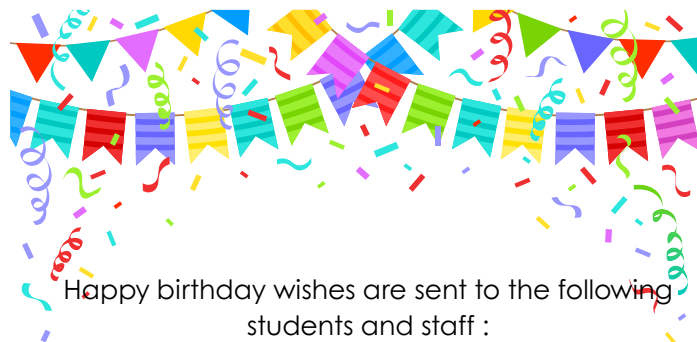


Year 2 Sleepover



Birthdays



Happy birthday wishes are sent to the following students and staff :

Tom 17th Oct
Mrs Wise 22nd Oct
Gus 23rd Oct



More photos on the following pages

Principal Report

Welcome to Term Four! It has been lovely seeing the student's smiling faces, and we pray that this term will be a successful term for WLC Nhill. In particular we think of the Year 6 students as they conclude their primary schooling, and also Mrs Lees who is finishing her teaching role at WLC at the end of this year.

Hats and Uniforms

For the first two weeks of Term Four either winter or summer uniform may be worn. If families require new uniform items they are available at school. A list of uniform items is also available in the parent handbook.

Regional Athletics

Congratulations to the ten students who competed in the Regional Athletics in Ballarat on Friday: Zoe, Helena, Grace, Ruby, Nelson, Tom, Savannah, Matilda, Harper and Sophie. It is a fantastic achievement to make it to this level.

Year 2 Sleepover

The 1/2 class had an enjoyable conclusion to the first week of term. After school on Thursday the children enjoyed fun games and activities, and a delicious meal of tacos and ice cream sundaes. Year 2 students then stayed for a movie and a sleepover at the school. More activities were planned for Friday when the Year 1 students came back to school.

Well done to all the students, and to Miss Schultz and Mrs Wise for making the occasion memorable.

The Hub and Seesaw

Seesaw is now being used for students to record and share their learning. It will no longer be used for communication between parents and teachers. Instead we ask that teacher's emails are used to communicate. A Nhill version of an app for The Hub is currently being developed and families will be informed when that is ready to use.

New shelter

The new shelter at the front of the school was finally erected during the school holidays, and is a welcome addition to our school. The shelter was purchased with funds raised by our Parents and Friends (that's a lot of donuts!).

Lions Garden Walk

Our school has been included as a stop on the Nhill Lions Garden Walk to be held on October 25th. It is an honour to be considered as a non-residential location, and testament to the many people who have helped curate and care for our outdoor spaces. The look and feel of our school grounds is important, and we aim to have appealing and purposeful spaces. It has been nice to see the front area of the school, where the old school building stood, evolve over the last couple of years to now include landscaped gardens, a cantilever shelter, an area of natives (which is still growing) thanks to Landcare, four garden beds thanks to Hindmarsh Shire, and a paved gathering space where students meet and eat.

Nhill Show, Grand Parade and School Closure Day

We are looking forward to a successful Nhill Show day tomorrow. Students and members of our school community have submitted entries in various competitions, so all the best! The Grand Parade is at 4pm and the school will be participating in that. If students can please meet at 3.45pm at the white secretary office.

Friday is a School Closure Day so there will be no staff or students on site.

Grandparent's Day

Next Friday, October 23rd, is Grandparent's Day, and we look forward to hosting Grandparents and special friends for the morning. The morning will include a chapel, time spent with the children in classes and a morning tea.

Congratulations Mrs A

Congratulations to Mrs Alexander for representing Victoria in the recent Australian Women's Masters Championships in Adelaide. Despite injuring her ankle she stoically continued playing for the team.

Baptism of Lainey Launer

It was lovely to witness the baptism of Lainey Launer, daughter of Taela and Shannon, at the Lutheran church on Sunday. Taela is currently on parenting leave from WLC.

