 30th April

Xavier 7th May

Jerome 8th May

Jackson 16th May

Amber 16th May

Birthdays



From The Principal

Welcome to the first newsletter of Term Two! Starting this term, our newsletters will be distributed fortnightly, bringing all three Wimmera Lutheran College campuses into alignment with a consistent schedule.

I hope all families enjoyed a restful break and a joyful Easter. For Christians, Easter is a sacred time to reflect on the death and resurrection of Jesus — a reminder of the hope, forgiveness, and eternal life we have through Him. To mark the occasion, students took part in a fun Easter egg hunt on their first day back, and our entrance foyer is now beautifully decorated with butterflies, symbolising new life. A big thank you to Miss Schultz and the Year 2 class for creating such a lovely display!

Uniform Update

As we transition into cooler weather, students are now expected to wear their winter uniform. However, with some warmer days still forecast, summer uniforms are permitted on those days.

ANZAC Day

A sincere thank you to all students and families who participated in the ANZAC Day march and wreath-laying ceremony last Friday. Our school captains, Oakley and Clayton proudly laid a wreath on behalf of our school community. Lest We Forget.

Mother's Day Chapel & Morning Tea

Mother's Day is just around the corner! On Friday, May 9, we warmly invite all mothers, grandmothers, and special women in our students' lives to join us for a special Mother's Day Chapel at 9:00 am, followed by morning tea and time spent in classrooms. We hope you can join us in celebrating the wonderful women in our community.



Camps

It's camp season! This week, our Year 3/4 students experienced an exciting two-night adventure in Mount Gambier. In Week 4, our Year 5/6 class will head off for a three-night camp in Anglesea. Camps are a fantastic opportunity for students to develop independence, build friendships, and learn in new and enriching environments. We look forward to hearing all about their experiences!

Holiday Works and Maintenance

During the holidays, the southern section of the school — including the multipurpose hall, library, and staff room — received a fresh coat of paint. These updates have brightened the space and brought it more in line with the look and feel of our newer facilities. After the painting, staff also reorganised the library, and it looks fantastic!

Our thanks go to Tim and Adam from the WLC maintenance team, who have been regularly assisting with a range of jobs including sprinkler and irrigation repairs, fixing a broken gate, restoring the water feature, and various other tasks that keep our school running smoothly. As part of our annual tree health and safety checks, two trees were removed last week. The resulting log sections will be repurposed as seating and may soon be placed in the upgraded dirt patch area — a great way to reuse natural materials in our playground spaces.

Every blessing,
Damon

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.

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
- Oakley & Koda and their family
- Savannah and her family
- Jed and his family
- Ms Rutherford and her family

Worship News

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

4/5/25 Nhill 9am, Jeparit 11am

11/5/25 Jeparit 9am, Nhill 11am

NhillLutheranParishOnline.com



Chapel Offerings



At this week's Chapel \$3.80 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.

4th May Grandparenting – Finding the Fun

(Interview) Like anything, grandparenting comes with its joys and its challenges. Hear Tania discuss with Julie Hahn about setting healthy boundaries, supporting parents, and how faith can provide comfort in grandparenting.

11th May The Day Mum Disappeared (Interview)

Where do you find hope when an illness like dementia changes the relationship you have with your parents? Matt shares the struggles and joys of being the child of ageing parents.

Devotional Thought

Sharing with gentleness and respect

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect (1 Peter 3:15b,16a).

Read [1 Peter 3:13 – 4:6](#)

I'm sure you share all sorts of information with many different people. We do it naturally when we meet with family, friends and colleagues. In many cases, it is just part of the normal flow of conversation. When wonderful things happen to us, we are usually bursting to share what we have experienced with our friends and family. Similarly, when unpleasant things happen to us, others see the negative impacts on our personalities and want to know the cause.

