



Wimmera Lutheran College Nhill



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Term 1 Week 5 Issue 5 February 28th 2025

Wimmera Lutheran College Year 6 Leadership Day



Reminder: NO SCHOOL for the Foundation students on this Wednesday: March 5th.

Birthdays



Happy birthday wishes are sent to the following student this week.

Abby 3rd March Charlotte 4th March
Lucy Moll 4th March

Upcoming Events

March

Wed 5th: Wimmera Field Day Excursion for Year 1 to Year 6

Thurs 6th to Mon 17th: Bookfair

Mon 10th: Labour Day (no school)

Wed 12th: First Wednesday for Foundation

Wed 12th to Mon 24th: Naplan testing for Year 3 and Year 5

Tues 19th: P&F Meeting 7.30pm

Fri 21st: P&F Movie Night 6.30pm

April

Tues 1st/ Wed 2nd: Parent Teacher Interviews (after school)

Fri 4th: Last Day of Term 1, pick up 2.15pm

From The Principal

Swimming Carnival

A big congratulations to all our students for their efforts in the 2025 swimming carnival. Congratulations to Lowan house for winning the carnival, and to Tom and Mia for winning the champion boy and girl trophy. As always with our carnivals, the support and encouragement shown by the students was great.

Also, congratulations to Mia and Savannah for representing our school at the Little Desert swimming on Wednesday.

Support Resources for Parents and Families

I'd like to remind and highlight a few helpful resources for parents and caregivers that can be accessed through the school:

Happy Families

Each week, a Happy Families article is placed in the newsletter with useful content. Occasionally, Happy Families will run webinars and sessions that parents can join.

School TV

Additionally, our school has a School TV membership, and it can be accessed online at nhills.vic.schooltv.me. School TV has a range of useful information for parents on topics such as cybersafety, mental health, school survival, healthy body, positive parenting, diversity and inclusion, and special reports. As part of our School TV support, a free webinar on Digital Media Literacy and Safety led by Dr Michael Carr-Gregg and Susan McLean is being offered next Wednesday, March 5th, at 7pm. Please see the flyer in this newsletter, and there are posters at the entrance to the school.

Sleep

The above-mentioned resources have information about sleep, and the impact of sleep quality and quantity on wellbeing. Sleep is a key indicator of wellbeing. At schools, students who are tired or in sleep deficit, struggle with concentration, retention of information, and more. Understandably, there are factors that impact sleep such as devices or busy weekends, but prioritising sleep is important for primary aged children. The recommended sleep hours for a primary school student is 10-11 hours per night. Further information about sleep can be found at nhills.vic.schooltv.me/newsletter/sleep.

Every blessing for your week,

Damon Prenzler

Chapel Dates

7th Mar Ash Wednesday
Pastor Carl

14th Mar Yr 5/6

22nd Mar F/1

29th Mar Yr 2

4th April Yr 3/4

Assembly Dates

7th Mar Yr2

21st Mar Yr 5/6

4th April Yr 3/4



Wimmera Lutheran College Nhill is committed to providing a child safe and child friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.

Prayer of the Week



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

- Grace & Xavier
- Lawson and his family
- Sienna and her family
- Mrs A and her family

Worship News

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



Transfiguration

Nhill 9am

Jeparit 11am

NhillLutheranParishOnline.com

Messages of hope

Listen to Messages of Hope and invite others to do the same. Download or listen online at messagesofhope.org.au or on iTunes and Spotify.

2 nd Mar	A ladder and a torch	(Interview)
There are many tragic stories about the abuse of alcohol, but how does it start, and how can it change? Hear Darryl's lifelong struggle with alcohol and how his life was transformed through hope.		

9 th March	Feeling lonely	(Discussion)
Loneliness is still one of the biggest issues facing people around the world. Statistics say 1 in 3 people experience loneliness. Hear Richard, Emma and Jo share their experiences of loneliness and what helps.		

