



Year 6 Fun Photos



Birthdays

Happy birthday wishes are sent to the following students:

Cooper 4th April
Gracie 13th April
Alfie 24th April
Hunter 16th April
Heath 30th April



From The Principal

Happy Easter

I would like to wish all members of our community a joyful and blessed Easter. I hope our students enjoy a restful and refreshing holiday break with their families. Easter is a deeply significant time for Christians around the world, as we reflect on the death and resurrection of Jesus Christ and the hope this brings to our faith.

Start of Term Two

Term Two will commence on **Monday, 20 April**. We look forward to welcoming everyone back for another busy and productive term.

Uniform Reminder

As the weather begins to cool, students may now wear the winter uniform. For the first two weeks of Term Two, either summer or winter uniform may be worn. From Week 3 onwards, all students are expected to be in full winter uniform.

Details of winter uniform requirements can be found in the Parent Handbook, and uniform items are available through the school if required.

A reminder that hats must still be worn in accordance with our SunSmart policy when the UV rating is 3 or above.

Parent-Teacher Interviews

Thank you to all parents and carers who attended the recent parent-teacher interviews. These meetings are an important opportunity to strengthen the partnership between home and school, and to discuss each student's progress across their learning, effort, behaviour, and overall development.

Harmony Day Celebrations

Last Friday, our school was a vibrant sea of orange and colour as we celebrated Harmony Day. Students participated in a variety of engaging activities, highlighting and celebrating the rich cultural diversity within our school community. We are truly fortunate to be part of such an inclusive and connected environment.

P&F Movie Night

A sincere thank you to our P&F for organising last Friday's Movie Night. It was a wonderful evening, with students and families enjoying the film along with plenty of popcorn.

'Heave Ho, Off We Go' Performance

Last Tuesday, our students thoroughly enjoyed the performance *Heave Ho, Off We Go*. It was especially pleasing to share this experience with the WLC Dimboola students, who joined us for the event.

Every blessing,
Damon



Mr Prenzler presented Koda with a medallion, certificate and a family ticket to the Wheatlands Easter Rally Warracknabeal. The prize was awarded for 1st place in the annual colouring competition that they run.

Upcoming Events

April

Fri 3rd: Good Friday

Sun 5th: Easter Sunday

Mon 20th: Term 2 Starts

Wed 22nd: WLC Nhill Cross Country @ Jaypex Park Yr 3-6's

Sat 25th: Anzac Day

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

Thurs 30th: Year 6 Orientation Day at Nhill p-12 College

May

Fri 1st: WLC Board Meeting

Fri 8th: Mother's Day Chapel

Mon 11th: Little Desert Cross Country @ Kaniva

Fri 22nd: WLC Nhill Athletics day

Wed 27th: National Simultaneous Storytime

June

Fri 5th: Report Writing Day (pupil free)

Mon 8th: Kings Birthday Holiday (no school)

Fri 12th: P&F Donut Day

Tues 23rd: Freestyle Ministry Dance (tbc)

Fri 26th: Last Day Term 2

July

Mon 13th: Staff PD Day (No students)

Tues 14th: Term 3 Starts

Wed 22nd: Hockey 7's @ Dimboola

Tues 28th: 100 Days of School celebrated

August

Tues 4th: NO BUSES

Mon 10th: Meerkat Production Incursion

Mon 24th - Fri 28th: Book Week "Symphony of Stories"

Mon 31st - Fri 4th Sept: Teacher Aide Appreciation Week

Mon 31st - Thurs 3rd Sept: Year 5/6 Melbourne Camp

September

Fri 4th: Father's Day Chapel and Footy Match



Specialist Class - Stephanie Alexander Program



The Foundation class enjoyed making zucchini chocolate brownies. A big yummo was the popular consensus by the students.



Chapel Offerings

From the last weeks of Chapel \$ 29.20 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the



Devotional Thought

Jesus, the gate

This is the gate of the Lord through which the righteous may enter. I will give you thanks, for you answered me; you have become my salvation (Psalm 118:20,21).
Read [Psalm 118:1,2,19-29](#)

The Easter excitement is building – the season of Lent is drawing to a close, and Palm Sunday will kick off Holy Week tomorrow. Psalm 118:27 pre-empted the events about to take place: 'With boughs in hand, join in the festal procession up to the horns of the altar.'

