

Wimmera Lutheran College Nhill

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Term 4 Week 2 Issue 20 October 17th 2025

Concert - Star Warts 'The Umpire Strikes Back'



On Thursday 18th September the Nhill Community Centre came alive with 57 performers taking the stage for WLCN annual concert this year - Star Warts 'The Umpire Strikes Back'. Under the direction of Mrs Erin Alexander the students all played their role with confidence and enthusiasm, a huge thanks to Mrs A for giving the students the confidence that they will be okay and just go out there and enjoy the night! The crowd said the performance was amazing and each year the production only gets better. Thanks to Jeff Woodward for helping with the sound.

Birthdays



Happy birthday wishes are sent to the following student for this fortnight:

Gus 23rd Oct

Welcome Eva and Hailey!





This Term we have welcomed 2 new students, Eva in Year 5 and Hailey in Foundation. Our school is blessed to have both you and your families join our Wimmera Lutheran College Nhill community.

Upcoming dates on page 10

From The Principal

Regional Athletics

Congratulations to Mia, Savannah, Tom, Nelson, Zoe, Helena, and Harper for proudly representing WLC Nhill at the Regional Athletics in Ballarat last week. Despite the windy conditions, our students showed great perseverance and skill. Reaching this level is a wonderful achievement - well done to all!

Summer Uniform

Students are now required to wear their summer uniform. Please ensure all uniform items are clearly named and in good condition. A friendly reminder that socks must align with the school uniform guidelines.

Nhill Show

We hope everyone enjoyed the Nhill Show! A heartfelt thank you to all students and staff who took part in the parade. Congratulations to those who received awards for their entries - we're proud of your creativity and community spirit.

Chapel and Grandparents' Day

This morning's chapel was led by our WLC Chaplain, Kate Polack - her first at our Nhill campus. The theme for Term 4 is Free to Flourish, as well as special chapels including Grandparents' and Special Friends' Day, Reformation Day, and, later in the term, Advent and Christmas.

A special invitation is extended to all grandparents and special friends to join us next Friday, October 25, for Grandparents' and Special Friends' Day. The morning begins at 9:00am with a student-led chapel, followed by classroom visits and morning tea. We look forward to welcoming you!

Kinder Visits - Welcoming Our 2026 Foundation Students

We are excited to welcome the 2026 Foundation class during their Kinder visits starting Friday, October 31. These sessions, running over four weeks, will help our new students get to know the school environment. Miss Zikos, supported by Ms Rutherford, will guide the incoming Foundation students, while the current F/1 class will be cared for by Mrs Webb during these sessions.

Integration Aide position

WLC Nhill is currently seeking an Integration Aide to join our team in 2026. Full position details and application information are available on our website under the Nhill tab: www.wlc.vic.edu.au. Applications close November 3.

Looking Ahead - Key Term 4 Dates

- · October 17 F–2 Schools Sport Afternoon
- October 21 Visit from Australian Lutheran World Service
- · October 25 Grandparents' and Special Friends' Morning
- · October 30 Year 2 Sleepover
- December 3 Year 6 Graduation Dinner (Nhill Bowls Club)
- December 10 End-of-Year Graduation Service (Lutheran Church)
- · December 11 Final Day of Term 4

Wishing you every blessing for the term ahead,

Damon Prenzler

Today at Chapel, Hailey and Eva both received their Bible



Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly last Term and this week:



Clayton: Impressive leadership and responsibility was shown helping younger students in the concert. Improvement in your organisational skills and creativity in the classroom.

Joseph: Enthusiastic efforts and commitment with your learning, participation in concert practice, devotion singing and dancing. Your joyful energy and spirit is amazing.

Atreyu: Demonstrating your critical thinking and asking questions to expand your learning. Showing initiative and taking action when you notice something needs to be done in the classroom.

Zara: Showing persistence with your learning and collaborating well with your peers. You are demonstrating curious and critical thinking that is leading to amazing ideas.

Alyssa: Approaching her learning with resilience to find a solution to challenges. Also working cooperatively and compassionately with her classmates.



Gertrude The Bear





Congratulations to Oakley (last Term) and Millie for following the 5 rules of the school. We hope Gertrude and you both enjoy your time together.

