



Birthdays

Happy birthday wishes are sent to the following students .

Eddie 24th Feb
Eveline 25th Feb
Grace J 28th Feb
Abby 3rd Mar
Charlotte 4th Mar
Lucy 4th Mar



Leo The Lion



Congratulations to Silas for following the 5 rules of the school. We hope Leo and you both enjoy your time together.

Students of the Week

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

Lexi: A fantastic beginning to her school journey. You are a thoughtful listener, make wise choices, and put effort into all of your learning. It has been wonderful to see you walk through the door each morning with such a bright smile, ready for the day ahead. You should feel incredibly proud of the way you have started school.

Grace: Consistently responsible as a leader around the school, showing kindness and generosity. Always showing initiative in all aspects of learning.

Gus: Demonstrated a mature level of responsibility, and being trustworthy with his independent learning.

Hunter: Expanding his learning by asking many questions, showing curiosity and enjoyment. Proactive in taking action when something need to be done in the classroom.



From The Principal

We are currently in the middle of our two-week swimming program. It's a time where 'normal' timetables are thrown out the window, and students and staff need to adapt to changes of routine. Our learner profiles that speak of resilience and responsibility come to the fore during these weeks, and the students are to be commended on how they have participated in the swimming lessons.

Swimming, Swimming Carnival and Little Desert Swimming

Our annual swimming carnival will be held next Friday, starting at 9.30am and finishing around 12.30pm. A letter containing more information and a program will be sent home to families next week.

On Wednesday next week Zoe and Savannah will represent our school at the Little Desert swimming competition in Horsham, and we wish them all the very best.

Student Leadership, Year 6 Leadership Day

Congratulations to the following students who have been selected for leadership positions:

School Captains: Savannah Hedt, Esther Alexander

Vice Captains: Grace Jenz, Helena Talor

Sport Captains: Tom Warner, Nelson Rohde, James Lerhtoo

SRC: Sophie Moll, Eva Briggs, Lucy Moll, Alyssa Pereira, Hunter Alexander, Ollie Robinson, Alfie Shandley, Billie Lynch

Next Monday, WLC Nhill plays host to Year 6 students from all three WLC campuses. Emma Graetz from Australian Lutheran College will lead the day focusing on student leadership with a Christian flavour.

Year 6 tops

This morning our Year 6 students were presented with their special Year 6 polo tops. The students selected the colours and design, as well as a nickname which is embroidered on the back.

Education Sunday

Last Sunday our staff and students were blessed at a special Education Sunday service held at the Lutheran Church. Thank you to Pastor David Gogoll for officiating, and thank you to the St Paul's congregation for their continuing support of the school.



Shrove Tuesday, Ash Wednesday and Lent

This week our students celebrated Shrove Tuesday (sometimes known as pancake day) with yummy pancakes. On Wednesday we held a special chapel led by Pastor David Gogoll. Ash Wednesday is the start of the church season of Lent which lasts up to Easter time.

WLCN Parents and Friends

The P&F met for the first time this year on Wednesday, and have planned a range of fundraising and community building activities for 2026. The following people were chosen as the 2026 P&F committee:

Chair: Jackie Rethus

Vice Chair: Bianca Borgelt

Secretary: Gemma Cramer

Treasurer: Dimity Launer

Extra Committee Members: Jen Keiler, Emma Robinson, Alicia Alexander, Maree Moll, Agostinho Pereira

Thank you to all members of the P&F for the contribution you make to our school community.

Wimmera Field Days

Not long now until the Wimmera Field Days. All Year 1-6 students will attend the Field Days at Longerenong on Wednesday March 4th. Further details have been distributed to families.

Every blessing,

Damon

Upcoming Events

February

Mon 23rd: Year 6 Leadership Day @ Nhill Bookfair starts Swimming Program

Tues 24th: Swimming Program

Wed 25th: Little Desert Swimming Carnival @ Horsham (qualified) Swimming Program

Thurs 26th: Swimming Program

Fri 27th: Swimming Carnival 9.30am to approximately 12.30pm

March

Wed 4th: Wimmera Field Day Excursion for Year 1 to 6 students

Mon 9th Labour Day Holiday (no school)

