



# Wimmera Lutheran College Nhill



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

Term 4 Week 10 Issue 24 December 11th 2025

## Upcoming Events

### Dec

Fri 12th: Pupil Free Day

### Jan

Tues 20th - Fri 23rd: Staff will be at school  
(Uniforms can be purchased  
on these days)

### NOTE....change of date below

Wed 28th Jan: First Day of Term 1, 2026

Fri 6th Feb: P&F Welcome BBQ

## Gertrude The Bear

Congratulations to Savannah for following the 5 school rules in 2025.

As a tradition at WLCN all the winners throughout the year go into a draw for the final assembly, Savannah was the lucky winner.

We hope Gertrude and you both enjoy your time together forever!



## Students of the Week

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

**Cooper:** Demonstrating curiosity and creativity in your thinking. Organisational skills have improved and showing initiative and helping others.

**Laird:** The resilience you have demonstrated navigating your new school, new classmates and the schools routine. Willingness to connect with others is wonderful to see.



**Amber:** Welcomes each day with a happy smile, attempts any task and is caring to other students. Always keeps the school rules front-of-mind.

**Madalyn:** Showing initiative and creativity and resilience in your work to achieve better results. Also, collaborating with your class with confidence and enthusiasm.

**Ruby:** Making great choices and challenging yourself with your learning. You have a wonderful creative imagination.



## Award Recipients At Graduating Service

### Maureen Reichelt Memorial Shield



Mia Grover



Sophie Blackwood

### CWA Scholarship



Zoe Warner



Joseph Lerhtoo

### P&F Academic Award



Abby Cramer



Jerome Heiler



Ruth Lerhtoo



Savannah Hedt

### Spirit of The Lions Award

### Graduating Year 6 Students



Zara, Oakley, Lawson, Harrison, Clayton, Mia, Cooper, Darcy and Sophie







## From The Principal

Below are a few end of year items to highlight.

- **Student Progress reports** - these have been distributed. I encourage parents to discuss the reports with your child, identifying areas of progress, and areas of future growth.
- **Year 6 Graduation Dinner:** It was lovely to share a special dinner last Wednesday with our Year 6 graduates, their parents and the staff. Thank you to Bec Pereira for catering, and to the Nhill Bowls Club for hosting.
- **First Day of Term One, 2026:** Wednesday January 28<sup>th</sup>. School starts at 9am. The office will be open the week prior, from Tuesday January 20<sup>th</sup>, and uniforms may be purchased at this time.

### End of Year Graduation Service

Thank you to all who attended our End of Year Graduation Service. This service is a special occasion where we reflect on the school year, congratulate award recipients, and acknowledge and farewell our Year 6 graduates.

Every blessing to our Year 6 graduates as they conclude primary school and continue their educational journey: Sophie, Darcy, Cooper, Mia, Clayton, Harry, Lawson, Oakley and Zara. Remember, Jesus has promised to always be with you.

Congratulations to the recipients of the following awards:

- Maureen Reichelt Memorial Trophy: Sophie Blackwood and Mia Grover
- In the Spirit of Lions: Savannah Hedt
- P&F Academic Scholarship: Ruth Lerhtoo, Jerome Heiler, Abby Cramer
- CWA Award: Zoe Warner, Joseph Lerhtoo

### School Captains

Congratulations to Esther Alexander and Savannah Hedt on being selected as 2026 School Captains. All Year 5 students are to be proud of their speeches they delivered a few weeks ago, and other leadership positions will be allocated early next year including vice-captains, sports captains and SRC.

### Nhill Christmas Carols

Our students will be singing at the Nhill Community Christmas Carols on Saturday evening. Students may wear Christmas attire and are to meet Mrs Alexander by the side of the stage at 6pm.

### Pastor Carl

On behalf of our school community I would like to farewell Pastor Carl, and thank him for his contribution to the school community over the years. I pray that God will guide and protect Carl and his family as they start a new chapter in a new location.

### Christmas

I would like to wish everyone a safe and happy Christmas break. I hope the beautiful message of Christmas, of the gift of Jesus, may resonate with you and your families. Thank you to all in our community for supporting our school this year, and I look forward to seeing our students when school commences in 2026.