16 th March	Called to serve	(Interview)
Have you ever wondered what inspires people to serve? Hear Eloise, an inspiring young person, as she shares her story of following the call to serve people in need through mission trips overseas and locally in her own community.		

Devotional Thought

News spreads, but no-one hears

But they went away and spread his fame through all that district (Matthews 9:31).

Read [Matthew 9:27-34](#)

Today's reading continues the theme in Matthew's Gospel, showing Jesus in his role as God's healer and deliverer. The blind see! The demonised are set free! And news spreads!

Little wonder. No-one had done the things Jesus did, and no-one had said the things Jesus said. His deeds and his words went before him. News travelled fast and wide. Multitudes followed.

So, we might be tempted to think that 'nothing succeeds like success', and that Jesus' path would be paved with adoration and love. Yet, we know only too well that this was not the case.

What is happening here?

The first part of Matthew's Gospel builds to a turning point, found in Matthew 16:13 where Jesus asks, 'Who do people say the Son of Man is?'

When the disciples report the confused responses of the crowds (Moses, Elijah), Jesus then asks the twelve directly, 'Who do you say that I am?' That leads to Peter's great declaration, 'You are the Christ, the Son of the living God!' (Matthew 16:16).

Immediately after that declaration was uttered, Jesus began teaching them about the cross.

In other words, the deeds and words of Jesus are all designed to provoke the disciples and crowds to ask themselves: 'Who is this man?' Even Peter, when he is shown the answer to that question from heaven itself, does not understand the implications of who Jesus is. And he certainly didn't want a Messiah who would suffer and die.

The opening of the blind man's eyes is a physical sign of a much-needed spiritual miracle: the eyes of our hearts must be opened by the Spirit to see Jesus for who he really is. The casting out of the demons is a visible sign of a spiritual deliverance: we must be delivered from the powers of darkness to hear the words of Jesus and follow him.

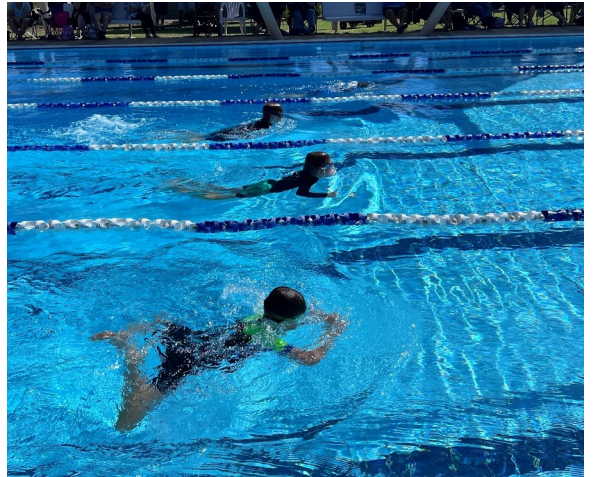
Thank you, dear Lord, for seeing our needy state. We needed you to come to us, and you came before we called. Thank you for meeting us with love, mercy and grace ... to heal our spiritual blindness, deafness and captivity. We thank you for doing what we could never do for ourselves. Amen.

WLCN Swimming Carnival Today



Boy and Girl Swim Champion
Tom and Mia
Congratulations







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 great morning in Get 'Em Going playgroup today! We learnt all about the colour blue. We started some new songs today for our music time. Using tapping sticks to keep the beat and practising

loud and soft sounds.

For our craft the children enjoyed making their own blue elephant. Either tracing their hand or using blue paint to print onto their paper; then decorating with pencils and glitter.

The children practised their balancing skills with the wobble boards, balancing board and jumping to different textured mats in our obstacle course.

We finished by reading a story

about an elephant and all the different colours he paints with. It was great to see all the children joining in with the actions to our goodbye song.

Next week we are focusing on the colour purple!



