



Wimmera Lutheran College Nhill



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Term 1 Week 6 Issue 6 March 7th 2025

Students of the Week

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

Year 2: Seraph Year 3/4: Harper Year 5/6: Harrison



Gertrude The Bear

Congratulations to Cooper for receiving Gertrude the Bear. We hope you both enjoy your time together.



Birthdays



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

Sienna 14th March Ruby W 14th March

Upcoming Events

March

Tues 11th 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 5

Tues 19th: P&F Meeting 7.30pm

Fri 28th: P&F Movie Night 7pm **(NEW DATE)**

April

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

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

Tues 22nd: First Day Term 2

Fri 25th: Anzac Day (no school)

Wed 30th to Fri 2nd May: Year 3/4 Camp

May

Fri 9th : Mother's Day Chapel 9am

Sun 11th: Mother's Day

Tues 13th to Fri 16th: Year 5/6 Camp

Wed 21st: National Simultaneous Storytime

Fri 23rd: WLCN Athletics Day

Chapel Dates

14th Mar Yr 5/6

22nd Mar F/1

29th Mar Yr 2

4th April Yr 3/4

Assembly Dates

21st Mar Yr 5/6

4th April Yr 3/4

From The Principal

The pace continues to be lively as we settle back into routine after two weeks of swimming lessons. This week, our Year 1-6 students enjoyed a fantastic excursion to the Wimmera Machinery Field Days, an excursion that has been a part of our school for many years. Despite the heat, the students had an enjoyable day, and I was particularly pleased to hear positive feedback from the stallholders, who praised our students for their excellent manners.

First Wednesday for Foundations

Next Wednesday marks a special milestone for our Foundation students, as they transition into attending school five days a week. This is an exciting step in their educational journey, and we're so proud of the progress they are making!

NAPLAN

In the coming weeks, our Year 3 and 5 students will be participating in NAPLAN testing, beginning with Writing on March 12th. This will be followed by tests in Reading, Conventions of Language, and Numeracy, with the testing window closing on March 24th. While we acknowledge that NAPLAN has its limitations and doesn't provide a full picture of a child's growth, it does offer valuable insights into specific areas of learning. We wish our Year 3 and 5 students the best of luck as they undertake these assessments.

Ash Wednesday, Lent, and New Beginnings

On Wednesday, we entered the Christian season of Lent, a period of reflection and preparation leading up to Easter. During this time, we remember the death and resurrection of Jesus. Today's chapel service focused on the Ash Wednesday message, and our theme of *New Beginnings* resonates deeply during Lent and Easter. As we reflect on the resurrection, we are reminded of the new beginnings it offers, both for individuals and for our community, and the promise of eternal life.

School TV

Don't forget that our school community has access to *School TV*, a valuable resource that provides expert advice on a range of topics related to parenting, well-being, and more. We encourage families to explore this platform at nhills.vic.schooltv.me.

Every blessing for your week,

Damon Prenzler

Super Readers Award



Congratulations to the following students who were presented with Super Readers awards at assembly: Amber, Gus, Jed & Charlotte

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.....

- Darcy, Connor & Heath and their family
- Ollie and his family
- Sophie B and her family
- Mrs Launer and her family

Worship News

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

1st Sun in Lent
 Nhill 11am
 Jeparit 9am
NhillLutheranParishOnline.com



Chapel Offerings

At this week's Chapel \$8.20 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.



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.

9th 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.		

16th 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

Heaven, here and now

For where your treasure is, there your heart will be also (Matthew 6:21).
 Read [Matthew 6:1-6,16-21](#)

I will forever be grateful to the writing of Dallas Willard, who has helped shape much of my spiritual life and practices. If you get a chance, I highly recommend reading *The Divine Conspiracy*, albeit a hefty read. It takes the Sermon on the Mount and places it into a context that changed how I looked at spiritual life altogether. What Dallas masterfully communicates in 448 pages, I will attempt to invite you in on in fewer than 448 words.

In today's passage, we take a little tour through some of Jesus' core teachings in the Sermon on the Mount. His message is quite straightforward and not complicated. Jesus points out the spiritual practices of the 'hypocrites' in a negative light. They are out to get recognition for their piety, and that is what they'll get. But that reward is short-lived, nothing but fast food. It doesn't nourish the soul. It doesn't permeate the world with eternal life and love. It only feeds the ego, which will always be insatiable.