God bless,

Damon Prenzler





## WLC F-2 Educational Sports Day @ Horsham





## Celebration Dinner For The Graduating 2025 Year 6 Class





## Last Buddy Time for 2025 Between Year5/6 and F/1



Throughout the year, every week the Foundation/ Year 1 class and the Year 5/6 class joined together to have some quality time enjoying various activities. Students learn to build relationships with others, which benefits both the younger and older students. As a parting gift to the F/1 class, the Year 5/6 students all created a narrative writing book along with their own illustrations.



## 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](mailto:admin@nls.vic.edu.au)



We had our last session for 2025 in Get 'em 'Going playgroup this week! We had lots of fun celebrating Christmas!

It was great to see lots of children attend today including, babies, toddlers and kinder children. Lots of friendships have been formed over the year and it's wonderful to watch.

The children had the chance to decorate a Christmas colouring today including a range of festive pictures. We had some special party balloons out today which were enjoyed by all for our party.

We enjoyed a shared Christmas morning tea to celebrate our last playgroup session for this year.

We finished off the morning singing some songs with jingle bells and used our drumming sticks to sing 'Father Abraham'.

We read the nativity story and each of the children showed lots of excitement when opening their end of year Christmas gift.

We hope everyone has a safe and happy Christmas. We hope to see you all next year when we start up playgroup again in term 1, 2026.



## Annual Water Fight For Year 5/6 Class





# The Parenting Advice I'm Ignoring

We've all heard parenting advice that sounds good... until we try it.



Whether it's from well-meaning family members, social media influencers, or even parenting books from decades past, there are ideas floating around that simply don't stack up - either with the research, or with what we know from experience builds strong, connected families.

So today, six pieces of parenting advice that I'm choosing to ignore - and that I believe all of us would do well to leave behind. These are ideas that not only miss the mark but can actively harm our connection with our children.

## 1. "Controlled crying teaches independence."

Letting babies "cry it out" is often framed as a way to help them learn to self-soothe. But the truth is, when we ignore our baby's cries, we're ignoring their primary form of communication and cutting them off from the care and comfort they need. Especially in the first six months, leaving a baby to cry without comfort can disrupt secure attachment and cause unnecessary stress for both parent and child.

**Better approach:** Comfort and respond. Independence and health come from security - not separation.

## 2. "Timeouts teach consequences."

Timeouts are often used as a tool to manage misbehaviour. But here's the issue: they isolate children when they most need connection. Rather than helping children understand what went wrong, timeouts can increase feelings of shame and disconnection. They ignore reasons, rupture relationships, and undermine motivation to behave better. Rather, they simply push unwanted behaviour underground.

**Better approach:** Use time-in. Stay close. Help your child process what's going on with compassion and clarity.

## 3. "Being too responsive will spoil your child."

This old-school myth suggests that if we're too loving or attentive, we'll create clingy or manipulative kids. But love is not a finite resource. Responsiveness builds trust, emotional regulation, and resilience - not entitlement.

**Better approach:** Be there. Again and again. Kids thrive when they know someone's got their back. Boundaries and limits matter, but they're best encouraged by being with your child, not sending them away to "toughen up".

## 4. "Ignore the tantrum and it will stop."

The idea here is that if we give no attention to a tantrum, it will eventually disappear. But tantrums are a child's way of expressing overwhelm, not manipulation. Ignoring a child in distress doesn't help them learn how to manage big emotions. Instead, it teaches them to hide those emotions.

**Better approach:** Offer empathy in the moment. Let them know, "I can see you're having a tough time. I'm here."

## 5. "Children should be seen and not heard."

This idea still lingers - especially when kids push back or express strong emotions. But silencing our children doesn't build respect. It builds resentment. Our children need to learn how to use their voice with confidence and kindness.

**Better approach:** Teach respectful communication rather than silent compliance.

## 6. "Kids need to learn to self-soothe."

Yes, self-regulation is important. But emotional regulation isn't something that magically appears. It's something kids *learn through* repeated experiences of being soothed by a calm, caring adult. It's not weakness to need co-regulation; it's developmentally appropriate.