Tues 10th: Dental Van Visit

Wed 11th: FOUNDATION students first Wednesday Naplan begins Year 3 & 5

Thur 12th: Bookfair ends

Wed 18th: P&F meeting

Tues 24th: Parent/Teacher Interviews

Wed 25th: Parent/Teacher Interviews

Fri 27th: Harmony Day P&F Movie Night

April

Thurs 2nd: Last Day Term 1

Fri 3rd: Good Friday

Sun 5th: Easter Sunday

Mon 20th: Term 2 Starts

Sat 25th: Anzac Day

Wed 29th - Fri 1st May: Year 3/4 Camp Warrnambool

May

Fri 1st: WLC Board Meeting

Fr 8th: Mother's Day Chapel

BUS TRAVELLERS NOTE:
No buses on Friday 6th March

Chapel Dates

February

Fri 27th: No Chapel

March

Fri 6th: Mrs Kate Pollack

Fri 13th: Year 1/2

Fri 20th: Year 5/6

Fri 27th: Year 3/4

Assembly Dates

March

Fr 6th: Year 3/4

Fri 20th: Foundation

Ash Wednesday and Shrove Tuesday @WLC Nhill



Devotional Thought

Happy are all who take refuge in him (Psalm 2:12b). Read [Psalm 2](#)

Do you ever get angry, frustrated or fearful at the state of the world when watching or reading the news? Perhaps particularly when political leaders or rulers of nations act in ways that seem to go against God's ways. Psalm 2 could have been written about this. It begins by speaking of the world's leaders rebelling against God and his anointed one, plotting together and seeking power.

It then goes on to speak of God's response. Laughter. Not of derision, but of clear confidence about who is really in control. It then speaks of a king whom the Lord claims as his own son. While we know the author of many psalms to be King David, and that it was not unusual to hear this kind of language from ancient kings, it prophetically points us to God's plan for the world all along, with Jesus as the long-awaited king, the Messiah, God's own Son to rule and have authority and power for eternity.

It reminds us of Jesus' baptism in Matthew 3:17, where 'a voice from the heavens said, "This is my Son, the Beloved, with whom I am well pleased"'.

Finally, the psalm finishes with a warning to the world's leaders to act with wisdom. It encourages us to trust and take refuge in God, emphasising the joy and security found by trusting the state of the world and its leaders to God's care. So, the next time you find yourself getting worked up over the news, take some time to remember God's power, and bring the world's leaders and situations to the Lord in prayer.

Sovereign God, when the world feels unstable and chaotic, help us to trust in your reign. We take refuge in you, placing the nations, their leaders and the situations they face into your loving care. Please grant wisdom to all those in authority, and remind us that you are always at work, even when we cannot see it. Grant us peace in Jesus' name, Amen.

Chapel Offerings



From the last 2 weeks of Chapel \$12.80 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.

Prayer of the Week



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

- Savannah and her family
- Sienna & Hunter and their family
- Connor & Heath and their family



Worship News

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

22nd Feb: 1st Sun in Lent
Nhill 11am Jeparit 9am

Wed 25th Feb: Lenten Reflection
Nhill 7.30pm

Sun 1st March: 2nd Sun in Lent
Nhill 9am Jeparit 11am

NhillLutheranParishOnline.com

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.

22 nd February	Chronic pain	(Interview)
How do you cope with pain that never goes away? Stephen and Therese share their journey of managing chronic pain, and how it's affected their relationship, lifestyle and purpose in life.		

Valentine's Day Fun in Foundation



Last Friday our class enjoyed some Valentine's Day themed **Mini Muscles** activities and creative artwork! During Mini Muscles, students strengthened their fine motor skills through cutting, threading, folding, colouring and gluing tasks — all with a fun Valentine's twist. These activities help build the small hand muscles needed for writing, drawing and everyday classroom tasks. We also created some special Valentine's artwork, focusing on following instructions, using careful colouring techniques and expressing kindness through our creations. It was wonderful to see students concentrating, showing persistence and taking pride in their work.



From The WLC Executive Principal—Jason Przibilla

Four weeks into the new school year, it has been wonderful to see all campuses of Wimmera Lutheran College thriving with activity. Teaching and learning programs are well underway across all year levels, alongside a wide range of extra-curricular opportunities. Core and specialist classes, swimming carnivals and aquatic programs, leadership development days and installations, as well as camps and excursions, have already filled the opening weeks of term.

