



## WLC Nhill Swimming Champions



Zoe, Helena  
and Tom

## Birthdays



Happy birthday wishes are sent to the following students . Sienna A and Ruby W 14th March

## WLC Nhill Winning House - Hindmarsh



## From The Principal

We have now entered the church season of Lent, a special time in the Christian calendar when we prepare our hearts and minds for Easter. During chapel this term, our theme is "*Children in the Bible.*" We are looking forward to discovering the stories of young people in Scripture and learning how God used them to make a big difference. It's a wonderful reminder that God works powerfully through children, including ours!

### **Swimming Lessons, Carnival & Little Desert Swimming**

Congratulations to all students who participated in today's Swimming Carnival. It was wonderful to see such enthusiasm, encouragement, and team spirit on display. Well done to our winning team, **Hindmarsh**, and congratulations also to our Champion Boy and Girl Swimmers, **Tom, Helena and Zoe**. A full carnival wrap-up will be included in our next newsletter.

A big thank you to Mrs Alexander, Mrs Lees and Mrs Borgelt for their work instructing students during swimming lessons. We also appreciate the flexibility shown by staff, students and families during these swimming weeks.

Congratulations to **Savannah Hedf** and **Zoe Warner** for representing our school at the recent Little Desert Swimming event in Horsham. We are proud of your efforts and the way you represented our school community.

### **Year 6 Leadership Day**

WLC Nhill recently hosted around 70 Year 6 students from across the three WLC campuses for a Primary Leadership Day. Emma Graetz from Australian Lutheran College led engaging sessions focused on the "4 S's" of leadership, helping students build their understanding of what it means to lead in a Lutheran school context. It was a valuable opportunity for our students to grow in confidence and capability as leaders.

### **Wimmera Field Days**

On Wednesday, our Year 1-6 students enjoyed attending the Wimmera Field Days. This excursion has been part of our school calendar for many years and continues to provide a unique and engaging learning experience. Students had the opportunity to explore, ask questions and connect their classroom learning with the wider community.

### **NAPLAN**

Next week, our Year 3 and 5 students will begin their NAPLAN assessments. We wish them all the very best as they approach these tests.

NAPLAN provides helpful information about student achievement in Writing, Reading, Conventions of Language and Numeracy. However, it is important to remember that NAPLAN reflects performance on a particular set of tests at a particular time. It is only one part of the overall picture. Classroom assessments, teacher observations and daily learning all contribute to a much richer understanding of each child's growth and abilities - and there is so much about our children that a test simply cannot measure.

### **A Milestone for Foundation Students**

Next Wednesday marks an important milestone for our Foundation students - they will attend school on a Wednesday for the first time!

Until now, our Foundies have enjoyed a mid-week rest day, giving them time to recharge and allowing Miss Zikos to complete some individual assessments. We are proud of how well they have settled into school life and look forward to seeing them continue to grow in confidence and independence.

### **Parent-Teacher Interviews**

Parent-teacher interviews will be held on Tuesday March 24 and Wednesday March 25. A letter with booking details will be sent home to families next week. We value this time to connect with you and discuss your child's learning journey.

### **Parking Reminder**

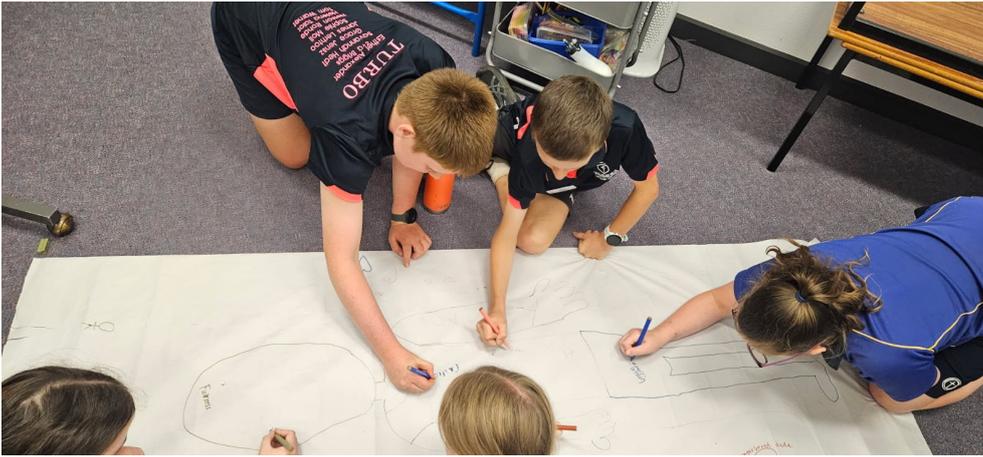
Thank you to parents and caregivers for helping keep our students safe during drop-off and pick-up times. The Mackay Street carpark is available for use, with vehicles parked near the pine trees to allow space for the bus to collect students. Using this area may also help ease congestion along Mackay Street. Where possible, please ensure children enter and exit vehicles on the curb side for safety.

