WIMMERA Lutheran College

Nhill

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Term 4
Week 4
Issue 17
October 30th 2026

Leo The Lion

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





Birthdays



Happy birthday wishes are sent to the following students :
Laird 13th Nov

Students of The Week

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

Penny: Demonstrating her creativity and artistic talent she has demonstrated in her artwork. Penny has done an outstanding job decorating her turtle bag, skilfully blending colours to give a realistic appearance

Lexie: Her hard work in advancing her reading skills and engaging with texts across the course of the school year. You have shown a great deal of resilience in all areas of learning, which is to be commended.

Alyssa: Uses her initiative and determination by challenging herself during learning activities, showing resilience and a positive attitude towards learning. Showing kindness and compassion towards others.

Abby: Her conscientious and can-do attitude to all areas of learning. You attempt each learning task in a positive and focused manner and consistently apply teacher feedback. It has been wonderful to watch you shine!

Spencer: Shows much curiosity, especially when it comes to investigating how things works. Spencer has shown increased resilience and persistence when faced with work that is challenging.

Gracie: Her persistence and positive attitude during our Math units on length, capacity and mass. Some measuring tasks were challenging, she continued to try her best, ask for help when required, and persevere with her learning.



Principal Report

World Teachers' Day

Today we celebrate World Teachers' Day and give thanks for the dedicated team of teachers at WLC Nhill. We are blessed to have such committed staff who care for our students and make a valuable contribution to the wider school community. A big thank you to Miss Zikos, Miss Schultz, Mrs Lees, Mrs Webb, Karen and Mrs Alexander for all that you do!

Lions Garden Walk

WLC Nhill was one of the stops on the Nhill Lions Garden Walk on Sunday. We hope everyone who visited enjoyed exploring our school grounds, particularly the front garden area, which has continued to develop over the past couple of years. It was wonderful to have our school included in this community event.

Grandparents' and Special Friends' Day

A big thank you to the many grandparents and special friends who joined us last Friday for our special day. The children loved sharing a little of their school experience with their visitors, from gathering together for chapel to spending time in the classrooms, followed by a lovely morning tea. We appreciate everyone who took the time to join us and help make the day so memorable.

Pre-Foundation Visits

It was lovely to welcome our 2027 Foundation students to school this morning! The children spent the morning with Miss Zikos and Ms Rutherford, beginning to familiarise themselves with school life and all that WLC Nhill has to offer. There will be four visits in total, giving our future Foundation students a wonderful opportunity to build confidence, become comfortable in their new surroundings and get to know some of the people who will be part of their school journey.

Bushfire At-Risk Register

Our school has been classified as Category 4 on the Bushfire At-Risk Register. This means that on days declared as having a Catastrophic Fire Danger Rating, the school will be closed. School bus routes will not operate, and all camps and excursions scheduled for those days will be cancelled.

Premier's Reading Challenge

Congratulations to all the students who successfully completed the 2026 Premier's Reading Challenge! These students were recognised at assembly with certificates to celebrate their fantastic efforts. To reward their hard work and enthusiasm for reading, they will also enjoy a special celebration party. Well done to everyone who took part and challenged themselves to read more!

Lions Peace Poster

Congratulations to Savannah Hedt, whose entry was selected as the winning poster in the Lions Peace Poster competition! We also congratulate Tom, Matilda, Sophie and Grace for receiving honourable mentions.
Our Year 5/6 students put their creativity and imagination to work as they designed posters around the theme of harmony, sharing their ideas about peace through their artwork.
The posters will be on display at The Gallery in Nhill's main street from Tuesday 3/11/26 next week, providing an opportunity for the wider community to admire the students' work. The winning poster by Savannah will also be displayed in Geelong alongside winning entries from other regions.
Well done to all our Year 5/6 students for their thoughtful and creative contributions, and congratulations to our award recipients!



Every Blessing,
Damon

Super Readers Awards

Congratulations to the following students who were presented with Super Reader awards at assembly this week.
Oliver, Orlando, Ayla, Wesley, Silas, Spencer, Eddie, Billie and Eveline.