Our students are truly blessed with the breadth of opportunities available to them. I extend my sincere thanks to our dedicated staff and leaders who generously invest their time and energy to ensure every student receives a balanced and high-quality education.

Executive Team 2026

The Wimmera Lutheran College Executive Team for 2026 comprises:

- Jason Przibilla – Executive Principal
- Craig Young – Director of Business Operations
- Kate Carter – Deputy Principal / Head of Secondary
- Damon Prenzler – Nhill Campus Principal
- Christina Jacobsen – Horsham Head of Primary School
- Millie Dent – Dimboola Campus Head
- Jacqui North – Assistant Head of Schools: Curriculum and Pedagogy

This team meets regularly to ensure that shared priorities and common goals across our three campuses remain aligned and focused. A key priority currently is the finalisation of the College Strategic Plan. Next week, the Executive will meet with Phil McCredde from Ecclesia Leadership to identify key signposts and action steps, while further refining our mission, vision and values statements.

In addition to whole-team meetings, I greatly value the opportunity to meet weekly with individual Executive members. These conversations enable me to stay connected to the initiatives, achievements and priorities within each campus and sub-school. I feel privileged to lead such a capable and committed team, and I deeply appreciate their professionalism and collaborative spirit.

Strengthening Communication Across Campuses

A further priority for 2026 is the continued centralisation of communication processes across our campuses. Several years ago, the Horsham campus implemented a Learning Management System (LMS) through Schoolbox, now known as The Hub. This platform has become an effective communication and learning tool for Horsham families.

Last year, staff at the Dimboola and Nhill campuses began engaging with The Hub for internal communication purposes. In 2026, we aim to integrate this platform more fully into existing communication processes across all campuses, enabling families to access important information through a single, consistent source. We look forward to seeing this rollout continue in both Nhill and Dimboola.

NAPLAN 2026

Parents and carers of students in Years 3, 5, 7 and 9 should now have received information regarding the upcoming NAPLAN testing schedule.

While NAPLAN is an important assessment tool, it is helpful to remember that it represents a snapshot in time rather than a life-defining measure. It provides an indication of a student's development at this particular stage of their learning journey. I encourage families to have positive and reassuring conversations with their children in the lead-up to testing, emphasising effort, preparation and perspective.

Should you have any questions regarding NAPLAN or any other aspect of College life, please do not hesitate to contact your campus.

1 Corinthians 14:40

"But everything should be done in a fitting and orderly way."

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 great few weeks out in Get 'em Going Playgroup! This week we learnt all about the colour yellow and last week we focused on orange. It's great to see some of the children dressing up in their colourful clothes.

For our craft this term we are decorating a rainbow, this week we decorated yellow using paper, felt and sparkles. The children did a great job of sticking these on. It was great to see some new faces this week From babies to kinder children. All pre school children are welcome at playgroup.

We finished off each morning by reading a story; this week we read about a yellow Giraffe who couldn't find his dad.

We also want to say a big Thankyou to Bel's Nan who has kindly knitted all of the playgroup children a beautiful beanie for winter time. They were all very excited!

Next week we will learn all about the colour green.



WLCN P&F Welcome BBQ



On Friday 6th Feb the WLC Nhill P&F committee held the annual Welcome BBQ, for all new families and for the returning families. It was wonderful to see the fellowship that the school community shares with all their families, students and staff.





When Should Kids Get a Smartphone?

The Research, the Risks, & a Better Way Forward



As a new school year begins, many parents find themselves facing a familiar dilemma: “**Is it time to give my child a phone?**”

The pressure can feel enormous — socially, logistically, and emotionally. Children insist that “everyone has one,” other parents reassure us “it’s what happens in Year (X)”, and we wonder whether refusing is unreasonable or outdated.

But before making the jump; pause. While smartphones are part of modern childhood, **the age a child receives one matters — a lot.**

The Stats That Make You Shudder

A recent peer-reviewed study in *Pediatrics* followed more than 10,000 children aged 10–12. They found that:

Earlier acquisition of a smartphone is associated with significantly worse outcomes.

