



Wimmera Lutheran College Nhill



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Term 2 Week 4 Issue 12 May 16th 2025

Upcoming Events

May

Tues 20th: School Photos

Wed 21st: National Simultaneous Storytime

Fri 23rd: WLCN Athletics Day

Sat 31st: Quiz Night 7pm

June

Fri 6th: Donut Day

Mon 9th King's Birthday (no school)

Thurs 12th: Winter Lightning Premierships Yr 3-6

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"

Sept

Mon 1st- 5th: Integration Aide Appreciation Week

Thurs 4th: 100 Days Foundation Class

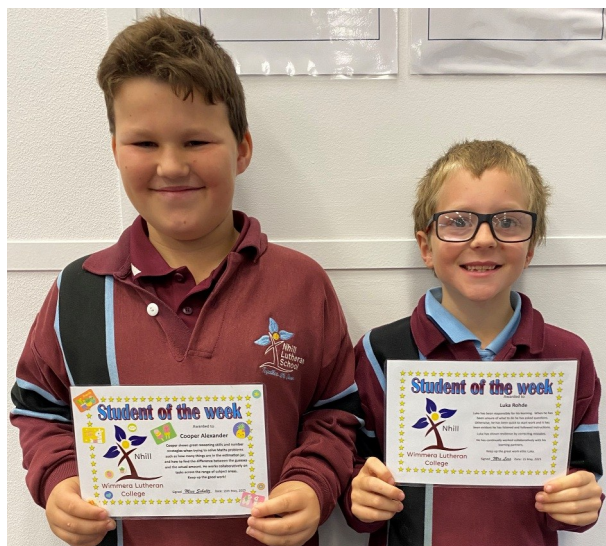
Fri 5th: Father's Day Chapel & Footy

Sun 7th: Father's Day

Fri 19th: End of Term 3

Oct Mon 6th: Term 4 starts

Students of the Week



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

Year 2: Cooper

Year3/4: Luka

Gertrude The Bear

Congratulations to Harper 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:

Connor 19th May

Sophie B 24th May

From The Principal

As I write this, I'm at Araluen Lutheran Camp in Anglesea, where our Year 5/6 students are about to kick off another exciting day of camp. School camps are a wonderful way for students to grow beyond the classroom—developing independence, resilience, and teamwork through unique, hands-on experiences. A heartfelt thank you to all the staff and parent volunteers who make these camps possible.

Congratulations to our Year 3/4 students on a successful camp to Mount Gambier! For some, it was their very first overnight experience away from home—a big milestone.

Mother's Day Celebrations

Happy Mother's Day to all our mums and special women in our community! It was a joy to welcome so many of you to our Mother's Day chapel and morning tea last week. The students were so proud to host you—thank you for being part of such a memorable morning.

Athletics Day – Friday, May 23

Our annual Athletics Day is coming up next Friday! Students have been practicing their events and are looking forward to showcasing their skills. A program will be sent home prior to the day, and our P&F will be providing delicious food and hot drinks—so come along and cheer on our athletes!

Quiz Night – Saturday, May 31

Mark your calendars for our upcoming **Quiz Night** on May 31—a fantastic opportunity to enjoy a fun evening with our school community. A big thank you to the P&F team for organising what promises to be a great event!

School Photos – Tuesday, May 20

School photos will be taken this **Tuesday, May 20**. Please ensure your child comes dressed in their formal winter uniform for the day.

Uniform Update

While the cooler months are settling in, we're still experiencing the occasional warm day. On those warmer days, students are welcome to wear their summer uniform if needed.

National Simultaneous Storytime – Wednesday, May 21

Next Wednesday, our students will join thousands across the country in **National Simultaneous Storytime**. It's a wonderful celebration of storytelling and reading, and we're excited to be part of this national event once again.

Staying Connected

As we move to fortnightly newsletters, we encourage families to stay connected through our other communication platforms:

Facebook – Showcasing events and school highlights

Seesaw – Where teachers share class updates and student work

Email – Important notices will still be sent when needed

This change aligns us with other WLC campuses and allows our Office Administrator to focus on other important areas of school support. Rest assured, you'll still receive all the necessary information in a timely manner.