SRC Update



- The SRC have purchased new Tonka Toy Equipment for use in the playground
- A call out for kitchen items for Mud Kitchen
  (non breakable and no sharp objects)
- Melbourne Cup Dress Attire for the race day Tues 3rd Nov
- Class Dress Up Themes Day Thurs 12th November

(Details on last page of newsletter)

Chapel Offerings

From the two weeks of Chapel $226.25 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……..

- Esther, Cooper, Eddie & Mrs A and their family
- Gracie and her family
- Xander & Ayla and their family
- Jackson and his family
- Mrs Webb and her family

Worship News

Please see below the church service times:

Sun 1st November 23rd Sun after Pentecost

Sun 8th Novemberr 24th Sun after Pentecost

Nhill 9.30am

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.

https://messagesofhope.org.au/support-in-financial-hard-times/

Support in financial hard times

"If I look back over my life, what would I choose to do if I could start again? I could have been a doctor, I could have been a nurse, I could have been a teacher. But I look back and go, no, financial counselling, because I was supporting people in this complex financial system, which has become more and more complex."

Financial counsellor, Jan, shares her experience of supporting people going through financial crisis.

Devotional Thought

A new song for a new day

O sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord; bless his name; tell of his salvation from day to day (Psalm 96:1,2).

Read Psalm 96:1–9(10–13)

As both a pastor and a musician, I have always loved the invitation to 'sing a new song'. Over the years, I have had the joy of composing new music for worship, finding fresh melodies through which the timeless gospel can be placed on the lips and into the hearts of God's people. Yet Psalm 96 reminds us that the 'new song' is about much more than music. It's your renewed response to God's never-ending mercy.

Every day brings something different. Some days are filled with joy and thanksgiving; other days bring uncertainty, disappointment, loneliness or worry. Yet whatever today holds, God's grace is still new. His love for you has not changed. His promises remain sure. And so, each new day gives you a reason to sing again.

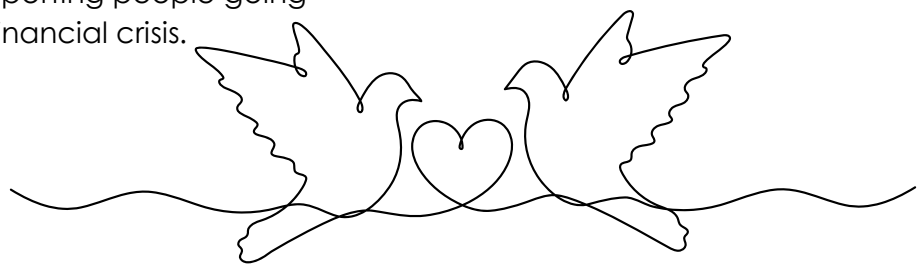
In Te Reo Māori, the psalm says: 'Waiata ki a Ihowā he waiata hou' – 'Sing to the Lord a new song.' You may not feel particularly musical, and perhaps your voice is not one you would want others to hear. But this invitation is not about musical ability. It's about faith.

The new song God places within you may be a song of trust when you cannot see what lies ahead; a song of gratitude for a blessing you have received; a song of hope when life feels difficult; or simply a quiet confidence that Jesus is with you.

And your song is not meant to remain inside you. The psalm continues: 'Tell of his salvation from day to day.' Your life can become a witness to God's grace – in the words you speak, the kindness you offer, the forgiveness you extend and the hope you carry.

So today, whatever circumstances you face, listen for the new song God is placing in your heart. You are loved. You are forgiven. Christ is with you. His mercy is new today.

Lord Jesus, put a new song in my heart today. Give me faith when I am uncertain, gratitude when I am blessed, and hope when I struggle. May my words and my life proclaim your love and salvation. Amen.



Premiers Reading Challenge Certificate Presentation



Flora, Eddie, Orlando, Elly, Eveline & Nate.



Joseph, Heath, Sienna B, Ruth & Spencer.

Congratulations to all the students who participated in the Challenge this year.

ALL participants are invited to a Pizza Party, invite below



Lexie, Ruby W, Grace, Abby & James.



Cooper, Connor, Roger, Gus, Alyssa & Koda.