Children who received a smartphone during their 12th year had:

- **57% higher odds** of clinical-level mental health difficulties by age 13
- **62% higher odds** of insufficient sleep
- **40% higher odds** of obesity
- **31% higher odds** of depression

The tween and teen brain — particularly the prefrontal cortex responsible for impulse control, planning, and decision-making — isn’t mature right now. The never-ending whirlwind of apps, games, notifications, and distraction (plus time on social platforms that isn’t technically allowed anymore) can be overwhelming for a brain still under construction.

Research internationally suggests a similar theme: **Every year we delay smartphone access tends to reduce risk.**

Why Parents Usually Say Yes — And Where It Goes Wrong

Parents give me four reasons for handing over a smartphone to their child:

1. **Safety** (“What if they need help?”)

Response: **Smartphones are not required for safety.** A basic ‘dumb phone’, watch-phone, or even a household landline solves the safety problem without handing over social media, messaging apps, games, or endless internet access.

2. **Logistics** (“I need to coordinate pickups and plans.”)

Children survived without phones for generations. Clear communication ahead of time works better than constant messaging, and it builds resilience and independence. Set a pickup time and place. Teach children how to ask an adult for help. Make a simple backup plan (“If I’m late, you start walking...”). Or buy a dumb phone.

3. **Social Connection** (“They’ll be left out without one.”)

Group chats and digital friend circles *feel* social, but they often *increase* comparison and competition, exclusion, anxiety, cyberbullying, and sleep disruption. In-person friendships are better developmentally.

4. **“They Need to Learn Eventually”**

Giving a 12-year-old a smartphone to “learn to manage it” is like giving that same 12-year-old a bottle of vodka to “learn to drink responsibly.” Children **aren’t developmentally ready** for that level of access.

A Framework that Actually Works

The standard in our family is simple: **“When you can afford it and pay for it yourself — it’s yours.”**

That includes: ✓ the device ✓ the monthly plan ✓ repairs ✓ replacements if lost or broken

This framework works because it:

- Delays acquisition naturally
- Builds financial responsibility
- Shifts entitlement to initiative
- Reduces peer pressure
- Introduces natural consequences

Most children don't have \$800–\$1500 for a device plus monthly fees until somewhere between **15–17** — which aligns with many child psychologists' recommendations.

“But My Child Already Has a Smartphone...”

If the horse has already bolted — please don't panic. You haven't “ruined” anything.

Instead, create **clear, developmentally appropriate boundaries**. If possible, consider stepping back from smartphones to simpler options — plenty of families do this successfully.

The Real Question

Smartphones aren't evil, and technology isn't the enemy. But early access creates problems that are harder to undo than they are to prevent. Delaying smartphone access — even by one year — can make a meaningful difference to mental health, sleep, and learning.

If you'd like more info about setting screen boundaries, check out [The Screen Smart Series](#).



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.



Anti-Fragile: Building Resilient Kids Through Life's Challenges

LIVE on Wednesday 25 February — 7pm AEST // 8pm AEDT

In **Anti-Fragile**, a presentation on building resilience in children, Dr Justin Coulson challenges the idea that childhood should be free from stress and struggle. He argues that challenges are essential for growth and that parents can empower their children by allowing them to experience developmentally appropriate adversity while providing the right kind of support to help them overcome it.

How do we help children build resilience and equip them to handle life's inevitable volatility, challenges, and setbacks?

In this presentation, Dr Coulson will explore:

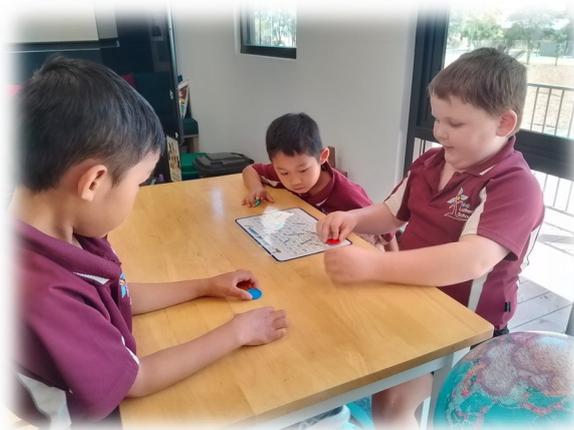
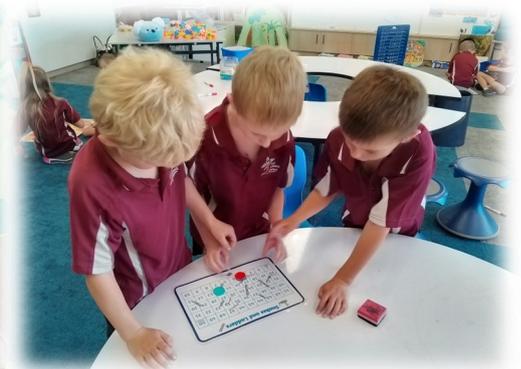
- What resilience truly means and why it matters
- Why resilience is declining in our screen-focused world
- Why risky play and face-to-face connections support life skills and resilience
- How the current resilience deficit damages our children's present wellbeing and future adult life
- Practical strategies to reverse this trend by helping your child forge a strong sense of identity, develop genuine competence, and build lasting hope