### **Dental Van Visit**

The Australian Smile Group dental van will be onsite next Tuesday.

Every blessing,  
Damon

# Nhill Hosted The Year 6 Leadership Day For WLC Horsham & Dimboola



## Upcoming Events

### March

Mon 9th Labour Day Holiday (no school)

Tues 10th: Dental Van Visit

Wed 11th: FOUNDATION students first Wednesday

Naplan begins Year 3 & 5

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

Note:  
Bookfair Ended  
Today 6th  
March

NEXT Bookfair  
August 2026

### Chapel Dates

#### March

Fri 13th: Year 1/2

Fri 20th: Year 5/6

Fri 27th: Year 3/4

### Assembly Dates

#### March

Fri 20th: Foundation

Thank You Norma For Your Generous  
Donation to WLC Nhill -  
A Traditional Dot Painting For The  
School



# Foundation Class - Swimming Program



# Devotional Thought

There is surely a future hope for you, and your hope will not be cut off (Proverbs 23:18).

[Read Proverbs 23:15-19](#)

A year ago, my nephew went on a Youth With A Mission (YWAM) expedition, taking a wooden sailing boat called the Vaka Hop'e from the Philippines to the Solomon Islands. (You can Google it to get all the tales of their journey.) The name signifies a boat bringing hope to the Solomon Islanders, who will use it for mission activities and community development. During my nephew's journey, which took three months and sailed more than 2,900 nautical miles, the crew of four experienced many adventures. It was a simple catamaran tied together with ropes to give flexibility on the seas.

While travelling through Indonesian waters, a rudder broke in heavy seas during the night, and then the second rudder broke. They thought they would be carried onto the rocks, but somehow, using an oar as a rudder, they made it to the shore of an island where a local islander made them two new rudders. In Papua New Guinea, they encountered thieves and pirates, but all escaped unharmed. God was with them through their journey, and many friends and family (including us) were lifting them all up in prayer. During their journey, they felt called to do God's work and bring this boat to the Solomon Islands community for their work and mission.

We are all on a journey. Maybe not one like the Vaka Hop'e, but it is a personal journey through life. In Proverbs 23:15-19, the writer gives wisdom to his son. It is also wisdom to us. We are to be wise and put our hope in the Lord. God is our present hope and our future hope. In your life, whatever adventures and mishaps that may steer you off path and cause concern, '... be wise, and keep your heart on the right path' (verse 19). When your heart and sight are set on God, everything else will fall into place. Meditate on God's word this Lenten season and watch him steer your life.

Our future hope starts with our present hope.

***My loving Saviour, through your life and the adventures you encountered, you never swayed from where your sight was set. God set your course to the cross to secure my future hope. Thank you. Amen.***



## Prayer of the Week



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

- Nate and his family
- Alyssa, Gus & Orlando and their family
- Ollie & Lewis and their family
- Damon & Karen and their family

**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.

## Worship News

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

Sun 8th March: 3rd Sun in Lent  
Nhill 11am      Jeparit 9am

Sun 15th March: 4th Sun in Lent  
Nhill 9am      Jeparit 11am

NhillLutheranParishOnline.com



<b>8th March</b>	<b>Inclusive Education</b>	<b>(Interview)</b>
Teaching children with special needs requires a special kind of teacher. Hear Leanne's story about what she's learned working with extraordinary students.		

<b>15th March</b>	<b>Managing Anger</b>	<b>(Interview)</b>
Why do we get angry? Is anger necessarily a bad thing? Celia and Richard chat about the emotion of anger, and how we can deal with our anger.		

# 40 New iPads have been delivered to WLC Nhill



## **Strategic planning**

On Thursday last week, members of the Wimmera Lutheran College leadership team met with Phil McCredden from Ecclesia Leadership to continue the development of the College's future strategic direction. During the workshop, three key signposts were confirmed that will guide the College moving forward: Shaping Identity, Growing Community, and Transforming Learning.