As we celebrate Jesus triumphantly entering Jerusalem on the back of a donkey, we exclaim with the branch-waving crowd lining the streets, 'Hosanna!', meaning 'Lord, save us!' We also find this in today's Psalm 118:25: 'Lord, save us! Lord, grant us success!' And each time we cry out 'Lord, save us', we are assured that Jesus indeed hears our cry and saves us.

The psalmist sings: 'Open for me the gates of the righteous; I will enter and give thanks to the Lord' (Psalm 118:19). And as Christians, we are assured by the words of our Good Shepherd recorded in John 10:7,9: 'Very truly I tell you, I am the gate for the sheep. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.'

As this Lenten season draws to a close, it is time to reflect on what we can praise God for. Reflect on your situation and the people in your life and give thanks to God. Let us give thanks to God, for he is good, and his love endures forever!

Holy God, blessed is he who comes in the name of the Lord. Blessed is Jesus, our Saviour. Blessed is the Holy Spirit who has come as our Counsellor and Guide. I give thanks to you for my life and for the blessings I receive from you every day. I give thanks to you for the people in my life and bring their needs and my relationship with them before you for your guidance and blessing. Loving God, prepare my heart for Holy Week. In Jesus' name, Amen.



Prayer of the Week

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

- Gracie and her family
- Xander & Ayla and their family
- James, Ruth & Joseph and their family
- Jackson and his family
- Mrs Webb and her family

Worship News

Please see below for this week's church service times:
Thurs 2nd April: Maundy Thursday
Nhill 7.30pm

Fri 3rd April: Good Friday
Jeparit 10am



Sun 5th April: Easter Sunday
Jeparit 6.30am Nhill
LutheranParishOnline.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.

5 April	Easter: Hope that I don't make	(Adrian Kitson)
How on earth can anyone stay hopeful when life throws its many curve balls? Hear Adrian's reflections on the hope that God brings this Easter.		
12 April	Is Jesus real?	(Discussion)
What is the real story behind Easter? Is Jesus just a person from history or still active in our lives today? How do we know he is real?		
19 April	Love that lasts	(Interview)
What does it take to have a great love story? Hear Geoff and Veronica Havelberg's story as they continue to ride the road of life together.		
26 April	An ANZAC reflection	(Interview)
How do you find hope when faced with the realities of war? Rev Mark Butler shares his experience as a chaplain in the defence force.		

SRC Purchased A Pickleball Set—A Real HIT!



Thanks SRC for buying resources that add to the school environment and enjoyment. The students have a real sense of ownership with the spending of the money raised by the many fundraising ideas.

From The WLC Executive Principal—Jason Przibilla

Strategic Planning

The Executive Leadership team met with Phil McCredden from Ecclesia Leadership to continue to work on the development of the college's strategic plan, using the signposts to guide the work that will be completed this year. The following pillars were decided upon in the Tuesday workshop;

Shaping Identity

- Uniform
- Mission, Vision and Values
- Branding recognition
- Special events
- Cultivating Lutheran Identity

Growing Community

- School Sustainability and Growth
- College Expansion
- Staff Wellbeing
- Lutheran Church Connection and Engagement
- Service
- Cross-campus opportunities

Transforming Learning

- Curriculum review
- Unity and diversity opportunities
- Innovative Learning
- Staff development and coaching
- AI (Artificial Intelligence)

Support Services

- Policies and procedure development
- Risk and compliance review
- Financial planning
- ICT review
- Communication and marketing

As you can see from this list, there is some exciting work that will continue to be undertaken as the year progresses. Hopefully this will provide a snapshot of the Strategic Intent the college will be focussing on for this year and beyond.

Future plans

There are many immediate plans that are in the pipeline, with a review of uniform policy and uniform items being at the top of the priority list for Term 2. I look forward to rolling this out to the WLC community throughout next term. Priority around signage is also in the pipeline as we look to promote the name and logo on all 3 campuses. Work is currently underway to action this important work. The website is also being developed behind the scenes with the aim to launch this later on in the year.

Easter message

As we come to the end of a busy and productive term at Wimmera Lutheran College, I would like to sincerely thank our staff, students and families for the commitment, energy and care that has been evident across all of our campuses. It has been a wonderful start to the year, with many opportunities for learning, growth and community connection.