Super Readers Award

Congratulations to the following students who were presented with Super Readers awards at assembly last Term and this week. Gus, Seraph, Ruby, Cooper, Atreyu, Ruth, Ollie and Xavier





Congratulations WLC Nhill Students Represented Us At Regionals in Ballarat



Prayer of the Week

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

- Sienna & Hunter and their family
- Grace & Xavier and their family
- Jackson and his family
- Mia and her family
- Mrs Launer and her family



Worship News

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

19th Oct Nhill 9am Jeparit 11am 26th Oct Nhill 11am Jeparit 9am Reformation Sunday NhillLutheranParishOnline.com

Chapel Offerings



From last 2 weeks of Chapel \$43.60 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our

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.

19th October Caring for Creation (part 3):

Faith Communities (Interview) Father Peter Moore actively supports caring for the environment and has been an inspirational advocate in his home congregation and community. Hear his perspective on how faith communities can make a real difference.

26th October 80 years of Blessings (Lutheran Media) Celebrating 80 years of Lutheran Media, we explore our beginnings and celebrate milestones. Hear how Lutheran Media has blessed radio, and media throughout the decades.

Devotional Thought

God's perfect timing [Saul] waited seven days, the time appointed by Samuel, but Samuel did not come to Gilgal, and the people began to slip away from Saul (1 Samuel 13:8).

Read 1 Samuel 13:5-14

It can be so hard to wait, can't it? A few years ago, I knew it was time to move on from my job. But as much as I prayed and looked for the next step, nothing seemed the right thing to go to. In the end, it took almost two years of waiting until the next step became clear. And when it did, I was surprised because it involved a whole change of career. It was definitely the right move, but the waiting part was hard.

What are you earnestly waiting for? A new job or retirement? A marriage partner or children? Loved ones to come to faith? Enough rain to break the drought? A release from suffering? Whatever that might be for you, I know the waiting can undoubtedly be a challenging time.

So, I have some sympathy for Saul in our reading today. He was in a very difficult situation. A multitude of Philistines was bearing down on him and his people, and they were deserting him in droves. His troops were scared, too. Some were hiding, others were fleeing across the border, and even those who were still with him were trembling. Saul was meant to wait for Samuel to arrive to offer the sacrifice to God. But when Samuel seemed to take too long, Saul took things into his own hands and offered the sacrifice himself. He wanted God's favour (good!) but tried to force God's hand, instead of waiting (bad!).

It is hard to wait, particularly when we don't know how long the wait will be. Like Saul, we can be tempted to try to 'help' God along so that he meets our timeline. But God calls us to trust in him and his timing. We know that God loves us and only wants what is best for us. We can rely on him to have the perfect timing for us and for all things. As we bring everything to God in prayer and wait on him, God can use that time to strengthen and deepen our faith in him.

Although the waiting is hard, be assured that God is with you and hears you. He will respond with perfect timing, perhaps even in a way you never imagined.

Heavenly Father, we're not good at waiting. Please help us to trust you and your perfect timing for our lives. Give us patience and strengthen our faith, so that we live lives of expectant joy until the day we finally see you face to face. Amen.

From The WLC Executive Principal—Jason Przibilla

Strategic Plan Update

The next stage of the Strategic Plan is ready to be implemented which involves engagement with key stakeholder groups. Next week, a link to a Shared Futures Survey will be emailed to all parents, staff and some students. This survey will consist of approximately 40 questions using the key Signposts of Shaping Identity, Growing Community and Transforming Learning. Survey questions will categorised under the following headings:

Amalgamation

Mission and Values

Faith

Diversity of Sites

Communication

Wellbeing

Cross-community connections

Leadership

Transport

Shared Resources

Academic Programs

Other

Open-ended Questions

Parents will receive their link via each campus's communication medium:

Nhill - email

This will be a great opportunity for key stakeholders to share their thoughts on Wimmera Lutheran College and provide feedback that will help to shape the future of our great college.

WLC Focus Groups

Phil McCredden from Ecclesia Leadership will be conducting Focus Group sessions at the following times on each campus of Wimmera Lutheran College:

THURSDAY 6/11

12:45-1:30 - WLC School Officers Focus Group

1:45-2:45pm - WLC Horsham Students Focus Group

3:45-4:45pm - WLC Horsham Staff Focus Group

6:30-7:30pm - WLC Horsham Parent Focus Group

FRIDAY 7/11

8:00am - 8:45am - WLC Dimboola Staff Focus Group

9:00-10:00am - WLC Dimboola Parent Focus Group

2:30-3:30pm - WLC Nhill Parent Focus Group

3:40-4:40pm - WLC Nhill Staff Focus Group

Information on how to register your attendance at these Focus Group sessions will be forwarded in the near future.