Navigating the Bullying Maze

A Guide for Parents



Bullying. It's a word that sends shivers down the spine of any parent. We want our children to feel safe, happy, and accepted, and the thought of them being targeted by hurtful words or actions is deeply upsetting. But the reality is, bullying is a pervasive issue. According to the Australian Institute of Health and Welfare, a staggering 70% of Australian children aged 12-13 have experienced bullying, with one in five facing it on a weekly basis.

These statistics are alarming, and they underscore the urgent need for parents to understand the dynamics of bullying and equip their children with the tools to navigate these challenging situations.

What is Bullying, Exactly?

Bullying isn't just a playground squabble or a one-off disagreement. It's a pattern of repeated, intentional aggression, where there's an imbalance of power. It can take many forms:

Physical: Hitting, kicking, shoving, or damaging property.

Verbal: Name-calling, teasing, insults, or threats.

Social: Spreading rumours, excluding someone from a group, or manipulating relationships.

Cyberbullying: Using technology to harass, intimidate, or humiliate someone. This can include sending hurtful messages, posting embarrassing photos or videos online, or spreading rumours through social media.

The Impact of Bullying:

Bullying can have devastating consequences for children's well-being. Victims of bullying are more likely to experience:

Emotional distress: Anxiety, depression, low self-esteem, and feelings of isolation.

Academic difficulties: Poor concentration, decreased motivation, and lower academic achievement.

Physical health problems: Headaches, stomachaches, sleep disturbances, and even self-harm.

Social withdrawal: Difficulty forming and maintaining friendships and a reluctance to participate in social activities.

What to Do if Your Child is Being Bullied:

Listen and validate: Create a safe space for your child to share their experiences without judgement. Let them know you believe them and that you're there to support them.

Empower, don't rescue: Resist the urge to immediately intervene and solve the problem for them. Instead, help your child develop strategies for coping with the situation and advocating for themselves. This might involve role-playing different scenarios, brainstorming solutions, or practicing assertive communication.

Document the bullying: Keep a record of the incidents, including dates, times, locations, and any witnesses. This information can be helpful if you need to involve the school or other authorities.

Partner with the school: Work with your child's teachers and school administrators to address the bullying. Many schools have anti-bullying policies and programs in place.

Build coping skills: Studies show that if a child can avoid overwhelm, process effectively, and maintain a positive mindset (recognising that bullying is bad, but is more about the bully than themselves), they cope better. Trauma is not a result of the events that happen to you. It's a result of how you process those events.

Seek professional support: If the bullying is severe or your child is struggling to cope, consider seeking professional help from a therapist or counsellor.

What to Do if Your Child is the Bully:

It can be difficult to accept that your child might be the one causing harm to others. But it's crucial to address this behaviour promptly and effectively.

Acknowledge the problem: Don't dismiss or minimise your child's behaviour, and don't make excuses for your child. Take their actions seriously and let them know that bullying is unacceptable.

Understand the motivation: Try to understand why your child is engaging in bullying behaviour. Are they seeking attention? Trying to fit in? Coping with their own insecurities?

Teach empathy: Help your child develop empathy by encouraging them to consider the perspective of the person they're bullying. Ask questions like, "How do you think your words made them feel?"

Set clear consequences: Establish clear consequences for bullying behaviour. This might involve loss of privileges or other appropriate disciplinary measures. It should *absolutely* involve finding a way to improve relationships with other students, meaningful apologies, and restitution.

Model positive behaviour: Be a role model for kindness, respect, and empathy in your own interactions with others.

Bullying is a complex issue, and there's no one-size-fits-all solution. But by staying informed, communicating openly with our children, and partnering with the school, we can create a safer and more supportive environment for all children. Helping children process challenges safely helps them develop an intrinsic capacity to cope—allowing us to then focus on the identification and re-education of those who bully. Let's empower our kids to be upstanders, not bystanders, and create a culture of kindness and respect in our schools and communities.