As we enter the Easter season, we are reminded of the life, death and resurrection of Jesus Christ. Easter is a powerful message of hope, grace and new life. It is a reminder that through Jesus' sacrifice, we are given the gift of forgiveness and the promise of eternal life. This life-saving message sits at the centre of who we are as a Lutheran school, and continues to shape our purpose and direction.

My prayer for all members of our College community is that the holiday break provides an opportunity for rest, safe travel and quality time with family and loved ones. May it also be a time to pause and reflect on the significance of Easter and the hope it brings to each of us.

Wishing you a safe and blessed Easter.

John 11:25

"I am the resurrection and the life. The one who believes in me will live, even though they die."

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 had a fun morning out in Get 'em Going playgroup.

We started the morning off in the library following actions to songs and having a play with the xylophones. Today's theme was a 'Teddy Bear Picnic'. It was great to see some of the children's favourite teddies and even some from the parents!

We continued our session outdoors after the library on the grassed area. Activities including water pen drawings, magnet tiles, cars and farms.

We finished the morning off by having morning tea with our teddies and reading the story 'That's not my Teddy!'

We've had a fun term learning all about our colours. Next term we have a new theme of 'Animals in the Bible'.

We hope everyone has a great break over Easter and we will see you back on Tuesday 21st of April.



The Ultimate Parenting Hack: Get Enough Sleep



I talk a LOT about how to help parents do better. Explore, explain, empower. Soft eyes. Connection before correction. The list goes on for days.

But there's a parenting hack that works better than anything I can share from a psychological perspective: **get more sleep**.

I know. It's hard. You're busy. The kids wake up at night and interrupt your sleep. And plenty more. I've heard every version of this pushback, and yes, there are a million legitimate reasons parents are sleep-deprived—shift work, babies who think 3am is party time, medical issues, anxiety, insomnia.

There are also some less legitimate reasons: an intense interest in a show and the belief that “one more episode” won't hurt, revenge bedtime procrastination (where you try to stay up late to seek out the downtime you missed during the day), the “productive night-owl” illusion, and simple doom-scrolling.

But here's what's irrefutable: **sleep makes you a better parent**. Not a bit better. Measurably, significantly better. (And sleep also helps your kids do better.)

What the Science Says

A [2019](#) study of 314 mothers found that parents with shorter, later, and more irregular sleep showed observably less positive parenting - even after controlling for their stress levels.

A [2024](#) meta-analysis of 154 studies found all forms of sleep loss reduce positive emotions, increase anxiety, and impair emotional regulation - exactly the skills we need most as parents.

Another [2024](#) study of 44,000 participants found poor sleep correlates with more couple conflict and less partner responsiveness.

You already know this. It's hard to be a good parent or partner when you're running on empty.

The Sleep-Deprived Parent's Playbook

Improving sleep hygiene - for everyone in the family - is my ultimate parenting hack. I know this because, recently I was sleep deprived... and I was **not** the parenting expert I'm supposed to be. I was a mess. I was quick to lose my temper. And the whole family suffered for it - as did I.

When you're better rested, you're better equipped to help your kids navigate life. And you're better equipped to navigate life for yourself too.

This is your playbook for getting enough sleep: and note, these tips work for the whole family.

1. Lock in your wake time. Wake up at the same time every day, even weekends. Your circadian rhythm responds better to a consistent wake time than bedtime. This is non-negotiable. It sets your brain's “sleep clock”, and ensures that you start releasing those sleepy brain chemicals at the right time each night. Waking up late is like giving yourself jet-lag.

2. Screen curfew: one hour minimum. No phones, tablets, or TV for at least an hour before bed. They stimulate your brain. They get you thinking. They pull you in and keep you awake. Games, social media, and even movies are impacting your sleep timing and your sleep quality.

And if you wake in the middle of the night (because you need the bathroom or because the baby is crying), resist the urge to look at the clock (your phone) because you'll end up doing the late night scroll.

3. Optimise bedrooms. Sleep happens best in a cool, dark, quiet place. Bedrooms should feel like caves, not living spaces.

