

BETHANY'S NEWSLETTER

FRIDAY 24RD AUGUST TERM 3 - WEEK 5



PRINCIPAL'S MESSAGE

Dear Bethany Parents and Carers,

Welcome to Week 5, Term 3. This week is REVIVE week for all staff. During this week all staff meetings are cancelled so the teachers have the opportunity to leave school early and spend their time with their families.

In 2017, there was an initiative to promote staff wellbeing where the staff was able to express the things that cause stress in their working life. The staff decided to have a 'REVIVE' week in the 5th week of each term. We have set up a wellbeing centre in the staffroom with resources for staff to read, and staff have provided inspirational posters and motivational cards.

Today, one of our staff forwarded the following '**encouragement for the day**' in an email to all staff:

***"This is my command—be strong and courageous!
Do not be afraid or discouraged.
For the Lord your God is with you wherever you go."***
Joshua 1:9

***You Stand Because I Stand
You are my dear one.***
*Every act of love, every term of affection, every caress,
every high-five, every smile is because of Me.
I create everything good. I create love. I bring forth love.
You are not like trees pushed over, roots pulled up from the ground.
They lie there, roots exposed, vulnerable, thirsty and desperate,
drying up for lack of care, lack of nourishment, attention, love.*

PRINCIPAL'S MESSAGE CONTINUED

I bring forth love in you, dear one.

*I bring forth goodness, and I raise you up to stand,
to not cower and hide, but to stand.*

You can lean against Me when you stand.

*You can feel like crying and hiding and running
and turning far, far away, while I stand.*

You stand because I stand with you.

*You are a warrior, a gentle, fierce, mighty, heroic, beautiful,
glorious warrior in my name.*

I foster in you beauty and gentleness and humbleness, a full heart with Me.

And this is all, only because . . . with you, I stand.

I stand amidst storms and droughts.

I stand through heartache and sickness and loss and death.

I stand when you cannot.

I stand because you cannot.

I stand because I want to.

I like being here with you.

I come, rescued one. I come, beautiful one. I come, delightful one.

I come, fierce one.

You stand because in you I've placed roots nourished by my love.

Held, steadfast by my love.

My love is what is strong.

My love is what holds you secure.

Keep thinking on Me, eyes on Me.

I can help you lean on Me.

I can help you love Me.

I am the creator of love.

There is more than enough love to go around.

So, ask Me.

Ask Me for more love in your heart.

Ask Me to help you lean into Me.

*Ask Me to help you see what I see—what your roots look like, how I care for you, how I do more than just
help you to stand.*

On behalf of the staff I wish to express our appreciation for the beautiful verse and the heartfelt intentions for all in our Bethany community.

Warmest Regards

Cheryl Brown

Principal



ASSISTANT PRINCIPAL'S MESSAGE

Medical Alerts

A gentle reminder to all parents and carers to update your child's medical alert at school. If your child is an asthma sufferer, anaphylactic or has any other allergies or conditions, we advise all parents to ensure that their Medical Plan is up to date. A copy of the latest medical plan is to be provided to your classroom teacher, who in turn will make copies for the office. If no medical plan has been provided by your general practitioner, we encourage parents to write a note explaining the condition, symptoms and remedy required for the specific condition. We want to ensure that classroom teachers, as well as office staff are kept informed and ready to take action if necessary. Should you have any questions about the above, please do not hesitate to contact the school office.

Playground Roster

Earlier this term a playground roster was put in place to allow our Infants students the opportunity to play on the oval and other areas of the school. We know that our younger population have beamed at the experience. At present we are in the process of collating student and staff feedback about the new arrangements, through our Student Representative Council (SRC).

Life Education - Healthy Harold

Earlier this week, all students received a note informing parents about the Life Education Program which Bethany will be exploring in Weeks 7 and 8 of this term. Parents and Carers are invited to attend the Parent Session on Monday 3rd September at 8:30am to experience the lively learning centre. The purpose of this session is to familiarise parents with the learning setting of Life Education, as well as provide parents the opportunity to ask any questions to the facilitators about the content covered. Lastly, please remember that merchandise can be purchased on the Life Education website and through the order form which was sent home. Please be mindful that orders will only be accepted in Week 7, followed by delivery in Week 8.



IMPORTANT DATES

Friday 24th August	Staff Spirituality Day/Staff Development Day
Monday 27th August	Voice of Youth Cluster Finals - Bethany School Hall
Monday 27th August	Justin Coulson 'BE HAPPY' Presentation - <i>Years 4, 5 and 6 students</i> - 1:30 pm
Monday 27th August	Father's Day Stall - Bethany School Library
Tuesday 28th August	St Nic's Netball Gala Day
Thursday 30th August	Father's Day Stall - second chance
Friday 31st August	Father's Day Breakfast - 8:30am ; Open Class- rooms - 9:15am; Liturgy - 10:15am
Friday 31st August	Celebration of Learning - Year 3 - 2:15pm
Sunday 2nd September	Father's Day Children's Mass, Padre Pio Church - 9:30am
Sunday 9th September	Holy Eucharist Mass, Padre Pio Church - 12:00pm

UP AND COMING EVENTS

The Bethany, Caroline Chisholm and Corpus Christi school communities will be welcoming Justin Coulson to their schools.

Justin Coulson 'BE HAPPY' Presentation at Bethany

On Monday, 27th August, 2018, Justin Coulson will be at Bethany to talk to our **Years 4, 5 and 6 students** in the School hall at 1:30 pm – 2:15 pm.