Jesus' words urge us to pause and reflect on our own spiritual habits and actions. What are our core motivations? How 'secret' are our spiritual acts, and how 'hidden' are our spiritual habits?

The word hypocrite can be linked to our modern word for actor, someone only playing a part. They might say and do the right things, but deep inside, they are really someone else. This lack of authenticity is what Jesus seems to condemn in these verses.

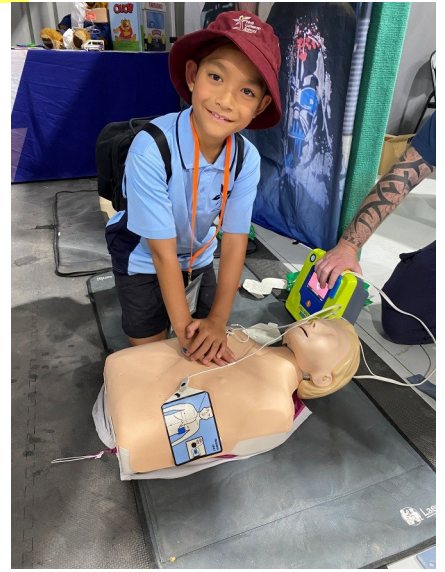
Jesus doesn't want behaviour *modification*; he invites us into heart *transformation*. It's not about simply having the right habits. It's about having the right heart. Because Jesus knows the right heart will naturally produce the right habits. But behind a person whose only motivation is to be seen having the right habits can lurk a heart that is, in reality, quite wretched. Acts 2:46 describes the disciples of the early church as having 'glad and sincere hearts'.

So, where is our treasure? Are our hearts set on fast-food faith? Do we crave the feeling of being seen as a 'good Christian'? We might want to check your hearts.

We pray as Jesus taught us, as paraphrased by Dallas Willard:

'Dear Father, always near us, may your name be treasured and loved, may your rule be completed in us – may your will be done here on earth in just the way it is done in heaven. Give us today the things we need today, and forgive us our sins and impositions on you as we are forgiving all who in any way offend us. Please don't put us through trials, but deliver us from everything bad. Because you are the one in charge, and you have all the power, and the glory too is all yours – forever – which is just the way we want it!'

Wimmera Field Days Excursion









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 out in Get 'em Going playgroup today!

We focused on the colour purple. The children each made a purple flower for our craft using purple paint and cotton buds. Then decorating with glitter and colouring pencils.

We read a book about learning how to count to 10 and getting the children to help count each of the animals in the story.

It was great to see lots of children dressing up in purple keeping with the theme.

The children enjoyed imaginative play using our shop set up. Making lots of food for their mums and grannies. Musical instruments were also enjoyed today, exploring different sounds; loud, soft, slow and fast.

Next week we are learning about the colour orange. Hope to see you there.

Help! My Child Has Been Replaced by a Human Shrug! *The Simple Tricks That Get Kids Talking at Any Age*



Your child climbs into the car after school, and you eagerly ask about their day. You're genuinely excited to see them.

The response? A mumbled "fine"... and that's it. Whether you're facing a tight-lipped five-year-old who's suddenly turned into a mime artist or a teenager who communicates exclusively in shoulder shrugs, cracking the code of kid communication can feel like trying to solve a Rubik's cube in the dark.

But here's a ray of hope: research from the *Harvard Family Research Project* reveals that persisting with open dialogue doesn't just improve today's family dynamic—it weaves stronger decision-making abilities into your children's future and creates family bonds that can weather any storm. In short, it's worth the effort to make conversations happen.

If you pause and think about it, though, you'll find that they usually do happen. Often more than we realise.

Understanding the Science Behind the Silence

While teenagers often cop the blame for becoming human clams, the truth is that children of all ages surf waves of uncommunicativeness. Our littlies might be wrestling with emotions bigger than their vocabulary can handle. Or they're tired and don't want to talk. Primary schoolers often retreat into quiet harbours when navigating the choppy waters of friendship dramas or classroom challenges.