Anti-Fragile presents Dr Coulson's groundbreaking approach to building resilience in children, equipping them to not just cope with life's challenges but to thrive because of them.

Register to receive the webinar link as well as email reminders here:

<https://happyfamiliesfamilyeducation.ac-page.com/Answers-with-Dr-Justin-AntiFragile-Register-HFS>

Maths In Year 1/2 Class - Snakes 'n' Ladders Game / How Long Are Our Legs?



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.



Bus Travelers

Can parents/caregivers please let us know at the school if your children are not going to be on the bus in the afternoon.

You may use the school stream app, phone the office, email or in person when you arrive to collect the children.

If you know the children are not on the bus for specific days of the week they can be permanently recorded as not on the bus for that particular day. Thanks in advance for your co-operation on this matter.

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.



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.

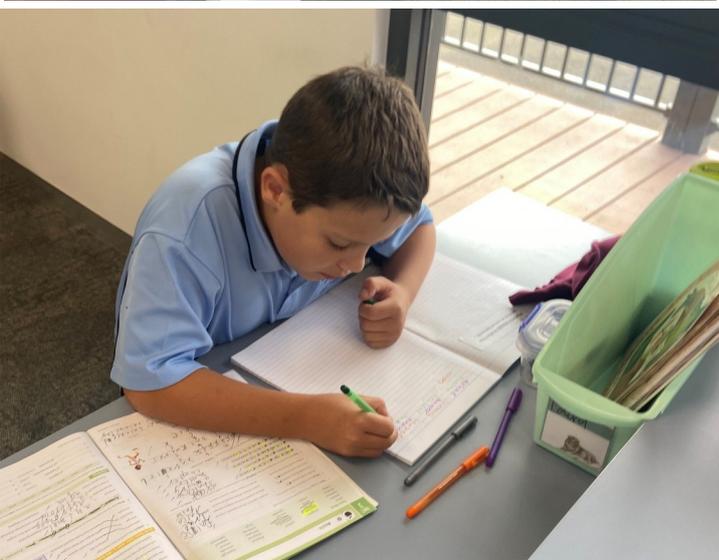
Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

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>

Year 5/6



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

SRC Zooper Doopers

Available Term 1, 2026!

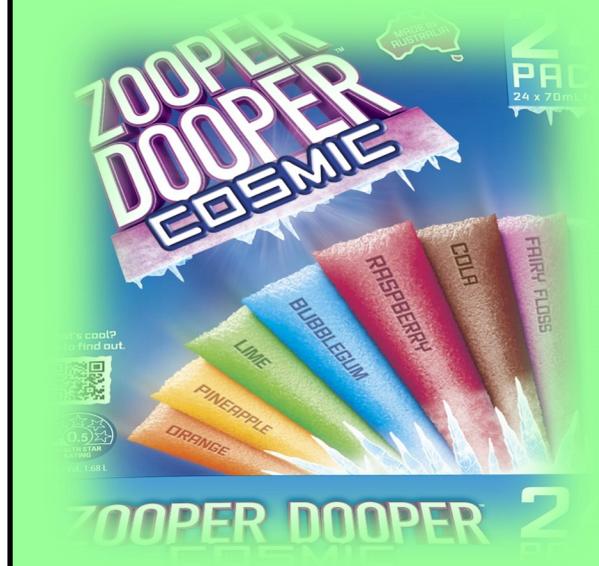
Every day at lunchtime - \$1 each

Send money with student

Place their order in classroom

message box

*A great fundraiser for the Student
Representative Council*



Build your life-changing savings skills.