Within each of these signposts, a number of strategic pillars were identified that will help shape the College's priorities and actions in the coming years. Our next workshop is scheduled for 31 March, where we will work through the practical elements of these pillars - identifying the who, what, where, when, and how required to bring them to life.

This process will lead to the development of a Strategic Intent document for 2026, which will provide clear direction for the College's ongoing growth and mission.

## **Risk and compliance workshop**

Members of the leadership team from all three campuses recently participated in a Risk Management Workshop facilitated by Scyne Advisory on behalf of LEVNT. The workshop focused on strengthening the College's approach to identifying and managing risk across a range of school operations. Participants explored the concept that risk is the effect of uncertainty on objectives, and that effective risk management protects what matters most - our students, staff and resources - while also supporting confident decision-making and innovation.

The session highlighted the importance of environmental scanning using the PESTLE framework (Political, Economic, Social, Technological, Legislative and Environmental factors) and reinforced the need for consistent risk registers and reporting processes across the College. Key outcomes included developing greater consistency and proactiveness in managing risk, clarifying roles and responsibilities, strengthening communication and reporting, and ensuring continuous improvement in governance and operational practices.

## **2026 Connect Program**

The Connect Program for 2026 also started this week, with the first session held last night and a number of Wimmera Lutheran College staff participating in this year-long accreditation and induction program. Connect is mandatory for all new staff working in Lutheran schools and is designed to help staff understand the ethos, beliefs and practices of Lutheran Education. Throughout the year, participants will explore Lutheran theology, spiritual life, and the important role each staff member plays in supporting the mission of a Lutheran school. Thank you to the combination of Kate Polack, Greg McKinnon and Adam Borgas, who will be supporting our staff as they journey through the program this year.

## **Wimmera Machinery Field Days**

Finally, the Wimmera Machinery Field Days took place this week, with students and staff from all three campuses spending time at our WLC site. Thank you to the Promotions team for preparing the roster, setting up the booth, and coordinating our staff and student helpers. From all reports, the student leaders represented the College extremely well and it was wonderful to see Wimmera Lutheran College represented through a combined booth. The field days provide a valuable opportunity to connect with both existing and prospective families, as well as many members of the wider community who share a connection with the College.

*Mr Jason Przibilla, Executive Principal*

# 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've had a fun few weeks in Get 'Em Going playgroup. We've learnt all about the colour blue and green!

It was great to see the children all wearing their blue and green colours to playgroup, well done.

For our music time we've used clapping sticks; practising keeping in time to the beat and following a range of different actions. We've also learnt a new song called 'Noah's Arky Arky'.

For our craft time we added the colour blue and green to our rainbow. Only two more colours to add to our rainbow this term.

There was lots of imaginative play in playgroup, including magnetic tiles, farm animals and baby dolls.

We finished the morning off this week by reading a story about a Blueberry Farm. The children enjoyed pointing out all the different animals on each page.

Next week we are learning about the colour Purple!



# What Schools and Families Need to Know About the Social Media Age Ban



Australia's new social media minimum-age legislation has prompted strong reactions from parents and schools alike. Some families feel relieved; others are frustrated or unsure whether anything has really changed.

For parents of children aged **5–18**, this moment matters. Here's a clear, practical overview of what the ban means — and what families can do now.

## What the Law Does — and Doesn't Do

The legislation restricts children under 16 from accessing major social media platforms such as Instagram, Facebook, TikTok and Snapchat.

Key points for families:

- Responsibility sits with **platforms**, not parents
- The rollout was never expected to be instant or perfect
- This is **not** a ban on communication

Children can still text, call, message friends, and play games together. The aim is to reduce exposure to **algorithm-driven platforms** designed to maximise screen time by manipulating attention and emotion.

## Why This Matters for Children and Teens

Most content on major platforms is no longer shared between people who know each other. Instead, children are exposed to endless short-form content from strangers, selected by algorithms designed to keep them scrolling.

For developing brains, this can contribute to:

- Increased anxiety and comparison
- Reduced focus and emotional regulation
- Sleep disruption and lower wellbeing

For younger children, this affects **play and brain development**. For adolescents, it is associated with **identity development, confidence, and mood**.

## What We're Seeing So Far

Early outcomes are mixed — which was always expected.

**Encouraging signs** include fewer youth accounts on major platforms, calmer homes for some families, and a slow cultural shift where early access is becoming less “normal”.