Wimmera Lutheran College Logo Update

Earlier this term, the Executive Leadership team received four logo designs, created for us by Mad Mouse Graphic Design, the company entrusted with developing our new logo. The Leadership team has narrowed these designs down to a top 2, decided on the college colours and will now look to seek feedback from selected stakeholders. This is an exciting development for Wimmera Lutheran College and will provide the college with a key component of its new identity. I am excited to reveal this logo to the community in the near future.

Wimmera Lutheran College Uniform

A new logo also will allow for decisions to be made on WLC's uniform. The Parent Advisory Groups will form a committee which will speak into the endorsement of the new uniform and I will look forward to having discussions with these groups to help to form a consistent uniform for the 3 campus's. A reminder that there will not be any forced uniform change until at least 2027.

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 start to term 4 in Get 'em Going Playgroup! This term we are leaning all about Creation and how God made the world.





The last 2 weeks we have learnt about 'Day 1' and 'Day 2'; when God made day, night, skies and waters.

The children have been using paper plates for our craft, making a sun the first week and a scene including the sky and seas the second. They have been enjoying exploring water paints and pasting.

We have been using egg shakers and xylophones during our music time in the Library.

Next week we are celebrating Grandparents Day. Please bring along a plate to share and join in the fun at playgroup!

Busting the Biggest Myths About Kids and Sleep



If there's one thing that affects every part of family life—our kids' behaviour, our behaviour, and everyone's ability to cope—it's sleep.

And despite what you might sometimes think - or at least your kids might think - sleep is NOT a luxury item. It's a biological necessity that cuts to the core of our ability to function well.

In fact, my #1 Parenting Hack has nothing to do with parenting and nothing to do with the kids. It's this: get more sleep! Have you noticed how much better you are as a parent when you sleep well? It's miraculous!

But far too often, parents unknowingly fall for common myths about children's sleep needs. Let's tackle some of the biggest sleep myths holding families back—and look at what actually works.

Sleep Myth #1: Screen Time Helps Kids Wind Down

False. Despite nearly half of parents believing screens help kids relax, the science says otherwise. Interactive content, social media, and video games also stimulate the brain when it should be calming down, and delays sleep onset. It also reduces sleep quality. That's two strikes. Lower quantity of sleep and lower quality of sleep is a major downer.

What to do: Aim for a **screen-free hour before bed**. Replace screens with calming activities: reading a physical book, listening to calming music, or chatting about the day.

Sleep Myth #2: Kids Will Sleep When They're Tired

False. Children, especially younger ones, often don't realise they're tired—and won't voluntarily put themselves to bed. In fact, overtired children often become hyperactive, grumpy, or difficult to settle.

What to do: Stick to a predictable bedtime routine. Don't wait for your child to "crash." Pre-empt tiredness with a calming, consistent rhythm to the evening. Try to have sleep start at about the same time each night.

Sleep Myth #3 Catching Up on Sleep on the Weekend Works

Partly true—but not ideal. A weekend sleep-in might help after a late night or two. But chronic sleep debt builds up, and irregular sleep schedules can mess with the body's internal clock—just like jet lag. Sleeping in for hours on the weekend can actually make it harder to fall asleep on Sunday night and harder to wake up Monday morning, which starts the week off wonky.

What to do: Aim for bed and wake times within about 30 minutes of the usual, even on weekends. Consistency helps regulate your child's natural sleep rhythms.

Sleep Myth #4: A Later Bedtime Means They'll Sleep In

False. This one sounds logical—but it usually backfires. Young kids in particular have internal clocks that wake them early no matter what time they go to bed. And when kids don't get enough sleep, their bodies release more stress hormones—making it even harder to fall asleep the next night.

What to do: Keep bedtimes early and consistent. It may feel counterintuitive, but earlier bedtimes often mean better—and longer—sleep.

Bonus Myth (For Parents of Older Kids): Teens Who Sleep In Are Just Lazy

False. Teenagers are biologically wired to fall asleep later and wake up later. It's a normal shift in their circadian rhythm—not a character flaw.

What to do: Help teens build good sleep hygiene: wind-down routines, screen limits at night, and weekend sleep-ins—within reason. Support consistency, not perfection.

So How Much Sleep Do Kids Really Need?

Here's a rough guide:

• Toddlers (1-3 years): 12-14 hours (including naps)

• Preschoolers (3–5 years): 10–12 hours

• Primary School (5–12 years): 9–11 hours

• Teens (13–18 years): 8–10 hours (some need more)

But remember—every child is different. If they seem tired, grumpy, or struggle with focus, more sleep might be needed—even if they're hitting the "recommended" number.