For teenagers, there's fascinating brain science at play. The adolescent brain undergoes a dramatic renovation project—imagine trying to have a quiet chat while major construction work is happening upstairs. Their emotional responses are cranked up to eleven, while their ability to regulate these feelings is still very much a work in progress.

The truth is we often don't feel like talking either. When you walk into the house at the end of the day and your spouse or partner expectantly encourages you to "tell me about your day", do you open up and spill it all? If you're like most of us, you want to get in the door, get settled, and tick off a few things like dinner, washing, and getting kids to bed. And you're about ready to talk when you're lying horizontally in bed.

Making Connection Easier: Practical Strategies That Work

The good news? There are tried-and-true ways to pierce this bubble of silence, no matter your child'—or no matter how you're feeling.

Create "Side-by-Side" Moments

Magic often happens when you're not eyeball-to-eyeball. For younger children, it might be while their hands are busy with Lego or when they're elbow-deep in craft glue. With older kids and teens, car rides become confession booths on wheels, and dog walks transform into walking talk sessions. These moments, free from the spotlight of direct eye contact, often unlock the floodgates of conversation.

Master the Art of Active Listening

When your child does crack open the door to communication, resist the urge to burst through with solutions or life lessons. Instead, become their emotional echo: "That sounds really rough" or "I can hear how excited you are about this." This approach works whether you're validating a preschooler's theatrical meltdown over the wrong-coloured cup or a teenager's complex social algebra.

For younger children, physically coming down to their level can help them feel seen and heard. With teens, acknowledge their growing independence by treating them as the experts of their own experience—at least initially.

Make One-on-One Time Sacred

In the whirlwind of modern family life, individual connection time often gets sacrificed on the altar of busy schedules. But carving out regular one-on-one time—even just 10 precious minutes—can work magic. For little ones, it might be bedtime stories where you do all the silly voices or morning cuddles that start the day with connection. With older children, it could be a weekly hot chocolate date or shooting hoops in the driveway as the sun sets.

The Secret Ingredient?

Your undivided attention. Yes, that means letting your phone gather dust for a few minutes. This dedicated time whispers a powerful message: "In this crazy-busy world, you're worth pausing for."

Remember, nurturing open communication isn't about forcing conversations or expecting overnight miracles. It's about creating little pockets of safety where sharing feels as natural as breathing, whether your child is four or fourteen. Plant these seeds of connection consistently, water them with patience, and watch as they grow into something beautiful—a relationship that can withstand any season.



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.

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.

SRC Cadbury Chocolate Fundraiser

To help raise money for our SRC, we are taking part in a Cadbury Chocolate Fundraiser. We have got 3 different types of products we are selling in various flavours, these are Easter eggs, Freddo frogs and Natural Confectionary Company lolly bags.

Cadbury Fundraising Easter Carry Box,
(20 bags) a mix of:

- 114g CADBURY DAIRY MILK Egg Bags
- 117g CADBURY CARAMELLO Egg Bags
- 110g CADBURY CRUNCHIE Egg Bags
- 113g CADBURY CARAMILK Egg Bag

Each bag of eggs are \$4,



Bags of Easter Eggs are available after school to purchase \$4 each

Freddo and Friend carry box. Contains
(120)mix of:

- 40x 12g Freddo Milk Chocolate
- 40x 15g Caramello Koala
- 20x 15g Freddo Strawberry
- 20x 12g Freddo Milky Top

Each item in this box is 50c



Individual Freddos are available at Lunchtime for students to buy @ 50c each.

Natural Confectionary Company lolly bags,
each box contains (20 bags) a mix of:

- 200g Snakes
- 180g Chews Fruity Mix
- 180 Party Mix
- 180g Sours Squirms

Each bag of lollies is \$3



Bags of Natural Jellies are available after school to purchase \$3 each

Boxes will be available for families to take home and sell if they would like to, however this is not mandatory. We also have the option of making up mixed boxes with some of each of the products, or making up smaller packs to sell rather than whole boxes. If you would like one of the boxes, or a mixed box to sell, please talk to Mrs Fisher at the front office.