And get up to \$500 for education costs.

1300 610 355
saverplus.org.au


saverplus

Parent & Friends Update

On Wednesday this week P&F held the first meeting of 2026, at this meeting the committee for the year was selected:

Chair: Jackie Rethus

Vice Chair: Bianca Borgelt

Secretary: Gemma Cramer

Treasurer: Dimity Launer

Additional General Members: Alicia Alexander, Jen Keiler, Emma Robinson, Agostinho Periera Maree Moll

We welcome two new general members in Jen and Emma, and Maree who is back on the committee after a bit of a break.

We would like to thank last years outgoing general committee members, Alison Dahlenburg and Carol Case-Hassell.

We thank Alison and Carol for their time in the P&F committee

Carol has been in the P&F for many years, long after her son finished school. Carol has shared her wealth of 'committee' knowledge and we hope she comes to a meeting every now and then, to make sure our i's are dotted and t's crossed. Thank you Carol.

All parents, carers and friends are welcome to attend P&F meetings and all have voting rights. We hold meetings at the school or via zoom.

From Welcome BBQ, Movie Nights, Quiz Nights, Thank Duck It's Friday Donuts, Donut Day and The Colour Run, there's lots of fun things, on the agenda for P&F in 2026.

WLC Nhill SRC For 2026



Eva

Sophie

Lucy

Alyssa

Billie

Alfie

Hunter

Ollie

Year 1/2 Winter Olympics & Italian Food



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



- original artwork
- photography
- photo essays
- flash fiction (stories under 500 words)
- essays
- reviews - eats, movies, music
- interviews
- original comics & mini graphic stories
- rants
- thoughts & opinions
- reports on local events
- hobbies & interests
- event promotion
- tips & hacks
- recipes

GOT SOMETHING TO SAY?

Horsham's new YOUTH MAG wants to know about it

SUBMISSIONS VIA



<https://form.jotform.com/HorshamYouth/2vox-magazine-submission>



We're inviting young people to submit their artwork, writing, photography, poems, lyrics, comics, thoughts, opinions or creative pieces for the new youth magazine **2VOX**!

2VOX is a platform created to amplify young voices and showcase the creativity, ideas, and perspectives of local young people. If you're aged 10-25 and have something to say or share — we want to hear from you.

Whether it's bold, thoughtful, funny, artistic, or completely outside the box, this is your chance to be published and be part of something exciting.

Submissions are now open — get involved and let your voice be heard!



GOOD CLEAN FUN

PLAY.AFL/AUSKICK

**NHILL COLLEGE
T1 AUSKICK PROGRAM**

**WEDNESDAYS IN T1
3:30pm - 4:30pm
\$55 for 4 WEEKS
+ DISCOUNT FOR
LOCAL AUSKICK**



Register Here:



AFL is Back for Term 1 at Nhill College!
Get ready for four weeks of fun, footy and friendship!

School's back — and so is Auskick 🙌
Our Term 1 after-school program, delivered by AFL Victoria staff, is perfect for kids who are new to the game or just keen to get the footy fun started.



Prep to Grade 6 students from the Nhill community are welcome to register!

\$ Only \$55 – includes:

- ✓ 4 weeks of footy fun
- ✓ Delivered by AFL Victoria coaches
- ✓ Your very own footy to keep



PLUS a \$55 discount for Term 2 Community Auskick!



Register here: <https://www.playhq.com/afl/register/dec7>

The perfect way to get involved and enjoy footy this Term 1!