Every blessing for your week,

Damon Prenzler

Principal

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.

Information Page

SCHOOL PHOTO ENVELOPES

Envelopes have been sent home with students they are to be returned by this coming Monday 19th May.

Photo day is Tuesday 20th. Students to wear their winter uniform.

Photo's are to be PRE PAID either by online by following the details on the envelope or by paying cash which will need to be placed in the envelope.

Super Readers Award

Assembly Dates

30th May Year 2

13th June Year 5/6

27th June F/1

Congratulations to the following student who were presented with Super Readers awards at assembly: Seraph, Ruth & Freya



Chapel Dates

30th May Ascension Pastor Carl

6th June Pentecost Pastor Carl

13th June F/1

20th June Year 5/6

27th June Year 3/4

Cross Country



Congratulations to all the students that competed in the West Wimmera School Sports Division and Little Desert Division at Kaniva on Monday, everyone had done their best. The next level of cross country is Greater Western Region at Warrnambool, Monday 26th May. For the athletes to qualify to compete at Warrnambool, they had to come in the top 6 of the Little Desert Division. Congratulations to Nelson for coming 1st in the WWSSA division and 3rd for L'Desert division, he will be going to the next level. Sophie came 2nd and Zara was 3rd in the WWSSA division.

Stephanie Alexander Education Program at WLCN





Prayer of the Week



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

- Seraph & Silas and their family
- Esther, Cooper & Mrs A and their family
- Grace & Xavier and their family
- Ollie and his family
- Siena B and her family

Worship News

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

18/5/25 Nhill 9am, Jeparit 11am

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

NhillLutheranParishOnline.com



Chapel Offerings



At this week's Chapel \$19.80 was collected and from Mother's Day chapel \$163.35 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.

18th May Finding Focus (Interview) With a growing number of people diagnosed with ADHD, hear Clare's story of being diagnosed as an adult. Find out how she was able to gain a better understanding of herself, her relationships, and her faith.

25th May Families are like fudge (Interview)

Families are like fudge – mostly sweet, with a few nuts! Although we can often find fault with our family, we can also find love, acceptance fun and opportunities. Hear Pastor Rob Schubert share his reflections on not-so-perfect families and why we can embrace our nuttiness.

Devotional Thought

Competent and confident

Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God (2 Corinthians 3:5).

Read [2 Corinthians 3:1-18](#)

How do you live up to other people's expectations? Are you competent and confident in every aspect of service that you carry out? Do you feel as though you 'measure up'? And if you are accused of failing, how do you respond?

St Paul wrote about ways in which he was made to feel inadequate in his ministry. False teachers challenged his integrity and authority as an apostle. He had changed his plans to visit them, resulting in the accusation that his word could not be trusted. He was also accused of pocketing money that had been collected for the poverty-stricken believers in Jerusalem.

His response to these accusations was not laying down the law or mounting a rigorous defence for his actions. He had an intense pastoral love for those who attacked him. He pleaded for them to understand that his ministry didn't have its foundation on his gifts, abilities, sincerity, wisdom, strength or perseverance. Nor did it rely on him meeting people's expectations.

The basis of Paul's ministry was the gospel. That was what gave him courage, confidence and boldness in his work. He believed he was competent because of what God had done for him and continued to do in him through Jesus Christ. It allowed him to say, 'I can do everything through him who gives me strength' (Philippians 4:13).

Our call to live and serve in the ministry of our Lord Jesus Christ has the same foundation. Our strength is limited, our enthusiasm wanes, our attention is easily diverted, and our mistakes can make us feel like failures – but our competence comes from God. And that makes all the difference.

His presence, power and glory in our lives mean that we can be competent and confident in the ministry that we have been called to.

Loving Lord, fill me with your Spirit again today so I know that because of you, I am competent to serve where you have called me. Please give me the confidence to find opportunities to glorify, honour and praise you in every aspect of my life. Amen.

What's Been Going On At WLCN



Parent & Friends News!