Erin Alexander
SRC Coordinator

Year 2 Class- Shrove Tuesday



Year 2 Sharing Their Work At Assembly



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

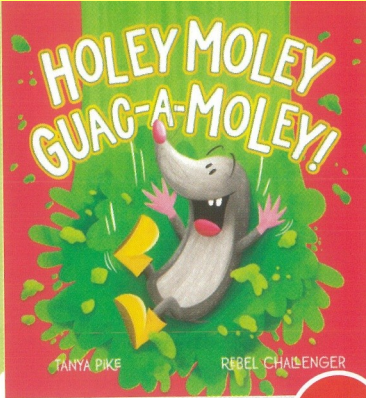


You're invited to our SCHOLASTIC Book Fair

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

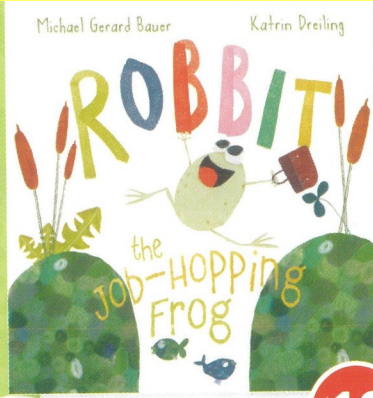


HOLEY MOLEY GUAC-A-MOLEY!

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

100140963 | HARDBACK PICTURE BOOK |
AGES 3+

\$10

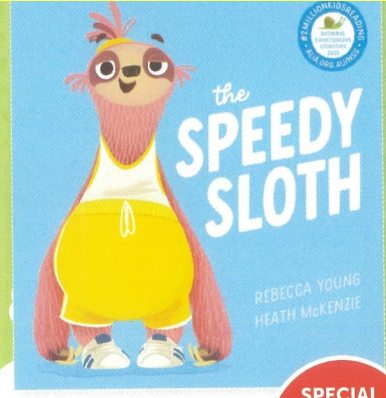


ROBBIT THE JOB- HOPPING FROG

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

100140961 | HARDBACK PICTURE BOOK |
AGES 3+

\$10

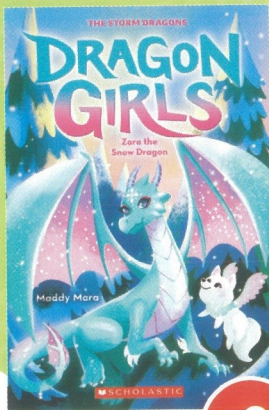


THE SPEEDY SLOTH

This sloth is determined
to win a race!

100139828 |
PAPERBACK PICTURE BOOK |
AGES 3+

SPECIAL
VALUE
\$6

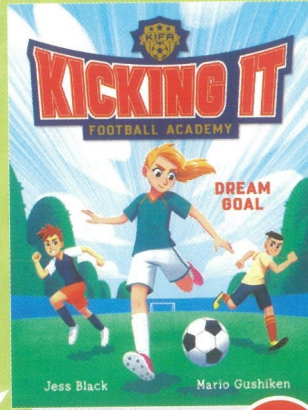


ZORA THE SNOW DRAGON

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

100139993 |
CHAPTER BOOK |
AGES 7+

\$9

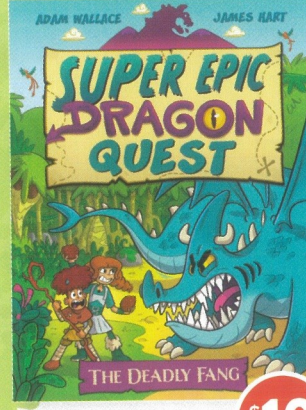


DREAM GOAL

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

100140997 |
CHAPTER BOOK |
AGES 7+

\$9

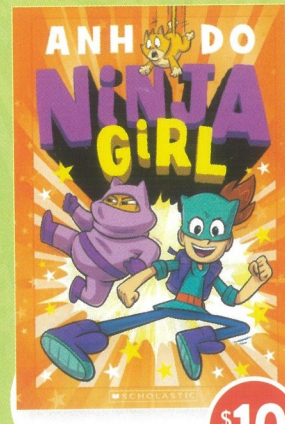


THE DEADLY FANG

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



SCHOLASTIC
REWARDS