Dear Parents and Carers of Bethany,

When young Tom was asked by his teacher if his family said a prayer before the evening meal, he replied, “We don’t have to, our mum’s a good cook”. Full marks to Tom; obviously, he has total confidence in his mother and loves her dearly. To be able to love his mum Tom firstly has to love himself. Some people find that this is not always easy to do.

Holding a strong respectful image of ourselves is essential to self-love. Whatever our history has been, it is possible, gradually, to learn to appreciate ourselves as a loving and loved person, a source of love for others and ourselves. Tom’s mother has a recipe for self-love and she lists the following as the essential ingredients:

Be kind to your mind. Gently change your thoughts if they are negative.
Treat yourself as you would treat someone you really loved. Praise yourself.
Consciously generate positive thoughts and feelings in place of old thoughts of inadequacy.
Watch what you say; avoid self put-downs. Cease to be critical of yourself and others.
Relax. Let God love you.

It’s possible for us to drift along through life simply looking up to people in whom we see goodness, beauty and love, because we do not see these qualities in ourselves. As a result, we begin to lean on others without realising that we have everything we need to stand on our own two feet. The psychologist, Scott Peek, suggests that, “We are incapable of loving another unless we love ourselves, just as we are incapable of teaching our children self-discipline unless we are self-disciplined.”

It’s possible, even when we proclaim ourselves to be Christians that we don’t love ourselves enough, to believe that God loves us. It’s possible that we don’t love ourselves enough to make sense in our lives of Jesus’ wonderful invitation to “Love your neighbour as you love yourself”. So, “As we learn love, we become more empathetic, sensitive and appreciative – with increasingly fewer conditions. As we learn love, we literally look forwards with greater confidence, enthusiasm and hope. We find meaning wherever we are, because love does not bring meaning. Love is meaning.” Stephanie Dowrick.

Here’s one of the great teaching parables of Jesus:

“The kingdom of heaven is like a mustard seed that someone took and sowed in their field. It is the smallest of all seeds, but when it is grown, it is the greatest of shrubs and becomes a tree, so that the birds of the air can come and can make their nests in its branches.” Matt. 13:31,32.
Here we can interpret a story about self-love starting out as something tiny and as it is cared for, grows into an attraction to which others are drawn. Tom’s mother has some ideas about the nurturing and Jesus has the invitation as to what to do with the developed quality. May many birds choose to build their nests in the branches of your life.

God, our Father,
We are thankful for our existence and for the gifts within us. Help us to develop these gifts so that we enjoy fully the wonder of our life. Amen.

Enjoy the holidays and return safely in Term 3.
Peace and Best Wishes

Cheryl Brown
Principal

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**STAFF PROFESSIONAL LEARNING**

During Term 3, the Bethany school community will be engaging in the following professional learning opportunities, this will require nominated staff to attend both on site and off school professional learning respectively.

Stage 3 teachers will engage in Contemporary Learning Frameworks with Steve Zipkes.

Grade 5 are teachers attending the Geometric Reasoning Course (final day).

Literacy Coordinator and Learning Support Staff attending Stage 2 & 3 Writing.

Assistant Principal and Learning Technologies Support Teacher attending Online Naplan training.

R.E.C. and A.P attending Mentor and Coaching Course.

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**STAFF LEAVE**

During Term 3 there are a few staff that will be taking long service leave. Please be assured that quality Catholic teaching will continue with the support of casual teachers.

The following teachers will be on leave at specific times throughout the term:-
Jodie Donlan, Lauren Keeley, Yvonne Terweeme, Alison Tredinnick
On behalf of the Bethany School community we wish all staff a safe and enjoyable break.

We welcome the following teachers for Terms 3 & 4:-
Ms Sarah Brady – Year 1 Blue
Ms Alana Balzan – Year 6 Red

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**STAFF DEVELOPMENT DAY – FRIDAY 11TH AUGUST, 2017**
We are happy to announce that we have raised more than $4,000.00 worth of sponsorship money for the St Vincent De Paul Society. Thank you to all families and friends for your generosity, and in particular, thanks to the students who advocated the worthy cause and gave up their luxuries that evening.

We look forward to the 2018 Sleep Out.. !!!!!!!