God wants us to be able to share what he has been doing in our lives in the same relaxed way. Church-related activities are usually not insignificant parts of our lives. Obviously, interesting things do happen there. As part of our everyday conversations with others, we naturally share these episodes of our church lives.

But God is involved in all aspects of our lives, not just when we are involved in church or religious activities. It is just natural to share our experiences of God working in our lives when appropriate and in context. The good thing about this is that we are just sharing our experiences. It is hard for someone else to argue with us about what we have experienced.

The Apostle Peter is not asking us to convert anyone because that is the task of the Holy Spirit. I have seen people get into arguments over religious subjects, where they try to convince the other person that their point of view is correct. And people can get very emotional. Peter warns us against doing this because it destroys the communication channels and relationships.

When we approach others with the love Jesus asked us to show, we become attuned to the emotional cues of these people. We will listen carefully to their questions and remain open to the guidance of the Holy Spirit to give us the right words to share.

Heavenly Father, in your relationship with us, it is all about you giving to us and never about you taking from us to fulfil your needs. Please help us have the same attitude towards the people you bring into our lives so that our focus is on blessing them and not using them to fulfil ourselves. Amen.

What's Been Going On At WLCN

Easter Egg Hunt—Anzac Day Activities— A Visitor To Class







SRC Are Still Offering Chocolate



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

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



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

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

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 this week!
We learned all about the rectangle.
All the children had great fun learning some new songs; using clapping sticks and enjoying bubbles.
For our craft the children used coloured paper cut into rectangles to make a snail.
We had shapes in our obstacle course today to practice climbing, the trampoline for jumping and planks for balance practice.
We finished off with a story about shapes and the children had to guess what animal would be made out of the shapes in the story.
Next week we have a very special Mother's Day morning tea. All mums, grannies and special friends are welcome along.



Protecting Childhood



Born in the 1970s, I enjoyed a carefree childhood in a lower-to-middle-class suburb. My parents worked long hours, leaving me free to explore the neighbourhood with my best mate, Andy. We rode bikes, played marbles or footy, hung out at the local arcade shop, and climbed trees until dark—all this and more from around the age of seven or eight! If you're even close to my age, you probably enjoyed similar freedoms and opportunities. I want the same for my children, but it is increasingly unusual and unattainable for many.

Questions about safety abound. Children have ever-increasing academic loads. Schedules for both children and their parents are busier than ever. Extra-curricular activities are more popular than ever. Screens have proliferated. And downtime is harder to find than ever before.

What has happened to our children's childhoods?

Play: The Work of Childhood

Play is integral to building successful, resilient children, and its importance starts in infancy. For infants, play involves touch, sounds, peek-a-boo, and interactive floor time. By preschool age, children delight in messy play with water, sand, and crafts, and their physical activity and social interactions increase. Early primary school children still enjoy creative play but begin to focus on games with rules and outdoor activities, emphasising social interaction.

The Benefits of Unstructured Play

Play fosters essential skills, including setting boundaries, understanding social norms, negotiating, and creativity. Unstructured play before age ten is particularly beneficial.

Rough-and-tumble play with parents is especially fun and educational in terms of teaching limits, communication, and physical coordination. The best part about these play activities is that they are easy, healthy, educational, and low-cost. Ultimately, play is the work of childhood, laying the foundation for resilient lives.

Are We Doing Too Much?

Helping children enjoy childhood includes managing extracurricular activities. The rise in sports and other pursuits at younger ages has sparked debate about whether kids are overscheduled. Critics argue that excessive activities may rob children of their childhood, creating unnecessary stress and competition among parents.

Free play and unstructured time are crucial for children's well-being, allowing them to explore, be curious, and develop creativity. However, structured activities can also provide safety and development in a modern, less child-friendly world. These activities help manage screen time, offer developmental benefits, and give parents peace of mind.

How to Find the Right Balance

Finding the right balance between structured activities and free play is challenging. There is a line that balances the competing demands of structure, growth, and enrichment with stress, financial costs, and protecting childhood. The problem is that none of us really knows where that line is until we've crossed it. It's different for each child, and it changes as they mature and develop.