The P&F meet on Wednesday 7th of May to discuss plans for term 2. We have a busy 3 weeks coming up with Athletics Day BBQ, Quiz Night and Donut day all happening a week apart.

On Athletics Day May 23rd we will be there with the BBQ running cooking up Chicken Steaks and sausages. We will also have soup and hot drinks, to warm you up if it's a cold day. Price list to be sent home.

Saturday May 31st is our annual Quiz Night! We are excited to say our special guest Quizmaster will be back! This is always a fun family night, people from outside the school community are welcome, so grab some friends and come along. This is a kid friendly event but we do ask that your kids are close to you (at least the table next to you) so that you can supervise your own kids.

Finally on June 6th its NATIONAL DONUT DAY and as has become tradition we will have our annual donut day where donuts will be sold to Nhill business and families of the school, order forms are already out or available from the office. This is always a fun day that brings so much joy and is a great fundraiser.

If you would like to help with any of these events, please speak with any of the P&F members.

We have lots of fun planned for terms 3 and 4 as well and are looking forward to an awesome year of P&F fun.

Our next meeting is June 18th and all are welcome to come join the fun.

Jackie Rethus

WLC-Nhill P&F Chair

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
\$2.50 each**



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

SRC Dim Sims have returned in Term 2 !!!

**Wednesday only - \$1 each - steamed
send money in envelope with student name &
quantity**

A great fundraiser for the Student Representative Council

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've had a fun few weeks in playgroup!

Celebrating Mother's Day last week with lots of visitors including grandmas, mothers and special friends.

We all enjoyed a morning tea and the children each made a small gift and card for their mums to take home for Mother's Day.

The children have been enjoying using the clapping sticks during music time. Practising Rhythm and copying different beats. Bubbles have been enjoyed also.

This week we focused on the heart shape. Each child made their own caterpillar using little hearts, sticking them on with glue and decorating with coloured pencils.

It's great to see lots of imagination used with the Playdough, creating different shapes, patterns and animals with the help of their parents.

Next week we are learning all about the triangle!



Why “Safety First” Is Bad For Your Child



"Your children should be doing at least one thing each week that, if things go wrong, could land them in hospital."

Provocative? Absolutely. But I'm not encouraging emergency department visits. I'm sounding an urgent alarm: our obsessive protection of children is harming them.

The Risk Paradox Explained

Here's an uncomfortable consideration: "Safety first" is actually harming our children. How? The more we try to eliminate every risk, the more we compromise our children's actual safety and success. Our anxiety about scraped knees and bruised elbows has created a generation that's physically safer but mentally fragile - scared of everything.

Research from the University of British Columbia shows that children deprived of risky play develop poorer risk assessment abilities, decreased physical literacy, and—most alarmingly—heightened anxiety disorders. Professor Mariana Brussoni captures this perfectly: "Children should be kept as safe as necessary, not as safe as possible."

Risky vs Dangerous: Know the Difference

Risky play involves manageable hazards that children can identify and navigate themselves. Dangerous situations involve hidden hazards beyond their developmental capacity to assess.

For preschoolers (ages 3-5):

- It's *risky* to climb the tallest play equipment at the park while you watch from a distance.
- It's *dangerous* to climb the same structure when it's poorly maintained with broken parts or on concrete surfaces.

For primary schoolers (ages 6-12):

- It's *risky* to ride bikes down steep hills or learn to use a pocket knife under loose supervision.
- It's *dangerous* to ride bikes on busy roads or use sharp tools without any instruction or guidance.

For teenagers (ages 13-18):

- It's *risky* to navigate public transport alone to meet friends across town.
- It's *dangerous* to hitchhike or accept rides from strangers.

Three Ways to Bring Back Beneficial Risk

1. CREATE TIME for risk-taking adventures

According to the Australian Institute of Family Studies, children's free outdoor playtime has declined by over 32% since the 1980s, while screen time has more than doubled to an average of 4.5 hours daily for primary school children. Schedule weekly "adventure time" where risk is encouraged:

- A bushwalk where kids can climb rocks and explore without constant "be careful!"