3 Actionable Tips for Better Sleep (Starting Tonight)

1. Build a Consistent Wind-Down Routine

Quiet, predictable activities help signal to the brain that it's time for sleep. Start 30–60 minutes before bedtime. Keep it screen-free, low-stimulation, and calming.

2. Prioritise Daily Physical Activity

Regular exercise (earlier in the day) helps kids fall asleep more easily. Just avoid intense physical play right before bed.

3. Watch Out for Caffeine (If You're Raising Older Kids)

Teens are increasingly reaching for coffee, energy drinks, and even "healthy" options like matcha or green tea. But caffeine can stay in the system for up to 6 hours—making it harder to fall (and stay) asleep. Encourage caffeine-free drinks, especially after midday. Talk to older kids about how caffeine affects their sleep, energy, and focus.

When to Get Help

If your child consistently struggles to fall or stay asleep, snores loudly or stops breathing during sleep, or seems exhausted despite a full night's sleep, it may be time to speak with your GP or a sleep specialist. Sleep disorders are real and treatable. (Although you'll overcome many problems simply following the ideas outlined above.)

The more rested your child is, the more likely they are to be calm, focused, resilient, and happy. And the more sleep you get, the more present, patient, and positive you can be too.



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.

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.



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

Information Page

Upcoming Events

Oct

Fri 18th: F-2 Sports Day at St Patrick's

Tues 21st: ALWS Day

Wed 22nd: P&F Meeting 7.30pm

Fri 24th: Grandparent's/Special Friends Chapel

Thurs 30th: Year 2 Sleepover TBC

Fri 31st: World Teachers Days

First pre-Foundation visit 9-11am

Nov

Fri 7th: Pre-Foundation visit 9-1pm

Fri 14th: Pre-Foundation visit 9-3.15pm

Fri 21st: Pre-Foundation visit 9-3.15pm

Dec

Wed 3rd: Year 6 Graduation Dinner

Fri 5th: P&F Colour Run

No More Dim Sims

Available Until Term 2 2026

Chapel Dates

Oct

Fri 24th: Grandparent's/Special Friend Day

Chapel

Fri 31st: Reformation Day Pastor Carl

Nov

Fri 7th: Year 2

Fri 14th: Year 5/6

Fri 21st: Year 3/4

Fri 28th: tbc

Dec

Fri 5th: F/1 Class

Wed 10th: E of Y Graduation Service @ St Pauls

Lutheran Church Nhill

Assembly Dates

Oct

Fri 17th: F/1 sharing

Fri 24th: Grandparent's /Special Friends morning

Fri 31st: Year 3/4 sharina

Nov

Fri 14th: Year 5/6 sharing

Fri 28th: tbc

SRC Zooper Doopers Available Term 4!

Every day at lunchtime - \$1 each

send money with student and place their order in classroom message box

A great fundraiser for the Student Representative Council

Grass pollen season is here

Protect your family

Thunderstorm asthma can be life-threatening



See your GP about an asthma action plan or hay fever treatment plan for your child



Always carry your child's medication and ensure that the school has a backup of their plan and medication/s



For forecasts & alerts, get the VicEmergency app



Learn asthma first aid



Keep your family indoors

before and during thunderstorms



Grampians
Health
Grampians Public
Health Unit

FREE COMMUNITY SCREENING AT NHILL MEMORIAL COMMUNITY CENTRE

SEEN



Seen is a groundbreaking feature-length documentary that not only explores the transformative power of personal healing for parents but also delves into the scientifically supported effects of such healing on parenting and its impact on child brain development.

Tuesday 21 October 2025 7:00pm





77-79 Nelson Street, Nhill VIC 3418

For more information visit www.hindmarsh.vic.gov.au/events or call 03 5391 4444





7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



Register Now!

Nhill-Dimboola Raptors Basketball

On the hunt for two more girls to join the Nhill-Dimboola Raptors basketball team.

Contact ashleigh@bartlettfarms.com.au

P&F Cookbook

The WLC Nhill P&F are looking to create a cookbook as a school fundraiser.

But first we need your help!!

We need your favourite recipes!
The ones your kids will actually eat!!
Snacks, lunchbox, quick dinners, re-heat and eat ect.

Please email your recipes in a word document to pandf.nlsegmail.com

For recipes to be included please have them in by Tuesday October 21st.

If you have any questions please ask Gemma or Jackie