Questions to Ask Yourself

Rather than me telling you where to draw that line, here are some questions to ask yourself to get the balance right for your children.

- Am I anxious about my child's success in life, or am I trying to improve my child's wellbeing?

- Does your child feel like you care about the outcomes more than they do?
- Are your kids excited to participate?
- Does your child have time to play with friends?
- Are they getting enough sleep?
- Does your child get free play time?
- Do you make time to do nothing alone or together?

Letting Children Just Be

Childhood is shrinking. Those years of carefree innocence are being crowded out. Yet play, curiosity, slow and agenda-free development, and the chance to pursue interests that align with personal strengths are some of the most important gifts we can give a child to truly experience childhood. They get to make their own decisions, write their own rules, and have their own experiences. There's a strong connection between feeling in control of our lives and being happy. When our children see us, they do not need to be burdened with more work and study. They need us to fall on the floor, tickle, wrestle, and laugh. They need opportunities to learn and create; to sit quietly on the grass under a tree and stare at clouds; to experience the simplicity of childhood; and to simply be.



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.

Super Readers Award

Congratulations to the following student who were presented with Super Readers awards at assembly:

Ollie & Xavier.



Chapel Dates

9th May Mother's Day Chapel
 16th May Year 2
 30th May Ascension Pastor Carl
 6th June Pentecost Pastor Carl
 13th June F/1
 20th June Year 5/6
 27th June Year 3/4

Assembly Dates

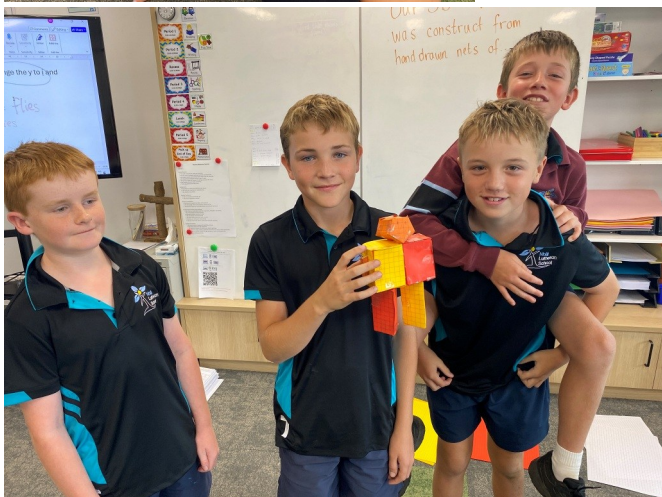
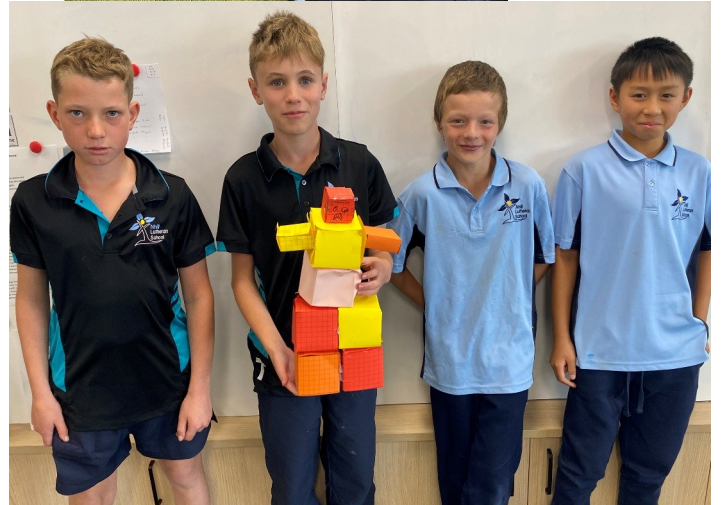
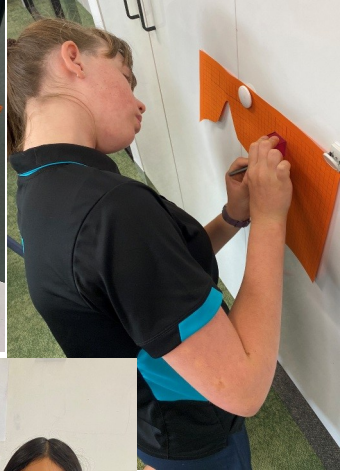
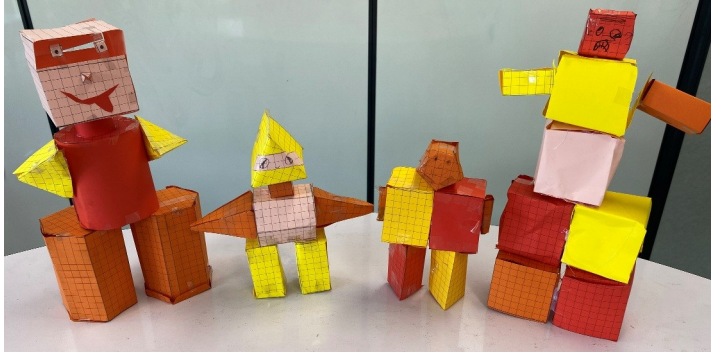
16th May Year 3/4
 30th May Year 2
 13th June Year 5/6
 27th June F/1