Mr Przibilla's Long Service Leave

With Mr Przibilla enjoying long service leave, there will be no message from the Executive Principal in the newsletter this term.

Pre-Foundation Visits

We look forward to hosting our 2027 Foundation students for four upcoming pre-Foundation visits. The first visit is Friday October 30, and then continuing the following three Fridays. During these visits the children will spend time with Miss Zikos and familiarise themselves with school life.

Morning arrival times and supervision

A reminder that students are not to arrive at school before 8.30am as no supervision is available at this time.

Every blessing,
Damon

10 Students Represented Wimmera Lutheran College Nhill At Greater Western Region Athletics In Ballarat Friday 9th Oct



Savannah, Ruby, Sophie, Zoe, Helena, Grace, Harper, Tom and Nelson. Absent Matilda
Congratulations to all the students who qualified and a huge thank you to the parents for travelling to Ballarat to give the students the experience at a higher level.

" You can't be, what you can't see"

WLC Nhill Hosted The Nhill F-2 Sports Afternoon







Chapel Offerings

From last weeks Chapel \$16.60 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.....

- Mrs Rohde, Nelson, Luka & Micah and their family
- Jessie and her family
- Ruby & Freya and their family
- Khemaka and his family
- Matilda and her family

Worship News

Please see below the church service times:

Sun 18th October 21st Sun after Pentecost
9.30am

Sun 25th October Reformation Sunday
9.30am



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.



[Yhttps://messagesofhope.org.au/a-life-shaped-by-death/](https://messagesofhope.org.au/a-life-shaped-by-death/)

The older we get, and the longer we live, the more common dealing with death, grief and loss inevitably becomes.

But, while loss can be a cause for sadness, it can also provide a new perspective on the life we are given, the life we have lived, and the life we still have ahead.

For Lois, the loss of a number of significant people throughout her life has served as encouragement to live her own life to the full — and to pour hope, faith and encouragement richly and abundantly into the lives of others, especially in retirement.

Devotional Thought

Renew us; give us life (outsiders welcome)

Restore us, O God of hosts; let your face shine, that we may be saved (Psalm 80:7).

Peter's paraphrase of Psalm 80:7: Renew us, Enabler of Life; your Presence bless us; give us life.

Read [Psalm 80:7-15](#)

This verse occurs three times in Psalm 80: verses 3, 7 and 19. That gives it some importance! The New Living Translation translates this verse as: 'Turn us again to yourself, O God ... Make your face shine down upon us.'

God takes the initiative. Whether we are close to God or far away! Whether we are born into a Christian family or come from a different situation! God takes the initiative!

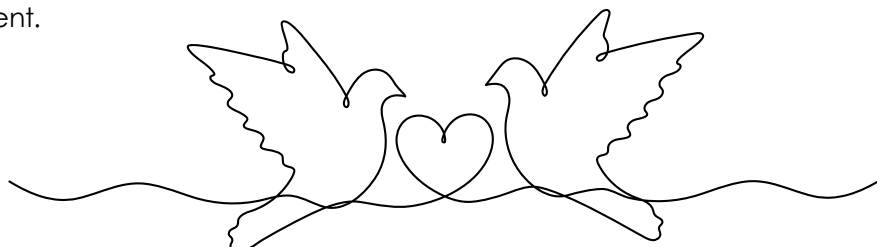
The psalm talks about the various things that God has done for his people. But it also acknowledges that they have slipped away; they have forgotten the provision of life and all its benefits. So the prayer begins with: 'Turn us again to yourself, or renew us; give us life.'

The writer recognises that only God can revitalise us; only God can turn us back; only God can give us life. And how does God do that? By becoming like us!

Irony, isn't it? We were made like God (Genesis 1:26,27). But to renew us, God becomes like us: The Word became human and made his home among us (John 1:14). The psalmist knows, as God does, that we cannot turn to God on our own. So, God becomes human. Jesus, the Christ, lives among us, experiences human life and begins the work of renewal.