**Better approach:** Model calm. Be the steady presence your child can draw from in tough moments.

## So, what do we do with all this?

As parents, we're not looking for perfection. That doesn't exist. We are looking for connection. That's why we need to be thoughtful about the advice we follow. The best parenting strategies are grounded in respect, compassion, and evidence. They help us build strong relationships that can weather the ups and downs of childhood and adolescence.

If there's one takeaway, it's this: **connection always trumps control**. When we lead with warmth and wisdom, our children are far more likely to grow into emotionally healthy, respectful, and resilient young people.

## Make Connection Your Goal This Summer

As the school year winds down and the summer holidays approach, we're gifted a rare window: more time together. And while long days and unstructured time can sometimes feel chaotic (especially if you're juggling work or multiple children), they also offer a powerful opportunity to reconnect. These coming weeks don't need to be filled with elaborate outings or constant entertainment. What our kids need most - whether they're five or fifteen - is us. A little one-on-one time, relaxed conversations, shared laughter, and simply being present can do more for your relationship than any parenting strategy ever could. So this summer, let's make connection the goal.

Everything else is just a bonus.

For more parenting help, grab a copy of my book [The Parenting Revolution](#).



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



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>



## Super Readers Award

Congratulations to the students who were presented with Super Readers awards at assembly last week. Freya, Seraph, Ruby, Cooper, Atreyu and Gus



## WLC Nhill 2026 School Captains Announced - Congratulations to Esther and Savannah

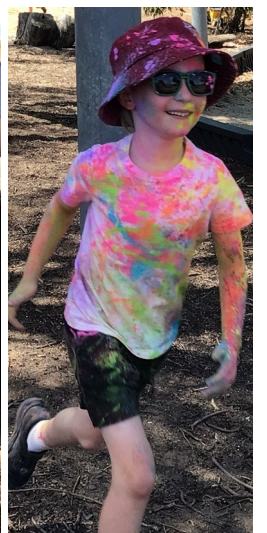




## P&F Colour Run













## Term Dates 2026

**Term 1 2026 :** Wed 28th Jan - Thurs 2nd April

Mon 9th March: Labour Day (public holiday)

**Term 2:** Mon 20th April– Fri 26th June

Fri 5th June: Report Writing Day (no students)

Mon 8th June: King's Birthday (public holiday)

**Term 3:** Tues 14th July—Fri 18th Sept

Mon 13th July: Staff PD Day (no students)

**Term 4:** Mon 5th Oct—Wed 9th Dec

Thurs 15th Oct: Nhill Show (holiday TBC)

Fri 16th Oct: School Closure Day

Mon 23rd Nov: Report Writing Day (no students)

Wed 9th Dec: Last Day for students

Thur 10th/ Fri 11th Dec: Staff PD Days

## Parent & Friends Update

What an amazing year we have had, BBQs, movie nights, quiz night, and LOTS of donuts!

Thank you to each and every volunteer who cooked donuts, made food for catering, moved tables, popped popcorn, and any other job we needed doing, without you we could not hold events or fundraisers, and we would not be the amazing team we are. I would like to say a huge thank you to my executive team for the support you have given me this year. I think we have had a fun year and achieved some wonderful things.

P&F is more than just a meeting, more than just events and fundraisers. We are here to support each other in this journey of parenting and school. By coming to meeting's, you help build this community, help each other and together we can make amazing things happen. All parents and carers are welcome to come to meetings. We have an executive of 9, but all have voting rights and all can attend when suits them. We hold meeting at the school but attending at home via Zoom is always an option.

We are looking forward to an amazing 2026 and all the fun it will bring.