Year 3/4 Mt Gambier Camp





Year 5/6 Class Designed and Created 3D Robots





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.



Wellbeing for School Communities

2025 Youth Mental Health Roadshow

Featuring Dr. Michael Carr-Gregg



Join Dr Michael Carr-Gregg, one of Australia's leading child and adolescent psychologists, for a presentation on youth mental health. His invaluable insights will equip parents and caregivers with practical strategies to support youth wellbeing build resilience, and navigate the challenges young people face today.

Topics will include:

- Nurturing growth and development
- The stages of adolescence
- Understanding key milestones
- Tips for effective communication
- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience
- Trauma and recovery

Tuesday 29 July, 2025

**Parent & Carer
Information Evening**

7 pm - 8 pm

Kaniva

**Kaniva Community Hub
132 Budjik Street, Kaniva**

Suitable for: Parents, grandparents
and caregivers supporting school
aged young people.

FREE EVENT

Registration is essential.



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- Nurturing growth and development
- The stages of adolescence
- Understanding key milestones
- Tips for effective communication
- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience
- Trauma and recovery

Wednesday 30 July, 2025

**Parent & Carer
Information Evening**

7 pm - 8 pm

Horsham

**Horsham Town Hall, Theatre
71 Pynsent Street, Horsham**

Suitable for: Parents, grandparents
and caregivers supporting school
aged young people.

FREE EVENT

Registration is essential.



Free breast screens and women's health consultations in Nhill

The women's health mobile clinic is coming to Farmers Arms Hotel car park on 2 Victoria Street.

Breast screening

Dates: 5 to 15 May 2025

Women and trans and gender diverse people aged 50 to 74, without breast symptoms can book a free 10-minute breast screen on the van, every 2 years.

Book at breastscreen.org.au or call 13 20 50.



Women's health consultation

Dates: 5 to 16 May 2025

Women and people with a cervix can book a free, confidential 45-minute appointment with a nurse practitioner to talk about your sexual and reproductive health, general wellbeing, and cervical and bowel screening. This service is available to both adults and adolescents.

To book call 03 9675 0050 or visit breastscreen.org.au/whmc.



Hearing or speech difficulties TTY 13 36 77



Interpreter support 13 14 50



Fri 9 May
Noon-9pm

Sat 10 May
9am-noon

Chaplaincy Book Fair

Horsham College, Maroske Hall, Dimboola Road, Books \$1