AUTHOR Dr Justin Coulson

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.



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>

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.



JUNIOR REGISTRATION NIGHT

MONDAY 3RD MARCH
5PM ONWARDS
MEET THE COACHES & BBQ

Calling all junior footballers & netballers! Come down to the sporting club for our Junior Registration Night. Meet the coaches, get help with registration and enjoy a BBQ dinner! Date: Monday March 3rd Time: 5:30PM onwards Whether you're new to the game or returning for another season, we can't wait to see you there!



A FREE WEBINAR

Digital media literacy & safety

Supporting Primary & Secondary students

Join us for an exclusive webinar featuring two of Australia's leading experts in youth wellbeing and cybersafety as they provide invaluable insights into how to support young people navigate the online world safely and responsibly.

This webinar is **Part I of a two-part series**. In this session, topics include:

- New Social Media Regulations
- Cyberbullying
- Exposure to Hate Speech
- Online Safety and Fraud

Suitable for: Parents, grandparents, carers, educators, school leaders.



Online, Wednesday
5 March, 2025
7.00 pm



Dr Michael Carr-Gregg

Renowned child and adolescent psychologist, Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



Susan McLean

As Australia's foremost cybersafety expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.



Don't miss out.
FREE event.
Scan to register.



MOVIE *Night*

**COME AND JOIN THE P&F
FOR A FUN FAMILY NIGHT
[MOVIE TO BE PG RATED]**

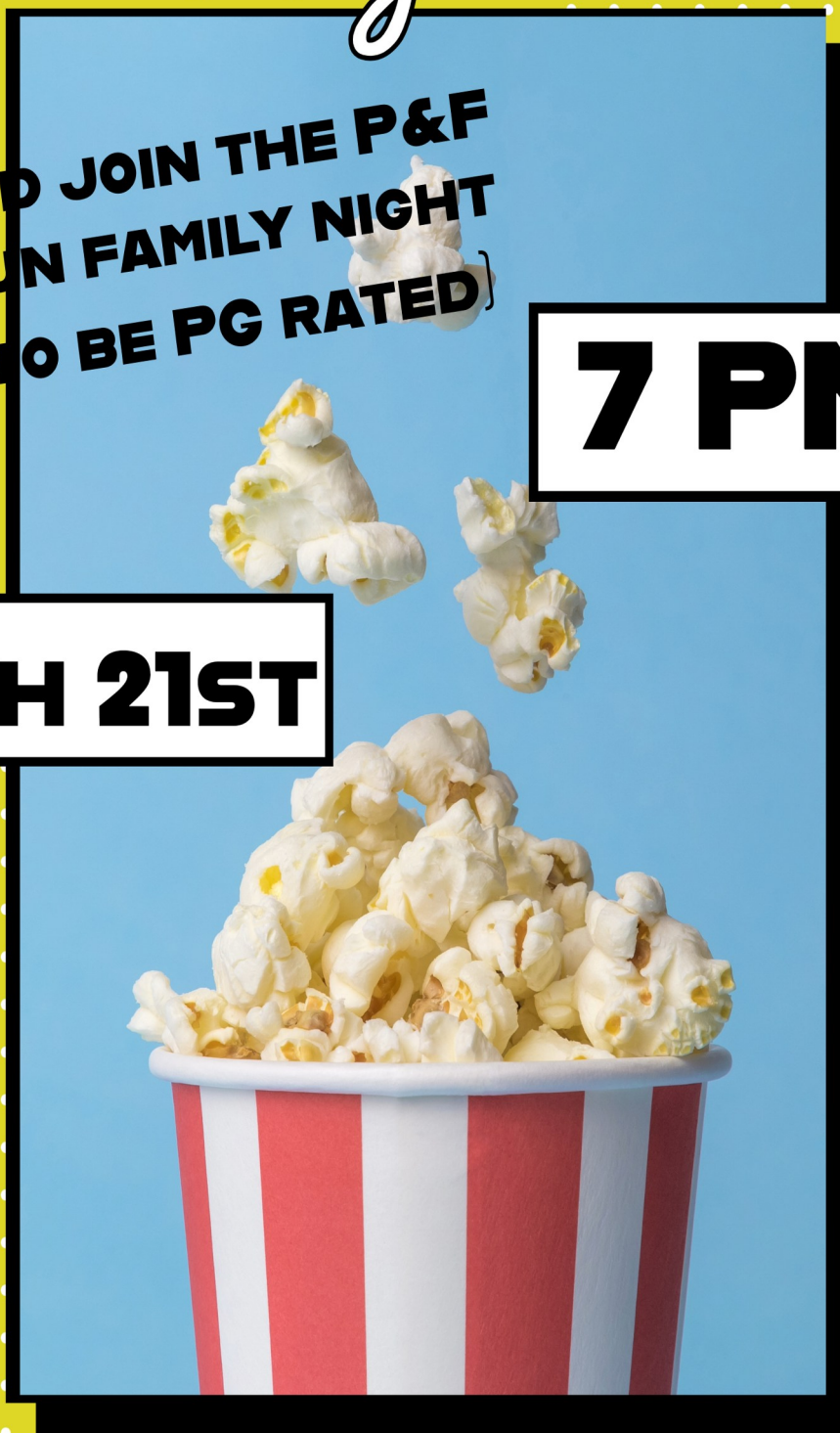