WLC Nhill Celebrated Grandparent's & Special Friends Day





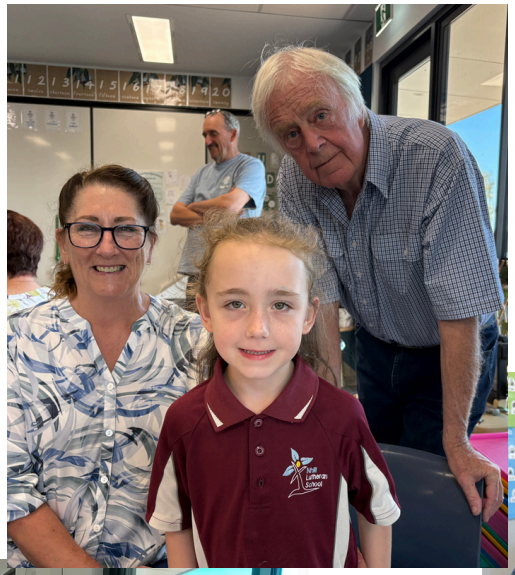























OUR
BIRTHDAYS



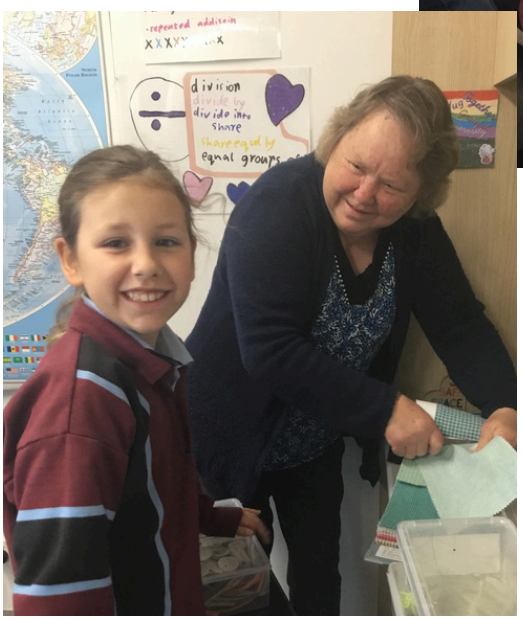

Mass






Young
mind




repeated addition
division
divide into
Share
Share equal by
equal groups



























WLC Nhill Enjoying The Nhill Show





Participation in the Grand Parade at the Nhill Show by our students was great to witness.
Some students and staff walked behind our banner, while other students were in family vehicles (cars/trucks) and on the CFA truck. At WLCN we value community service and this involvement in the event enforced this value. Well done to everyone!

We had 3 students Maddy,Charlotte and Penny win ride tickets from the MC, with the prices of the rides that was a pretty good win.

5 Secrets to Resilient Kids

In 2014 Andrew Fuller surveyed around 16,000 Australian young people about resilience. The most resilient kids agreed - almost universally - with two statements. The least resilient disagreed with both:

I have a parent who cares about me.

I have a parent who listens to me.

The most common defi nition of resilience I hear is that it is the capacity to "bounce back" from adversity and challenge. In other words, it's getting back up and doing the hard thing that just did you. A parent once suggested to me that resilience is "grace through adversity".

The thing about resilience is that it usually doesn't feel very resilient when you're in it. It's only after the trial that you experience the triumph.

Yet many parents misunderstand resilience. They think it means adopting a "toughen up princess" approach to life; that when hard things happen, children should be left alone to fi gure it out. That they should "drink some concrete and harden up".

The scientifi c resilience research points away from this mindset. Resilience is built as much inside a child as it is built around a child - in healthy, supportive environments - and usually in interactions that seem too small to matter. Except they do.

Here are fi ve secrets to the most resilient kids:

They know you care - and they know you listen

Based on Andrew Fuller's questionnaire, this has to be the fi rst one. This means resilience is built by knowing you matter and have someone's support. Your child will be more likely to be resilient if you can stop what you're doing, look at them, and listen when they speak to you. Turn your body towards them. Put the phone down. When they bring you a problem, hear all of it, then ask "What do you reckon you should do?" and listen again. You don't have to solve it. It's not your job to carry it. It's your job to care about it - and show it.