4. Build sleep pressure during the day. The brain has a counter in it that starts when you wake up. About 14 hours later, it starts releasing hormones and chemicals to slow you down and put you to sleep. Stay out of the way of those chemicals and allow them to build by getting plenty of nature (or at least some green space), physical activity, and minimising screens. The body knows what to do. We just have to avoid interfering.

5. Strategic napping only. No naps after 2:30pm - they kill nighttime sleep drive. If you or the kids must nap, keep it under 60 minutes and early in the day. (Obviously this time limit doesn't apply to infants, toddlers, and preschoolers. But the late afternoon cutoff is for everyone!)

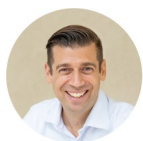
6. Caffeine cutoff: 2pm. Caffeine has a half-life of 5-6 hours. That 3pm coffee is still in your system at 9pm. Switch to decaf after lunch - or better yet, water.

7. Wind-down routine. 15-30 minutes of calm activity signals to your brain that it's time to sleep. Reading, gentle stretching, or a warm shower all work. Make it consistent - for you *and* the kids.

The Bottom Line

Getting enough rest isn't just a dream - it's the foundation of not losing your sheet with the kids.

Start with one change tonight. Pick the easiest win. Your family will notice the difference before you do.



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.

SRC

CHICKEN NUGGETS Available Term 2, 2026!

Tuesday only - \$1 each or 3 for \$2

Send money with student

Place their order in classroom message box

A great fundraiser for the Student Representative Council



SRC raised a whopping
\$447.00
from the recent
Bulb fundraiser
Thank you for your

REMINDER:
NO ZOOPER DOOPERS
until Term 4
Thank you for your
support!

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 3/4

Harmony Day

On the 27 of March, we had Harmony Day at school. We had different activities with each of the teachers. We made fish, biscuits and then we did bucket drumming.

Firstly, my group went to the foundation's room. We made fish and we had orange jelly. It was delicious. I decided to colour my fish in purple, pink and blue. I also used cellophane.

Secondly, we went to Mrs Webb's room. We did a Kahoot and I came first! I was so happy! We also decorated biscuits. I made the Italian flag and icing dripped on me!

Finally, my group went to Mrs A's and we did bucket drumming. It was so fun. Mrs A split us into different groups. It was going to be too loud! I kept hitting Lucy's bucket and my leg, ouch!

Harmony Day is where we celebrate everyone no matter what they look like.

By Zoe Warner

Heave Ho Off We Go

On Tuesday 24 March, Heave Ho Off We Go, visited our school. We met Captain Hook, a.k.a Magic Allen and A L Paul. He brought Charlie, Peter, Paul and Mary. He also brought Rex. He showed us magic tricks. The first one was a fire turning into a rose. As he lit the fire I was scared. I thought the fire was going to burn the school, but it turned into a rose.

Then, he did something cool. He got a wallet and opened it. Then it lit on fire, so he closed it. I was also scared and surprised.

Then he got colourful streamers. He lit it on the fire then dropped it and gold came out. I was so surprised and I wanted to touch it. I felt like going up the front. It was fun.

The End

By Jerome Heiler

PALM SUNDAY

On the way to Jerusalem, Jesus told two of his disciples to get a donkey.

Meanwhile, in Jerusalem, the Jews were celebrating a tradition called Passover. Then the word spread, "Jesus is coming!" the Jews cried.

The Jews were throwing palm branches and cloaks on the road for Jesus. The Pharisees and religious leaders were not happy about it. "Jesus, make them stop," they said.

"If they stop, the stones will cry out," said Jesus.