- Bike rides with gradually increasing distances and challenges
- An indoor rock climbing centre for supervised height experiences

For younger kids, 1-2 weekly adventures is realistic. Teenagers might manage more independent risk-taking daily.

2. SEEK OUT risk-positive environments

Not all play spaces are created equal. The best ones challenge children physically and mentally:

- Adventure playgrounds with loose materials
- Nature reserves with trees to climb and wild spaces to explore
- Community gardens where kids can use real tools
- Skateparks where falling is normalised and celebrated as part of learning

Avoid over-engineered playgrounds with rubber surfaces and predictable plastic equipment. They signal to children that risk is unacceptable and falling is catastrophic. (Plus, they're boring.)

3. STEP BACK and honour developmental progress

Several years ago, my daughter Emilie, then 9, refused to ride the "donut" behind my dad's boat. While her siblings loved getting whipped around and flipped into the water, Emilie was terrified. I coaxed her onto the donut with promises: "Pop will drive slowly. You won't flip. I'll be right there." She reluctantly agreed, clutching the handles with white knuckles as my father crawled the boat forward. After 15 seconds, something remarkable happened: "FASTER!" she shouted. Then again: "FASTER!"

By honouring her initial fears and letting her control the pace, Emilie discovered for herself the exhilarating balance between thrill and terror. Had we flipped her immediately, she'd have never returned. Instead, she spent the afternoon demanding higher speeds. This perfectly captures effective risk support: present but not controlling, encouraging but not forcing, and always respecting the child's own developmental timeline.

Putting "Safety Second" for Healthier Kids

The world's leading play researchers identify five essential risk categories children need regular exposure to:

- Heights (climbing trees, playground equipment)
- Speed (running downhill, bike riding, sliding)
- Tools (using hammers, scissors, kitchen knives appropriately)
- Getting temporarily "lost" (exploring just beyond sight)
- Rough-and-tumble play (wrestling, chasing)

Start with whatever makes you least uncomfortable, gradually expanding your comfort zone alongside your child's abilities. Remember: "Safety first" might sound responsible, but it's actually backwards. Our job isn't to eliminate risk—it's to introduce appropriate risk at the right developmental stages.

The next time your heart races watching your child attempt something challenging, resist the urge to shout, "Be careful!" Instead, think: This isn't dangerous—it's the antidote to anxiety and the foundation of confidence.



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.

WLC Nhill Celebrates The Mum's, Nana's & Special Friends of our School



Buddy Time



Year 5/6 Anglesea Camp Photos







**FRIDAY
23RD MAY**

**ATHLETICS DAY
P&F FOOD**

SOUP \$2

HOT DRINKS \$2

SAUSAGES \$2

HOT DOGS \$2

HAMBURGERS \$3

**CHICKEN STEAKS
\$4**



WE ARE LOOKING FOR VOLUNTEERS TO ASSIST WITH FOOD SERVING. IF ABLE
TO HELP PLEASE CONTACT JACKIE RETHUS MOB: 0491 707 699



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.



Wellbeing for School Communities

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- 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.





Protect your child from the flu



Vaccination is the best protection for your child this winter.

The flu vaccine is **free** for children aged 6 months to under 5.



The flu spreads quickly

Sick kids? Keep them home

Keeping unwell children at home helps protect classmates, staff, and families during flu season

 my.gh.org.au/flu

 **Grampians Health**
Grampians Public Health Unit

 my.gh.org.au/flu

 **Grampians Health**
Grampians Public Health Unit



Protect yourself and others

Stop the spread of flu

Healthy habits help stop the spread of flu

- Wash hands regularly 
- Cover coughs and sneezes 
- Stay home if unwell 

 my.gh.org.au/flu

 **Grampians Health**
Grampians Public Health Unit



NLS P&F QUIZ NIGHT 2025

Tables of 8 people, can be worked out on the night.

May 31 | 7:00 PM

Nhill Lutheran School Multipurpose room

BYO nibbles and sealable drinks

Adults \$10

Kids \$5

Prizes for Adults and Kids tables

Special Guest QUIZMASTER!

Enquiries/bookings contact Jackie 0491 707 699