Stay calmer than your child

Steve Biddulph suggests a parent's main job is to always remain calmer than their child in those big moments - and often in the little ones too. A child's nervous system learns to settle by borrowing a settled one. If you meet a meltdown with your own meltdown, you've taught escalation and probably created fear and anxiety. This asks a lot of you, but it builds the support needed for resilience and regulation. Before you respond, take one breath you can hear. Deal with the behaviour once the storm has passed, not during it.

I**Let them do hard things**

You don't know you're resilient until you've done something hard. But we seem intent on rescuing our kids from anything that they feel challenged by. There is a time and a place. Sometimes it makes sense to give them a push or a leg-up. Be discerning. But the default should be towards reducing the rush to rescue and reassure. Stop letting them skip it. Research shows doing hard things makes kids feel less anxious. A Yale University team found that reducing those parental accommodations was as effective at reducing anxiety as therapy - but waaaay cheaper! Remember, every time you rescue, you tell them they couldn't have coped without you. Let them approach the new friend. Let them try out for the team. Let them stumble a little. Let them stay in the hard class. Just stay close while they do it. (Secrets 1 and 2 above matter here.)

Give them a story bigger than themselves

Our kids rely on roots for their foundations. This is our family culture. Or our faith, traditions, a cause, a family identity, or some other purpose. It could simply be that someone depends on them - so they know they're contributing to something bigger than themselves. Resilience researcher, Ann Masten, found meaning-making is as important as robust relationships and self-regulation when it comes to core protective factors. Children who can locate their suffering inside something larger - who see hardship as something valuable because it's aligned with a life purpose - get through it faster. Tell them the family stories. Give them something to serve. A child who is genuinely needed or who sees a bigger picture in their trials is very hard to sink.

Let them out of your sight

In 2023, Peter Gray, a world-leading "play" expert wrote that the collapse in children's independent activity is a central driver of rising anxiety and depression. Other researchers have found children with more risky outdoor play have better physical and social outcomes. And there's also suggestions that climbing high, moving fast and roaming out of range actually recalibrates the fear system. In short, risky play and other activities are good for your kids. (Note - danger means no idea about risk, like a toddler playing near a pool, whereas risky play means you can see the dangers and make decisions accordingly.) My recommendation: for resilient kids, send them to the shop (or, if they're little, let them go into the next aisle and get the milk and bring it back to you). Let them ride to a mate's place (or, for little ones, ride ahead to the corner and wait for you). Let them climb higher than you'd like. And watch how big and capable it lets them feel.

We don't need to be left alone to be resilient. In fact, the more support we have around us, the stronger we are. Remember, your job is to care, not carry. To support, not save.

Our kids face challenges. They're up to the task if they've got you behind them.



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

Sat 31th: Reformation Day

November

Mon 2nd: Cemetery Flags
Tues 3rd: Melb Cup Day dress attire
Year3/4 Cooinda Visit
Fri 6th: Kinder Visit
Wed 11th: Remembrance Day
Thurs 12th: SRC Class Dress Up Day
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

Assembly Dates

Nov 13: Year 1/2
Nov 20:
School Captain
Speeches
Dec 4: Foundation

Chapel Dates

Nov 6: Year 5/6
Nov 13: TBC
Nov 20: Year 3/4
Nov 27: TBC
Dec 4: Foundation
(Christmas Story)

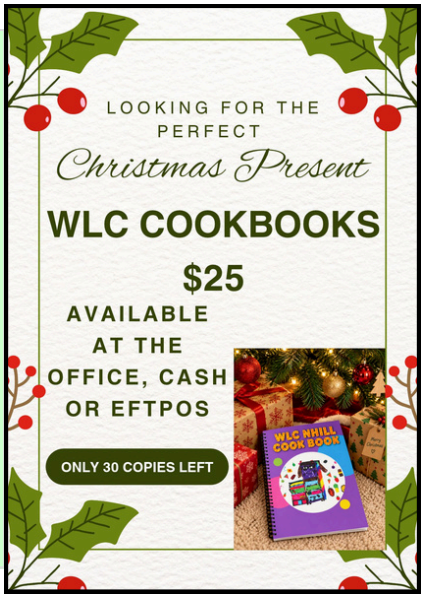
SRC Zooper Doopers

$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
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














