Dear Parents, Carers and Friends of Bethany,

Today, we celebrated the importance of our mothers with a whole school liturgy dedicated to our Bethany mothers and grandmothers.

Mum, is a small word, which carries a lot of meaning and emotion for most of us. Becoming a mother is the start of a journey that can bring great joy, pride and happiness as well as worries and challenges. Most mums work things out as they go along and grow into their role over time. The most important thing mothers can do is to make sure children feel loved, safe and secure.

Mothers are timeless teachers in the classroom of life. Mothers are the most influential educators. They bequeath to us timeless wisdom, a legacy so precious and valuable. Mothers have often shaped our world by nurturing and instructing children to grow up to make life changing actions and history-making accomplishments. For every person, there is a mother behind, who fostered her child’s sensibilities to their full potential.

Mothers remain some of our most powerful teachers in the hands-on laboratory of everyday living. Of all their many attributes...all that comes down to is the heart – a mother’s heart. It has everything to do with the tenderness and toughness, the compassion and conscientiousness of the heart. There is nothing quite comforting as having our mother’s arm wrapped around us when we are sad, lonely, or afraid.

A Prayer for Mother’s Day

God our creator, we come before You
and lift up in prayer all mothers,
grandmothers, stepmothers and mothers to be
who gave the gift of life.

We give you thanks for their presence,
talents and gifts which they share in our church,
community and world.

May all mothers know of Your loving and gentle presence
and may they always turn towards You
in times of joy, sorrow and glory.
We ask this in Your Name.

Amen.

On the behalf of the staff, I wish all our Bethany mothers and grandmothers a wonderful Mother’s Day with their families and friends. God Bless and be safe, Cheryl Brown - Principal
RESILIENT KIDS PRIMARY PROGRAM

At Bethany we are focussed on promoting student wellbeing at all time. The school leadership team members and school counsellor have been investigating Primary School Program that promotes resilience and optimism.

We have researched the Kids Matters website and have decided to use the........... with the aim to further develop a K-6 Resilience Program for the future.

In the book *The Optimistic Child* (1995) Martin Seligman speaks out about the need to ‘psychologically immunise’ children to prevent depression and encourage a sense of optimism and personal mastery. He argues that it is not enough to bolster children’s self esteem by focussing on telling them how good they are.

Children, he believes, need to achieve in order to feel good about themselves. They need to learn social and problem solving skills which will help them overcome the obstacles and failures they will inevitably face. Teachers and parents need to encourage the development of positive attitudes which adolescents can harness when times get tough.

This term, our Year 6 students will do this through the Resilient Kids program. Each week, in small groups, we will work on particular skills and you will receive some suggested activities to reinforce these skills at home. The program starts Wednesday, 10th May at 1.45 pm and will continue till the end of Term 2.

The key concept is:
*Encountering Disappointment: Thinking and Acting Positively*

We appreciate that parenting is a very important role in today’s world as our children are growing up in an ever-changing world.

In Australia we are fortunate that most of our children and young people enjoy good health. However, mental health problems are not uncommon in people under the age of 25 years. Some of these problems may be relatively mild and short-lived and others may cause considerable distress to children, young people and their families over a longer period of time.

Children and young people may be affected by depression and anxiety, challenging and disruptive behaviours, eating disorders, psychosis and self-harming behaviour. They may also have difficulty adjusting to an illness or loss in the family.

Mental health problems are manageable. You can assist your child or young family member to live a happy, fulfilling life by encouraging them to talk about and work through these problems. This information has been source from the following website
Thankyou out to year 4 and their beautiful families for their amazing generosity. Brad and Natalie Wilkinson were overwhelmed with the amount of groceries that were delivered to them this morning. It will ensure that their time this week is spent at home with Toby as he recovers from major surgery, and also with the rest of their family. It is incredibly humbling to see our wonderful school community come together to help others in times of crisis. Small acts of kindness make such a big difference. Thankyou and God Bless.

RESILIENT KIDS PRIMARY PROGRAM CONTINUED

What can parents and families do?
Parenting and being part of a family are very important to the mental health and wellbeing of children and young people. You may not realise it, but you are already protecting your children’s mental health and wellbeing just by:

- showing your affection, interest and care for your children’s wellbeing
- encouraging your children to talk about their feelings and to work out problems even when it is difficult
- comforting your children when they are distressed or anxious
- spending time with your children, working on projects and taking part in activities together
- being aware of your children’s needs and differences at different stages of development
- providing consistent care and avoiding erratic or harsh discipline
- spending time individually with each of your children, and
- trying not to involve your children in your arguments and seeking help early if you are not able to resolve conflicts between family members.

Helping children and young people who have an emotional or mental health problem starts with listening. Acceptance and belonging are very important. Encourage your children to talk to someone they trust and be ready to listen yourself, but do not force them to talk. Praise and notice their achievements, especially small ones, and avoid criticising and pointing out shortcomings. Try to work out when your children need space and when they would benefit from company, and do things with them that they enjoy. Don’t forget to care for yourself and ask for help when you need it. If a young person is receiving professional help for an emotional or mental health problem you can still play a critical role in their recovery. To help a young person at such a time, let them know you care about their wellbeing and are there to support them.

It is important, as parents, to be aware of the potential threats of social media, accessibility of explicit and dangerous materials on television and film, and the effects and potential harm to our children in a digital age.

THANK YOU YEAR 4 ON BEHALF OF THE WILKINSON FAMILY
Here are the classes that had 100% attendance this week: our school is 86.2%.

KW, KR, 1B, 1R, 1W, 2B, 2R, 2W, 3B, 3R, 4R, 4W, 5B, 5R, 5W, 6B, 6W
Mother’s Day @ LITTLE HOUSE OF COFFEE

BREKKFAST

Regular Breakfast Menu
Served 8:30am - 11:00am
*Bookings Essential

LUNCHEON

Choice of 2 Courses $35pp or 3 Courses $40pp
Served 12noon - 3pm
*Bookings Essential

Wishing all of our lovely mums a very Happy Mother’s Day!