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**YEAR 6 END OF YEAR PLANNING MEETING**

We wish to invite Year 6 parents who would be interested in supporting the Year 6 End of Year events to a planning meeting on Thursday, 27th July, at 2.00 pm in the School Library. The aim of the meeting is to discuss the Year 6 End of Year events and the possibility of parents being able to assist with the following items:-

- Year 6 Social e.g. catering, cake, decoration and parent helpers with setting up etc
- Fundraising opportunities during Terms 3 & 4
- Year 6 2017 Year Book

The Year 6 teachers and myself look forward to meeting with interested Year 6 parents next term.

Please complete the tear off slip below and return to the School Office asap. Thanking you in anticipation.

Kind regards

Mrs Cheryl Brown, Mrs Cristina Cignarella & Ms Rachel Cefai

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**Year 6 End of Year Planning Meeting**

Parent Name: ________________________________

Child’s Name ________________________________ Class ____________

will / will not (Please circle relevant response)

be attending the Year 6 End of Year Planning Meeting on Thursday 27th July, 2017 at 2.00 pm in the School Library.

Signed ____________________________________ Date ______________

Parent/Carer Signature
## UPCOMING EVENTS

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Friday 30th June</td>
<td>Last Day of Term 2</td>
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<tr>
<td>Monday 17th July</td>
<td>Term 3 Commences</td>
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## BOOK FAIR & GRANDPARENTS DAY

**Wednesday, 26 July 2017**

We will be celebrating our annual Book Fair and Grandparents Day.

## ATTENDANCE

Well done to the following classes who received 100% attendance this week:

- KB, KW, 1B, 1R, 1W, 2B, 2R, 2W, 3B, 3W, 4W, 5B, 5G, 5R, 6B, 6R

School attendance 88%

## FIRST HOLY EUCHARIST

Parents are required to attend one parent information evening: either Thursday, 20th July at 7pm or Tuesday, 25th July at 7pm in the church. It is not necessary to bring your child for enrolment. At least one parent must be present at the evening. The First Eucharist Form will be handed out on these evenings. Please contact Sr Luke 4737 9735 for more information.

## TERM 3 SPORT DAYS

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<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>Kinder</td>
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<tr>
<td>Year 1</td>
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<tr>
<td>Year 6</td>
<td>Tuesday</td>
<td>Thursday</td>
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</tbody>
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## CONGRATULATIONS

Congratulations to Chelsea Graham in Year 5 White, who has recently been working as a featured extra in the Australian full feature horror movie called 'The School', where she plays a Warrior kid. The movie should be released early to mid 2018. Also, Chelsea has been chosen from thousands of applicants with 3 other girls to headline a new YouTube channel for Cartoon Network called 'The Unicorn Squad'.

**YOU’RE A SUPERSTAR!**
SCHOOL HOLIDAY ACTIVITIES

**Kids flicks on the terrace**

- **THURSDAY 6TH JULY**
  - MOANA

- **THURSDAY 13TH JULY**
  - SING

**FREE MOVIE** on the outdoor terrace + $13 Kids pizza meal deals + face painter

JOIN IN THE FUN FROM 5PM.
MOVIE COMMENCES AT 6PM.

The kiddies can bring a blanket and cuddle up on the sofas under our warm roof heaters.

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**KIDS BINGO**

**TICKETS $8** INCLUDES CHIPS, LOLLIES AND DRINK, BINGO TEXTA AND BINGO BOOK.

DOORS OPEN 1.30PM FOR 2PM START

**WEDNESDAY 5TH JULY**

Have fun & party

Terms and conditions apply.

ST MARYS RUGBY LEAGUE CLUB
CNR FORRESTER AND BORONIA ROADS
ST MARYS NSW 2760
PH 02 9677 7777 | www.stmarysleagues.com.au
SCHOOL HOLIDAY ACTIVITIES

KIDS WINTER Wonderland

Wednesday 12th July
Doors open 10.30am for an 11am start
Bring the kids along for some awesome entertainment, crafts and activities.

HALF HOUR PANTO SHOW
GIANT INFLATABLE SNOW GLOBE
JUMPING CASTLE
INFLATABLE SLIDE
SNOW MACHINE
MAKE YOUR OWN SNOW ACTIVITY
CHILDREN’S CRAFTS
AND OTHER ACTIVITIES

ONLY $10

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