Christ becomes the enabler of life as God's face literally shines on people. God takes the initiative. If you are struggling, looking for hope or feeling lonely, pray for God to be present in your life. Allow the Holy Spirit to turn you to Christ again. And be blessed. And experience life.

God, thank you for becoming like us, so that we could be like you. Renew us; give us life. Amen.



A Meeting With Former Prime Minister - Tony Abbott



On the last day of Term 3, student leaders were invited to meet Emma Kealy and former Prime Minister Mr Tony Abbot in Horsham.

Grace, Helena, Savannah and Sophie were all given the opportunity to ask questions to Mr Abbott. There were 45 students in attendance at meet 'n' greet function held at WLC Horsham campus.

Year 2 Sleepover





Year 2 students got to have a sleepover at the school last Thursday night, but before they shut their eyes lots of fun was had with the rest of their class - the Year 1's. They got to make their own tacos, icecream creations and have a picnic. They enjoyed bead making, watching a movie and playing games such as passing a cheezel onto a straw. There were many giggles and laughter in the hall that night.





Regulated or Dysregulated: Dealing with Feeling



If you've looked at anything parent-related on TikTok or Instagram in the past year or two, you've heard about emotion regulation. Everyone's stressed (dysregulated) because their kids are having BIG feelings (dysregulated) and it's creating this cycle of emotional challenge for everyone. But the idea of being dysregulated - and the concept of emotion regulation - isn't a new fad. It's a well-researched phenomenon that, when understood, can help our kids flourish (and us survive).

Emotion Regulation

In simple terms, emotion regulation is how well someone can manage their emotions – whether they're delightful ones like excitement and joy, or challenging and uncomfortable ones like jealousy and anger. If we go a little deeper, emotion regulation is the ability to turn our emotions up or down in a way that is appropriate for the context/environment, and that is in line with our values and goals.

That's a lot... so let's talk about what this really means.

There are some times and places where we want to allow our emotions free reign - we can turn them up. In a positive sense, this could be at a birthday party or at the park with friends. Our kids are in a context where it's fun to express joyful emotions and be big and loud about it if that works for them. On the more challenging side of things, expressing anger at injustice might be appropriate. And crying - even sobbing - at a funeral (or even when things don't go the way you'd like) would probably be ok.

Emotion Dysregulation

Things get dysregulated when those emotions (the positive ones or the negative ones) are too big for the place you're in. Anger at being asked to turn off a screen and come to dinner... not so good. It's unhelpful for the context, and it's bad for long-term relationship goals. A meltdown in a shopping centre aisle because you can't have a treat? This isn't going to work well for anyone. Mega-excitement at a party that leads to property being damaged or someone being hurt... again, too much for the context and bad for long-term goals.

How it Develops

Emotional regulation isn't something people are born with. It develops over time, starting around age two and continuing until around age nine or ten. At this age, most kids can regulate their emotions most of the time under most conditions. They're not perfect. Even adults still struggle if they're hungry, tired, or stressed. But this is the age psychology researchers think is a developmentally appropriate time for most kids to pull things together (including neurodiverse kids, although there's some variability here).

Now for the great news. Emotion regulation can be strengthened with instruction and practice.

There are two types of emotional regulation: self-regulation, or managing your own emotions, and co-regulation, which involves helping others manage their emotions.

Becoming More Regulated: Identify Emotions

Learning emotional regulation strategies begins with identifying your feelings and building a vocabulary to describe them. If you can name it, you can tame it. If it's mentionable, it's manageable. The more detailed we can be about the emotion we are feeling, the greater our emotional literacy. And the more granular we can be, the easier it is to regulate our emotions because they make sense. This is especially true for children.

Model it

Children learn emotional regulation skills by watching people around them. You can help your children by serving as an "emotional container," naming emotions and modeling how to express them in a healthy way. As an example, in the moment emotional regulation strategies could include breathing, pausing, stepping outside, or doing something as simple as a body scan or grounding technique. These strategies help calm the body's nervous system and turn down the intensity of emotions.