7 PM

MARCH 21ST

**BYO comfy
seating.**

**Popcorn
provided.**

**Water only
please.**



NHILL LUTHERAN SCHOOL MULTIPURPOSE ROOM



GUEST SPEAKERS
WILL SHARE THEIR
KNOWLEDGE AND
RESOURCES TO
HELP US TALK
WITH OUR TWEEN-
TEEN(S).
TOPICS INCLUDE:
MENTAL
WELLBEING,
PUBERTY,
RELATIONSHIPS &
SEXUALITY,
DRUGS & ALCOHOL
SOCIAL MEDIA

"TOUGH TALKS"

the how to for talking with your tween-teen(s)

TUESDAY, MARCH 25 2025

5.30PM

NHILL COLLEGE -
ADMINISTRATION BUILDING

ALL PARENTS/CARERS OF STUDENTS IN YEARS 5-10
ARE INVITED TO JOIN US FOR THIS INFORMATIVE
SESSION!

NIBBLES & DRINKS ON ARRIVAL

RSVP: 18/3/25 TO NHILL COLLEGE 5391 2111 - FOR
CATERING PURPOSES



SUNSMART

We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to Slip, Slop, Slap, Seek and Slide!

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.



Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect students and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. SLIP on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. SLOP on SPF50+ broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. SLAP on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. SEEK shade

Choose shady spots for learning and play whenever possible.

5. SLIDE on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language

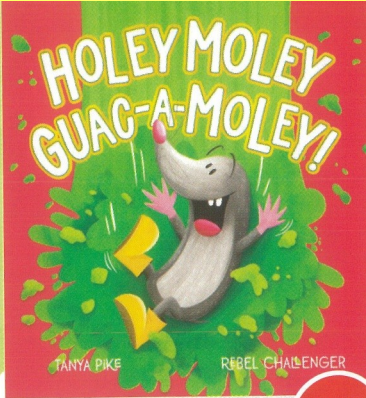


You're invited to our SCHOLASTIC Book Fair

Wimmera Lutheran College Nhill Autumn Bookfair (help to raise funds)

Thurs 6th March to Mon 17th March @ Nhill campus

Open: 1.35pm to 1.55pm & 3.25pm to 3.45pm

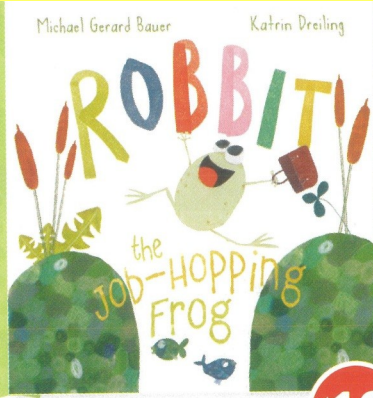


HOLEY MOLEY GUAC-A-MOLEY!