Nhill College Oval



Wednesdays, 25 February – 18 March 3:30pm-4:30pm



Delivered by experienced AFL Victoria coaches

Swimming Program Walk



Students Presented With Their Year 6 Tops



Sophie Eva Grace Savannah Esther Helena Nelson Tom James



SOPH
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

DIVA
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

GRACIE
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

SAVDOG
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

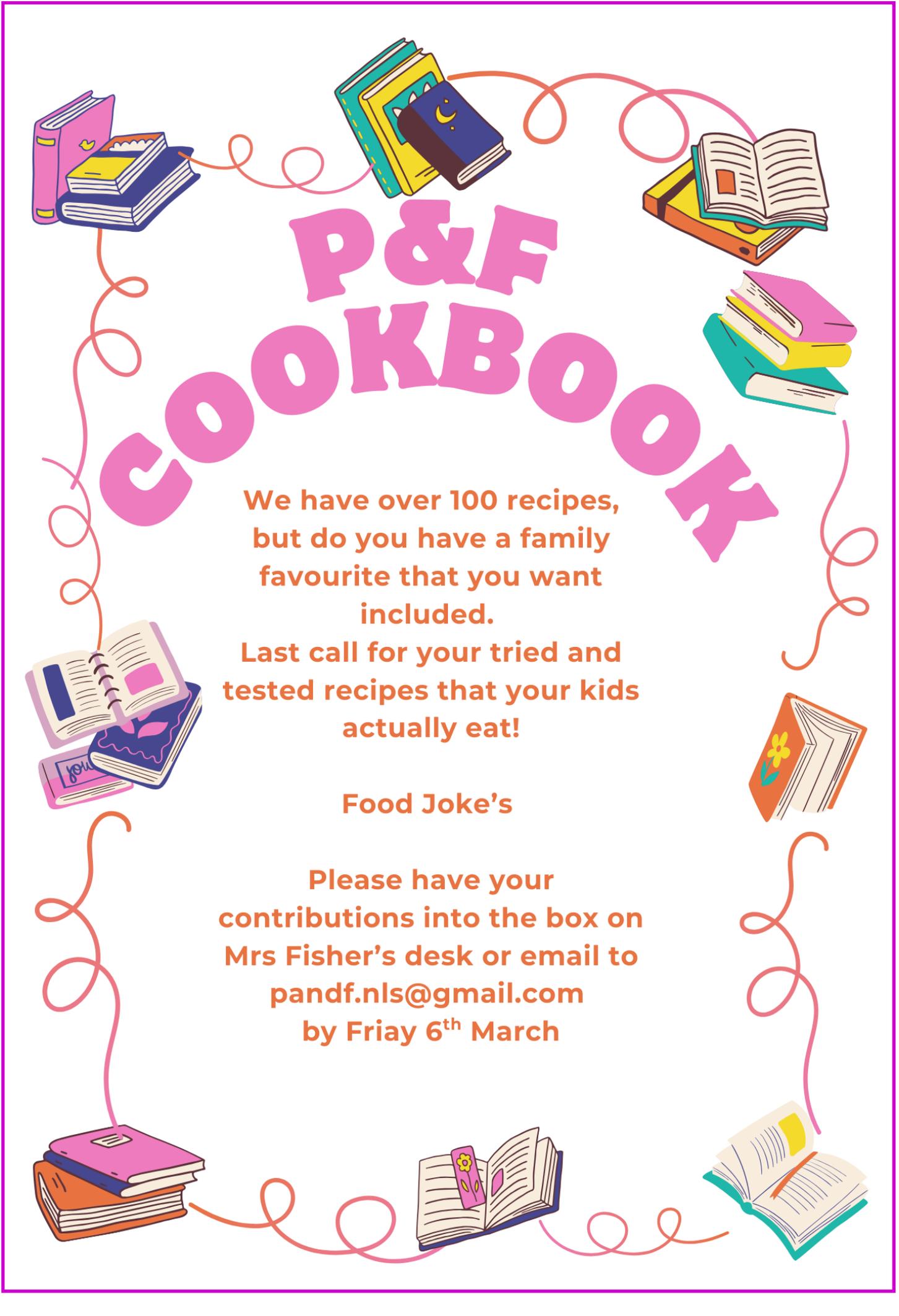
BESTER
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

HELANA
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

RUNNA
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

TURBO
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

JAMIE
 Esther Alexander
 Eva Briggs
 Savannah Mead
 Grace Jenz
 James Lettice
 Sophie Moll
 Nelson Rohde
 Helena Tabor
 Tom Warner

A decorative border of colorful books and swirls surrounds the central text. The books are in various colors (pink, blue, yellow, green, orange) and some are open, showing pages. The swirls are in shades of pink and orange.

P&F COOKBOOK

We have over 100 recipes,
but do you have a family
favourite that you want
included.

Last call for your tried and
tested recipes that your kids
actually eat!

Food Joke's

Please have your
contributions into the box on
Mrs Fisher's desk or email to
pandf.nls@gmail.com
by Friay 6th March