**Challenges remain.** Some children are migrating to other platforms, bypassing restrictions, or being helped by adults to work around safeguards.

Children testing limits is normal. Adults undermining protections is not — and it weakens both wellbeing and trust.

# Three Practical Things Parents Can Do Now

## 1. Explain the Why

Children engage in better ways when they understand the “why”. Rather than relying on “it’s the law,” explain — in age-appropriate ways — how platforms make money, why algorithms push outrage, violence, or reactionary content, and how this affects users.

## 2. Replace, Don’t Just Remove

Removing social media without replacing connection creates frustration. Helpful alternatives include phones that call and text but limit apps, parental controls (agreed to by everyone in healthy conversations), offline games, sport, hobbies and face-to-face time.

Connection is essential. Algorithms are not.

## 3. Model Healthy Digital Habits

Children learn more from what they see than what they’re told. Keep phones out of bedrooms, take breaks from social media yourself, and show that play, connection, and rest matter.

A play-based childhood needs play-based adults.

## A Final Word for Families and Schools

This legislation is imperfect and still evolving. But something important has changed.

For the first time, **big tech must justify children’s presence on their platforms**, rather than parents having to justify their absence.

When families and schools work together — explaining, replacing and modelling — children are better protected and better prepared to navigate the digital world with confidence.

That’s progress worth building on.



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](http://happyfamilies.com.au).

## Pouring Of The Cement For The Shelter



## 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.

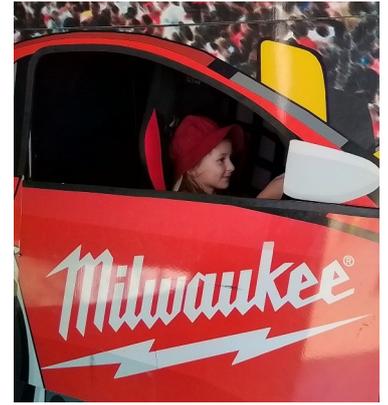
Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

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>

# Annual Wimmera Field Days Excursion Year 1 to Year 6 Students







## 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

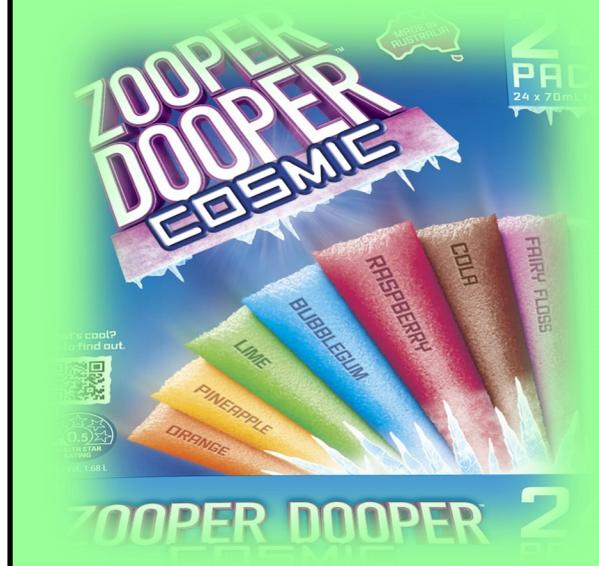
Mon 23rd Nov: Report Writing Day (no students)

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



*Children of Nhill*

*are invited to*

be involved in the

# Palm Sunday Community Service

Hosted by the Nhill Combined Churches

**Nhill Community Centre**

**SUNDAY 29<sup>TH</sup> MARCH, 2026**

**9.30AM**

For further information contact  
Jenny Creek 0417 014 278

# HALT

## Have you heard of the HALT acronym?

This simple but powerful tool can help us better understand and respond to the big emotions and behaviours we sometimes see in children - especially those that seem to appear out of nowhere. Often, these reactions stem from unmet needs. Many children are still developing the ability to recognise internal body signals or find the words to communicate how they are feeling. Think about how we feel as adults when we are overtired, hungry or feeling misunderstood—our emotions can become heightened too! 😊 The HALT acronym encourages us to pause and consider whether a child might be **Hungry, Angry, Lonely or Tired**. By checking in on these basic needs, we can often reduce some of the guesswork and respond in a supportive way. Meeting these needs helps children feel safe, seen and supported.