Roley Moley dug a big holey, and filled it full of guacamole...

100140963 | HARDBACK PICTURE BOOK | AGES 3+

\$10

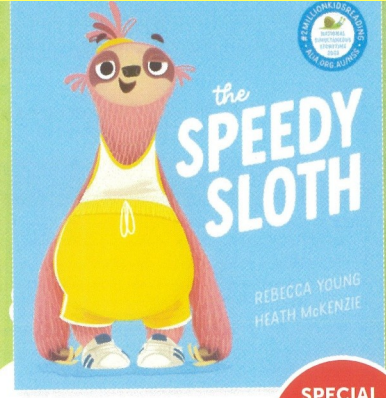


ROBBIT THE JOB-HOPPING FROG

An hilarious tale about courage, perseverance and never giving up on your dreams!

100140961 | HARDBACK PICTURE BOOK | AGES 3+

\$10

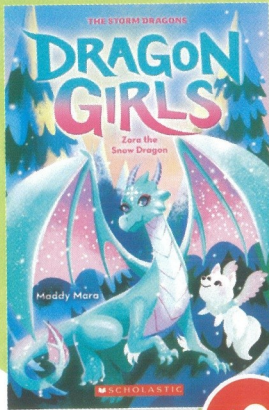


THE SPEEDY SLOTH

This sloth is determined to win a race!

100139828 | PAPERBACK PICTURE BOOK | AGES 3+

SPECIAL VALUE \$6

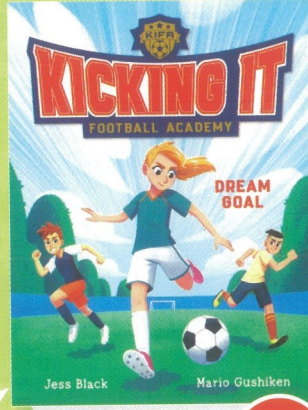


ZORA THE SNOW DRAGON

The Storm Dragons are being called back to the Magic Forest for one last adventure.

100139993 | CHAPTER BOOK | AGES 7+

\$9

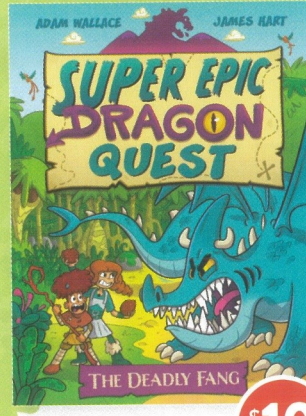


DREAM GOAL

Alex dreams of attending Football Academy and becoming a professional footballer.

100140997 | CHAPTER BOOK | AGES 7+

\$9

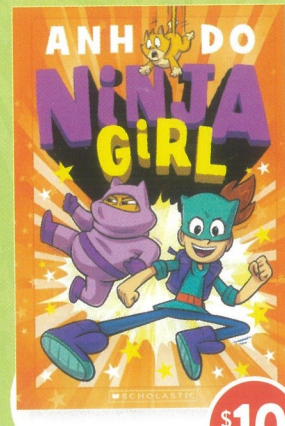


THE DEADLY FANG

Arlo and Julia must find an invisible island and bring home a Super Epic Dragon treasure!

100140953 | CHAPTER BOOK | AGES 7+

\$10



NINJA GIRL

Niki has just found out she's a ninja! Can she use her new powers to save the town?

100140959 | CHAPTER BOOK | AGES 7+

\$10



EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL



SCHOLASTIC REWARDS

SCHOLASTIC