Our focus fruit was the watermelon!
Each of the children made their own watermelon using coloured card, crayons, glue and small pieces of paper. They practised gluing and sticking to decorate their watermelon.
For our music time in the library we started a new set of songs, exploring the clapping sticks and action songs.
It was great to see lots of fun being had with the ‘connetix’ magnet tiles this week. Lots of creations being made with creative imagination.
We finished off the morning reading a story about ‘sharing’, a great lesson to learn.
Next week our focus fruit is the ‘Pear’.
See you on Tuesday at 9:30am.

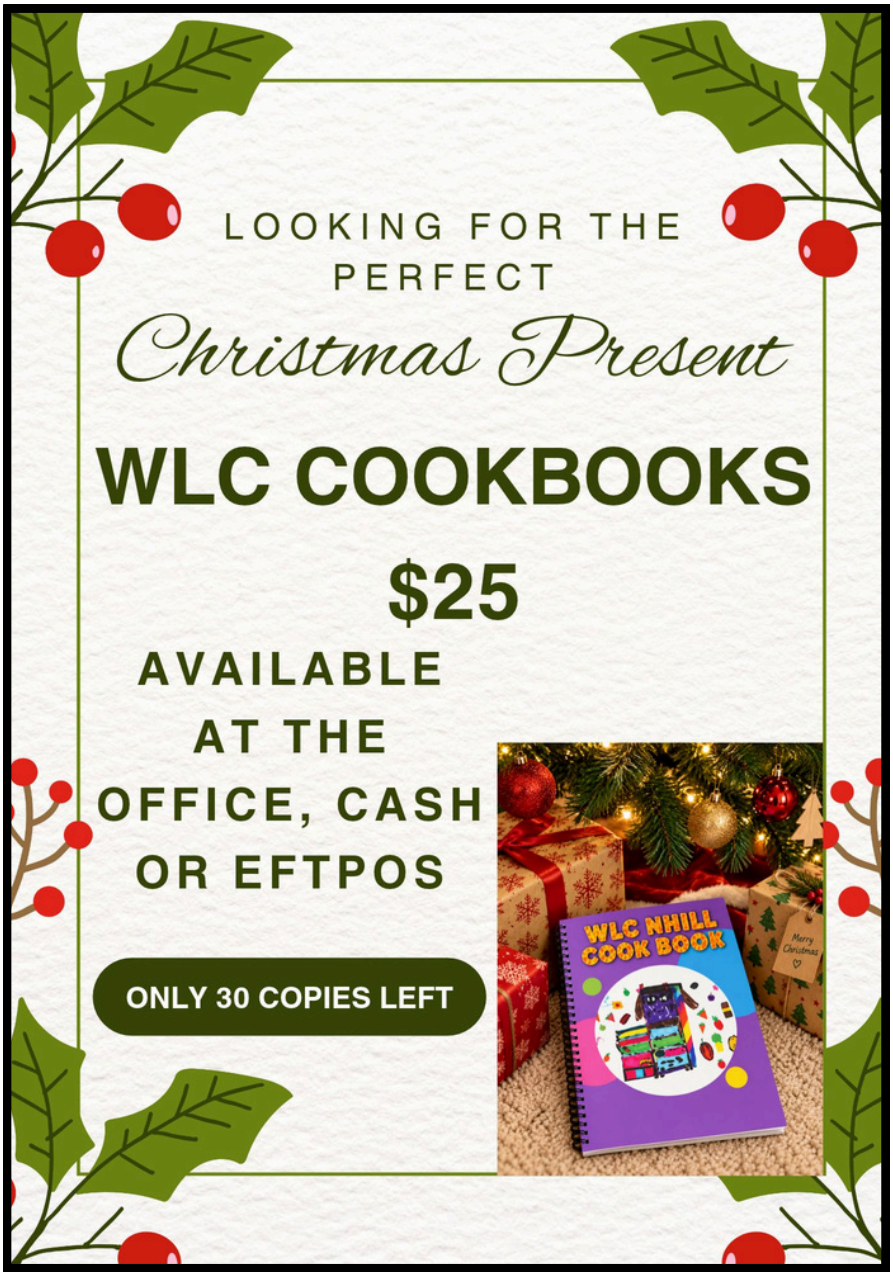
P&F Update

On Wednesday 21st October P&F held our final meeting for 2026.
While this was our final meeting this year, it is not our final event. With Movie Night and Colour Run still to happen this term. Movie Night will take place on November 13th and Colour Run towards the end of the year on at date to be confirmed. These are both events the kids love and look forward to. If you would like to help at colour run, we are always after parents to throw colour, please let myself or Dimity know.
I would like to thank Jeff Woodward for his continued support of Movie Nights, always willing to give us the best sound possible.
It is great to see the shade structure at the front of the school which was funded by the P&F. We see this as a community space where students, families and staff can gather to share our school journey, connect and support one another. Soon there will be a plaque on the shelter capturing our intention for funding the project, it reads

VILLAGE MEETING PLACE
Bringing our school community together.

The shelter was provided by the Parents and Friends Association and made possible by the sale of approximately 13,490 donuts!

Looking forward to 2027. Our annual welcome BBQ will be on February 5th, a great way to start each year.
Our first P&F meeting for the year will be held on February 10th, when will also hold elections for office bearers.
Please give some thought to joining P&F and taking on a position, we have a couple of members stepping back in 2027 as they near the end of their primary school journey. No one likes attending meetings but without meetings committees like P&F can't exist. We try and keep our meetings short; the last meeting was only 1 hour. We also try to keep meetings light, fun and social. P&F is a valuable part of our school community providing resources to the school through fundraising and providing social events to bring the community together.