Jackie Rethus

WLC Nhill P&F Chair

## SRC Zooper Doopers

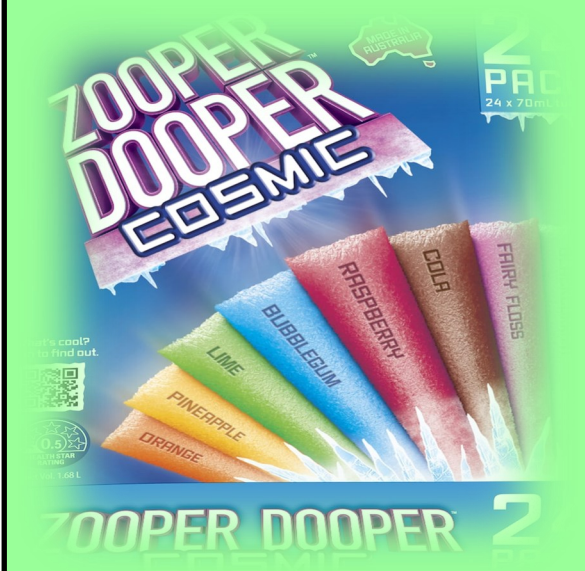
**Available Term 1, 2026!**

**Every day at lunchtime - \$1 each**

**Send money with student**

**Place their order in classroom  
message box**

*A great fundraiser for the Student  
Representative Council*



## 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.



## Chapel Offerings

From last weeks of Chapel \$ 51.55 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](http://messagesofhope.org.au) or on iTunes and Spotify.

14 <sup>th</sup> December	What if God was one of us?	(Adrian Kison)
What if God lived among us? What if God was one of us, right with us and able to be seen and heard in a way that we can see and hear? Listen to Adrian as he reflects on the very real presence of God.		
21 <sup>st</sup> December	The Light of Christmas	(Bishop Paul Smith)
Tania and Jo explore the significance of light at Christmas. Bishop Paul shares a message of light in the darkness as we reflect on the Christmas season.		

## Invitation to Sing At Nhill Christmas Carols

NHILL TOWN COMMITTEE PRESENTS

# Nhill Christmas Carols & Nhill Lions Twilight Market

SATURDAY 13 DECEMBER

MARKET FROM 5:30PM  
CAROLS FROM 6:00PM

JAYPEX PARK, NHILL

For more information, contact the Nhill Town Committee at [nhilltowncommittee@yahoo.com.au](mailto:nhilltowncommittee@yahoo.com.au)

FREE BBQ

Hindmarsh Shire Council

LIONS INTERNATIONAL

Nhill Town Committee

WLC Nhill will be performing a couple of Christmas carols...this is open to all students who wish to participate.

Mrs A has been teaching the students the songs at school over the last few weeks.

NO uniform is required to be worn on the night, but Christmas attire is encouraged.

Please be there by 6pm, as no actual times have been finalized for the performances.

A great night to be had!



# Hindmarsh Shire Outdoor Pools

Pools are opening for the 2025/2026 summer season from 15 November 2025 to 09 March 2026. See hours below:

## Hindmarsh Outdoor Pool Opening Hours

	Dimboola	Jeparit	Nhill	Rainbow
Monday to Friday	3:30pm – 6:30pm <i>*Closed Thursday</i>	4:00pm – 6:30pm <i>*Closed Wednesday</i>	3:30pm – 6:30pm <i>*Closed Monday</i>	3:30pm – 6:30pm <i>*Closed Tuesday</i>
Saturdays and School Holidays	2:00pm – 7:00pm <i>*No closure day during school holidays</i>			
Sundays	2:00pm – 6:00pm			

## FREE ENTRY ALL SEASON

Canteens will not be operating but staff will have icy-poles available for a small donation. Community members and visitors are encouraged to support local businesses and BYO refreshments (no glass) to the pool.

Consumption and/or the taking of alcohol into swimming pools or grounds is strictly prohibited, as is smoking and vaping.

Scan the QR code for more details about our Outdoor Pools! You can also like us on Facebook to keep up to date

 **Hindmarsh**  
Shire Council

FIND US ON FACEBOOK



MORE INFORMATION  
AND REGISTRATION



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



**Keep your family indoors** before and during thunderstorms



For forecasts & alerts, get the **VicEmergency app**



Learn **asthma first aid**

 [my.gh.org.au/thunderstormasthma](https://my.gh.org.au/thunderstormasthma)

 **Grampians Health**  
Grampians Public Health Unit