By Alyssa Pereira

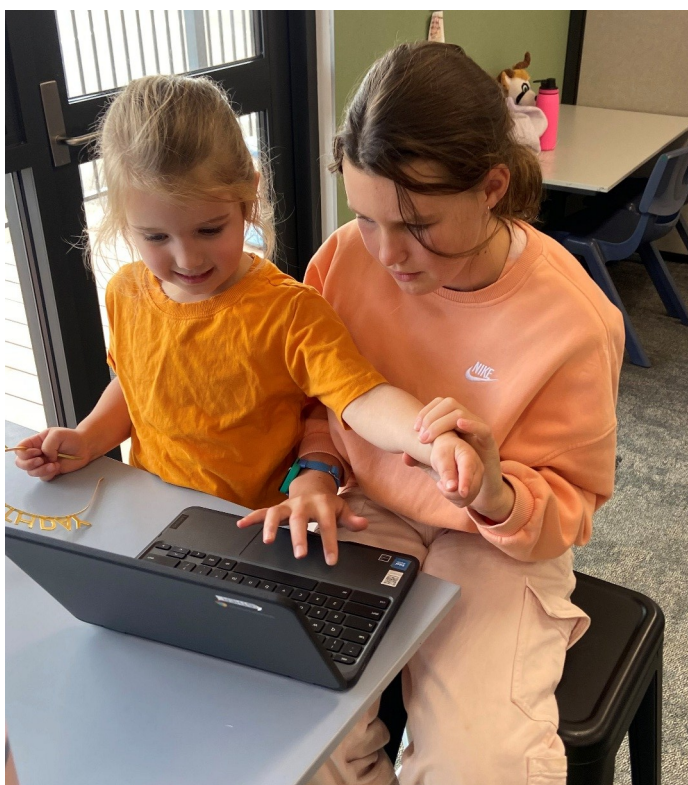


By Seraph & Ruby

Nhill & Dimboola Enjoyed "Heave Ho Off We Go!"



Harmony Day Celebrated At WLC Nhill





Term Dates 2026

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



HORSHAM SKATE PARK

4 APRIL 2026

11.30 AM: MEET UP AND FREE COACHING CLINIC (45 MINS)
1 PM: OFFICIAL PARK AND STREET QUALIFIER
(CHECK-IN 12.30 PM FOR THE COMP AGE GROUPS EVENT)

RIDERS MUST BE A SCOOTER CLUB MEMBER TO COMPETE IN THE QUALIFIER.
JOIN NOW!

melbournescooterclub.org

The **flu** spreads quickly

**Sick kids?
Keep them
home**

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

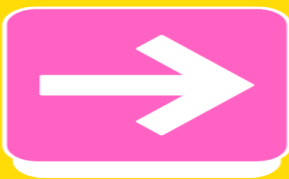
 my.gh.org.au/flu

 **Grampians Health**
Grampians Public Health Unit

VACATION CARE APRIL SCHOOL HOLIDAYS

35 QUEEN ST, NHILL, 9AM – 4:30PM ON:

- WEDNESDAY 8 APRIL
- THURSDAY 9 APRIL
- MONDAY 13 APRIL
- TUESDAY 14 APRIL
- WEDNESDAY 15 APRIL



ENROL NOW

via the website: wwhs.net.au/oshc

Any questions, please email:
OSHC@wwhs.net.au



THE UNIVERSITY OF
SYDNEY



Growing
Minds
Australia

Do you wonder about what you can do to support your child's wellbeing?

Growing Minds Check-In

The Check-In is a new, free wellbeing Check-In for Australian parents and caregivers of children aged from birth to 17 years. The Check-In allows you to track your child's wellbeing and get access to personalised feedback and research-backed programs and information.

Who can participate?

We are currently recruiting parents and caregivers of children and young people aged from birth to 17 years 6 months for this research study.

What does this study involve?

- You will be asked to complete the Check-In and questionnaires where we will ask about your child's social, emotional and behavioural wellbeing and development across a few time points.
- You will also be offered a free consultation with a clinician (psychologist) to discuss your child's wellbeing.
- Parents will be randomly allocated to one of two groups, and either given access to the Check-In immediately or asked to wait before accessing the Check-In.



Growing Minds
CHECK-IN

For more information about the study or to participate, contact us on (02) 9114 4326 or visit: <https://growingmindscheckin.au/>



This study has been approved by the Human Research Ethics Committee (HREC) of The University of Sydney: 2023/050

WLCN P&F

Our P&F have been busy creating an amazing cookbook, filled with over 100 family friendly recipes contributed by our school community. The cookbook is ready for printing and can now be preordered. Cookbooks are \$25 each

Cookbooks can be ordered by contacting P&F via email pandf.nls@gmail.com



WLC-NHILL P&F QUIZ NIGHT 2026

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

May 8 | 7:00 PM

WLC Nhill - Multipurpose room

BYO nibbles and sealable drinks

Adults \$10

Kids \$5

Prizes for Adults and Kids tables

Special Guest QUIZMASTER!

Enquiries/bookings contact Jackie 0491 707 699