Understanding that emotions are like waves - they rush in (and sometimes wet our towels and bags), and then they recede, only for another wave to rush back in when we're not expecting it. But they always go back out to sea again. You're not feeling the big emotion right now that you were feeling yesterday or this morning. They come and they go. Understanding this makes emotions far less scary or challenging.

We're not trying to avoid or eliminate difficult feelings. That's not realistic. Life is complex and emotions can hit like a tidal wave, even when things are going relatively well. Instead, the goal is to notice those emotions and allow them. Pushing against them usually only creates frustration.

Feelings aren't Facts

One more valuable thing to teach your kids: your emotions are not always accurate reflections of reality. I often teach parents that feelings are not facts. They provide you with information, but then you get to choose how to respond.

Lastly, your child is most likely going to regulate well if you are there to co-regulate with them. Your steady, caring presence during your child's difficult emotion helps them feel understood, see things from a fresh perspective, and respond to their challenges thoughtfully rather than reactively.

What to Say When Your Child is Dysregulated

Here's a simple script next time your child feels overwhelmed and dysregulated:

1. Make sure you are calm when you approach your child
2. Say what you see: "Looks like things are pretty tough for you today?"
3. Give them an easy choice: "Do you want space, or do you want a hug or a chat?"
4. Give them time to process their emotion a little (either with you there or with some space)
5. Problem-solve the situation together.

For healthy long-term emotional regulation skills, practicing matters. You get to practice responding well to their emotions - and modelling your own regulated responses to big emotion moments. And they get to practice regulating by working through those moments with you by their side.

Just like any skill, the more you practice, the better you get at it.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. Justin travels all around the country, speaking at schools to students, educators and parents about wellbeing and relationships. He is also 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. Justin has written 11 books about families and parenting - with the latest about raising boys out now! For further details visit happyfamilies.com.au.

Upcoming Events

October

Thurs 15th: Nhill Show (no school)
Fri 16th: WLC Nhill School Closure
Fri 23rd: Grandparents Day
Fri 30th: World Teachers Day
Kinder Visit

November

Fri 6th: Kinder Visit
Fri 13th: Kinder Visit
Fri 20th: kinder Visit
Mon 23rd : Report Writing Day (pupil free)
Fri 27th: WLC F-2 Sports Day @ WLC Horsham (TBC)

December

Wed 2nd: Year 6 Graduation Dinner
Fri 4th: NO BUSES
Tues 8th: EOY Service evening (TBC)
Wed 9th: Term 4 Ends 3.15pm
Thurs 10th and Fri 11th Staff PD Day
Sat 12th: Nhill Community Christmas Carols @ Jaypex Park

SRC

Zooper Doopers

\$1 each

Available every day



WLCN P&F Cook Book

Our P&F have been busy creating an amazing cookbook, filled with over 100 family friendly recipes contributed by our school community.

Cookbooks available at the office \$25 each (cash only)

Other payments methods please contact P&F member or via email pandf.nls@gmail.com

The BRAD Project

Year 1/2 says: Please help us look after our environment!

The Year 1/2 class is proud to be involved in the BRAD Program, which collects hard-to-recycle items and sends them to specialist recyclers rather than landfill.

Students and families can collect accepted items and bring them to the Year 1/2 classroom, where they will be sent to BRAD for sorting. The materials are then processed by specialist Australian recyclers and turned into new products whenever possible.

Look for the green box!

Many everyday items, such as blister packs, bread tags, pens, toothbrushes, bottle lids, and small beauty product containers, cannot be placed in regular kerbside recycling bins. BRAD provides a solution for these items. (Please see Miss Schultz for a list)



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.nhill@wlc.vic.edu.au



This term we are learning all about 'fruits in the Bible'. This week we focused on the apple and learnt all about love. For our craft each of the children made their own apple using crepe paper to decorate with glue and had a go at making their own banana. using bits of yellow paper, glue and pencils to decorate the banana. We finished off the morning by reading the story from the Bible called 'The good Samaritan', we always read a story called 'When I feel loved'.