As my time as chair comes to an end at the February meeting. I look back at my time in P&F, we have shaped the front of the school with the shade structure and pavers projects, supported how lower primary read by investing in the decodable readers, and provided a lot of fun in tonka trucks and connetix tiles. The is just a small number of projects P&F have undertaken in my time. Along with the resources provided, P&F has provided me with the many friends I have made, who have travelled the primary school journey with me, to which I am forever grateful. I feel so much pride in how we have shaped the school just in my time, and I invite everyone to join P&F and see what you can achieve and connections you can make.



Jackie Rethus
P&F Chair WLC Nhill

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/



https://wlc.vic.schooltv.me/wellbeing_news/special-report-eyws-why-routines-matter-preschoolers-au



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

SPECIAL REPORT: Navigating Screen Time & Technology

For today's preschoolers, screens and digital devices are woven into everyday life. Whether it is watching videos, playing games, using educational apps or seeing parents on phones and tablets, technology is often present from a very young age. While screens can offer learning opportunities and entertainment, the early years remain a critical period for brain development, language growth and social connection. Research continues to highlight the importance of balance. Excessive or poorly managed screen use in young children has been linked with poorer sleep, reduced opportunities for language-rich interactions, difficulties with attention and fewer chances for active play and real-world engagement. At the same time, technology itself is not the problem. When used intentionally and alongside healthy routines, meaningful conversations and hands-on experiences, it can be a positive tool for learning and connection.
Every child has different needs, interests and ways of engaging with the world. Some children, including those with autism or ADHD, may find screens especially engaging or comforting and may need additional support around routines, transitions and balance. With clear boundaries, consistent guidance and a focus on play, movement and connection, families can help children build healthy habits and develop a positive relationship with technology from an early age.

https://wlc.vic.schooltv.me/wellbeing_news/special-report-eyws-navigating-screen-time-technology-au

WLC - NHILL P&F

GRAB SOME POPCORN

IT'S MOVIE NIGHT!

NEW DATE!

NOVEMBER 13, 2026

7.00PM

PLEASE NOTE MOVIE WILL BE RATED PG
CHILDREN TO BE SUPERVISED BY AN ADULT

WLC - NHILL
MULTIPURPOSE ROOM
POPCORN PROVIDED
BYO COMFY SEAT
WATER ONLY PLEASE





SRC Dress up Day

Thursday 12th November



F: Dress as a Teacher



1/2: Dress as a ninja



3/4: Something starting with the first letter of your name



5/6: Dress all in one colour