It can also be helpful to talk with your child about how they notice these feelings. Where do they feel them in their body? What might help when they start to feel this way? Everyone experiences these signals differently, and some children may find it harder to recognise them. Open conversations, along with gently noticing and naming feelings for your child, can help them develop these important self-awareness skills over time.

I have some useful resources around these topics if you would like more information or ideas.

Karen

MHIPS  
WLC Nhill

	<h3>Hungry</h3> <ul style="list-style-type: none"><li>• Hunger can cause irritability, meltdowns, or shutdowns</li><li>• Some neurodiverse children may not recognise or communicate hunger easily.</li></ul> <p><b>Teacher Tip:</b> Offer regular snack breaks, check hydration, use visuals to support like visual schedule/timetable</p>
	<h3>Angry</h3> <ul style="list-style-type: none"><li>• Anger might be expressed through stimming, shouting, hitting, or withdrawing.</li><li>• Anger can mask anxiety or sensory overload.</li></ul> <p><b>Teacher Tip:</b> Provide calming spaces, validate feelings without judgement, and teach coping strategies like deep breathing</p>
	<h3>Lonely</h3> <ul style="list-style-type: none"><li>• Children with neurodiversity might want social connection but struggle to initiate it.</li><li>• Loneliness can look like withdrawal, irritability, or trying to connect in ways others don't recognise.</li></ul> <p><b>Teacher Tip:</b> Facilitate structured social opportunities, buddy systems, and model inclusive language (ask others to join you)</p>
	<h3>Tired</h3> <ul style="list-style-type: none"><li>• Fatigue worsens sensory sensitivity, emotional regulation, and communication.</li><li>• Sleep challenges are very common in neurodiversity.</li></ul>

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](http://my.gh.org.au/flu)

 **Grampians Health**  
Grampians Public Health Unit



**Build your life-changing savings skills.**

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**saverplus**



**Classes commence on Thursday,  
February 12, at  
St Paul's Lutheran Church Hall**  
Entry via Mussen Lane, which is to the rear of the Church.

**Thursday**

**Friday**

4 -4.30  
4.30 -5.15

Cygnets ballet (2.5 - 4 years)  
Beginner Ballet (5 - 8 yrs)

4 - 5  
5 -5.30  
5.30 - 6.30

Ballet (9 -11 yrs)  
Ballet extension  
Junior Jazz/  
Contemporary

**Bookings essential - 0447 446 233 or email  
[katherinefraserdance@gmail.com](mailto:katherinefraserdance@gmail.com)**

A teen Jazz/Contemporary class will be offered on Friday from 6.30 - 7.30 if there is enough interest.

# Tesselaar Fundraising with Bulbs

2026 CATALOGUE

**SRC Fundraiser**

**80  
YEARS**  
of experience  
is ours.

**40% OF  
SALES**  
is yours.

- Anyone can order the bulbs online
- Direct delivery to your address

## ORDERING YOUR PRODUCTS:

The unique website to order your products and make payment for your fundraising campaign.

\*\* Your order will be delivered to your nominated address for distribution. A fixed postage and handling fee of \$8.50 will be charged for your total fundraising order (TAS and WA will incur an additional \$6 quarantine fee per total order).

**Go ON-LINE to place your order at:**

<https://www.bulbfundraiser.com.au/WIMMERALC>

**Campaign end date: 20/3/2026**

**Products available to order until this date unless sold out prior.**

Don't forget, there are even more bulbs to choose from online. Visit your unique website above to see the full range. The hardest thing about spring bulbs is choosing your favourites!



Get your family and friends involved to support your worthy cause. Spring bulbs are a great choice for beginners and an easy one for the pros! All our products are 100% guaranteed and come with detailed growing instructions. There is a downloadable order form available online if you need one.

**WHAT OUR  
SYMBOLS  
MEAN**



Full sun



Full sun/  
light shade



Great  
in pots

**Need Help?** For further information regarding Tesselaar Fundraising call **1300 428 527** or visit [www.bulbfundraiser.com.au](http://www.bulbfundraiser.com.au)

WLC - NHILL, P&F  
PRESENTS



# MOVIE NIGHT

MARCH 27<sup>TH</sup> 2026 | 7:00 PM  
WLC - NHILL MULTIPURPOSE ROOM  
POPCORN PROVIDED  
BYO COMFY SEAT  
WATER ONLY PLEASE

PLEASE NOTE MOVIE WILL BE RATED PG

CHILDREN TO BE SUPERVISED BY AN  
ADULT