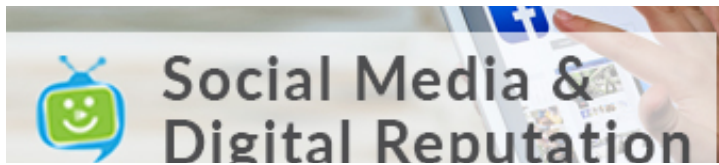


Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible 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://wlc.vic.schooltv.me/>



The link to this topic

<https://wlc.vic.schooltv.me/newsletter/social-media-and-digital-reputation>

The Power of Sleep

A SchoolTV topic supporting modern-day parenting

The link to this topic

<https://wlc.vic.schooltv.me/newsletter/sleep>

SPECIAL REPORT: Embracing Change & New Beginnings

https://wlc.vic.schooltv.me/wellbeing_news/special-report-embracing-change-new-beginnings-au

Periods of change are an inevitable part of growing up. Whether it's the start of a new school year, moving between year levels, or stepping beyond the school gates for the final time, each transition presents both opportunities and challenges. These moments often require young people to use and strengthen the skills needed to manage uncertainty, adjust to new environments and build resilience. While some may embrace change with enthusiasm, others can find it unsettling and disruptive to their sense of routine and security.

Research consistently shows that transitions can be stress points, often linked to heightened anxiety, reduced academic engagement and changes in peer connections. For families, these times can also place additional pressure on communication, expectations and emotional regulation. Understanding the psychological and emotional impact of change allows parents, caregivers and educators to better support young people as they adjust.

The ability to manage change is closely tied to resilience. Developing this capacity doesn't happen overnight; it is built over time through consistent guidance, clear boundaries and access to supportive adults. When we work together to create a shared understanding of how to support transitions, students are more likely to feel confident, connected and capable.

Change can be challenging, but it also offers valuable opportunities for growth. By normalising these experiences and keeping the lines of communication open, young people can feel more secure during times of transition. When schools and families work together to provide encouragement, reassurance and structure, it creates a strong foundation that helps students not only adapt to new beginnings but approach them with confidence and curiosity.

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

RUN THE BEAL

REGISTER NOW

25th October 2026
5km, 10km, 21km, & kids fun run

**PRIZE
MONEY ON
OFFER!**



ENTRY FEES

21Km: U18 \$60
ADULT \$70
10Km: U18 \$50
ADULT \$60
5Km: ALL \$25
KIDS RUN FREE



RUN TIMES

21Km 8.00am
10Km 8.30am
5Km 9.00am
KIDS RUN 10:30am



INCLUDED

- ✓ Warm up/cool down massage
- ✓ Merchandise available to purchase on the day

 *Starting and finishing at the Lion's Park, Warracknabeal*
{ A small late fee will be applied after 18th of October }

www.warracknabeal.com.au



ATTENTION CAREGIVERS

DO YOU HAVE CONCERNS
ABOUT THE DEVELOPMENT
OF A CHILD (0-17YRS) IN
YOUR CARE?

WE WANT TO HEAR ABOUT
YOUR PERSPECTIVES OF
YOUR CAREGIVING ROLE!

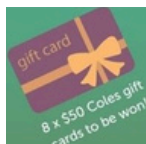


SCAN HERE



...because to support children to
thrive, we must listen to those
who care...

Mapping the Role Ecology of Developmental Care
GU Ref No: 2025/843
Questions?: Contact PhD Candidate Sarah Horton
on sarah.horton@griffith.edu.au



8 x \$50 Coles gift
cards to be won!



8 x \$50 Coles gift
cards to be won!

ATTENTION TRUSTED CARE PROFESSIONALS

DOES YOUR WORK ROLE INVOLVE
SUPPORTING CHILDREN OR
YOUNG PEOPLE BETWEEN 0-17
YEARS OF AGE WHO ARE
EXPERIENCING DEVELOPMENTAL
CONCERNS?

WE WANT TO HEAR ABOUT YOUR
PERSPECTIVES OF YOUR ROLE!



SCAN HERE

...because to support children to thrive, we must
listen to those who care...

Mapping the Role Ecology of Developmental Care
GU Ref No: 2025/843
Questions?: Contact PhD Candidate Sarah Horton
on sarah.horton@griffith.edu.au