The flyer features the Parents Representative Council (PRC) logo at the top, with the tagline 'SUPPORT | CELEBRATE | EDUCATE' and 'Partners in learning'. The main title is '10 Things Every Parent Needs to Know'. Below the title is a collage of book covers including '9 Ways to a Happier Child', '21 DAYS TO A HAPPIER FAMILY', 'IT'S ALL ABOUT BODY CONSENT & RESPECT', 'CREATING CONFIDENT KIDS', and 'How to Get Your Kids to Listen & Obey'. A central photo shows Justin Coulson smiling. Text on the flyer includes: 'Back by popular demand! Raise your children in positive ways!', 'Simple and effective strategies for the main issues parents confront in everyday family life.', 'Justin shares his secrets of effective attention, communication and understanding; how to discipline effectively and set limits; and how to manage hot-button issues such as sibling conflict, chores, school and screens - yet still have fun as a family.', 'Our guest speaker for the evening is: Dr Justin Coulson', 'Author, Parenting Expert, International Speaker and Father of six (Yes, 6!) beautiful girls', 'Register FREE now: <https://goo.gl/pHU69z>', 'Monday, 27 August 2018', 'Doors open: 6:30pm for 7:00pm start (approx. 2 hours)', '(Term 3 – PRC General Meeting will be held prior to our speaker session)', 'at Corpus Christi Catholic Primary, 90 Andromeda Dr, Cranebrook NSW', 'THANK YOU TO OUR 2018 SPONSORS! www.floralexpressions.com.au', 'Tea, Coffee and light snacks will be provided and a lucky door prize will be up for grabs!', 'www.prc.catholic.edu.au', and social media handles '@prcparra' on Facebook and Twitter.

The Justin Coulson 'RESILIENCE' Presentation at Caroline Chisholm **for Teachers** Justin Coulson will be presenting to the Caroline Chisholm and Bethany staff at 3:00 pm – 4:00 pm.

Justin Coulson (10 Things Every Parent Needs to Know)

The Parent Representative Council (PRC) have organised for Justin to be available **for all parents** of the three school's parent and friends community to listen to Justin Coulson at Corpus Christi Primary School, Cranebrook at 7:00 pm.

Justin Coulson is very engaging and people who attend say they get a lot of benefit from his talks.

Please register to attend at <https://docs.google.com/.../1FAIpQLSdpoog0k2mPDMCZ3w.../viewform> or visit to the Bethany Parents and Friends Facebook site to register.

UP AND COMING EVENTS

A FIVER FOR A FARMER



Bethany school community invites all students, parents and staff to come to school dressed like *a farmer* on Thursday 20th September, 2018 and donate at least a five dollar note donation (a minimum of \$5 per family would be much appreciated).



Every dollar makes a difference. A fiver can make a huge difference to our Farmers in need.

PARENT AND CARER INFORMATION

BUILDING RESILIENCE IN CHILDREN

Resilience ... it's a familiar word, isn't it? But what does it really mean?

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. Stress is a risk factor for mental health conditions such as anxiety and depression, if the level of stress is severe or ongoing.

So where does resilience come from?

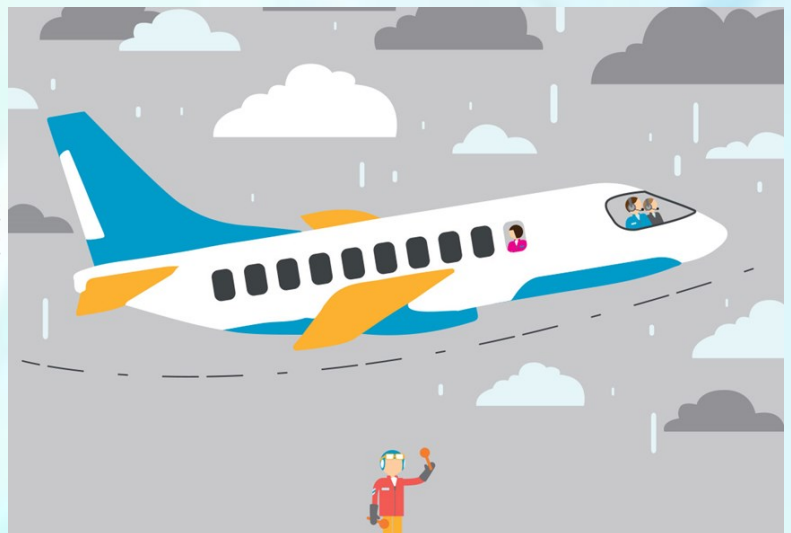
Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

The ability of the plane to get through the poor weather and reach its destination depends on:

- the pilot (the child)
- the co-pilot (the child's family, friends, teachers and health professionals)
- the type of plane (the child's individual characteristics such as age and temperament)
- the equipment available to the pilot, co-pilots and ground crew pilot, co-pilots and ground crew
- the severity and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. We've got some simple things that you can do in your own home.



PARENT AND CARER INFORMATION

How can I build resilience in my child?

Our latest research found that there are five areas that offer the best chance for building resilience in children.



As a parent, carer, or significant adult, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- build good relationships with others including adults and peers
- build their independence
- learn to identify, express and manage their emotions
- build their confidence by taking on personal challenges

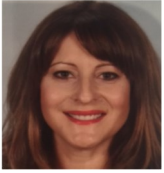
There are some simple things you can do to build your child's resilience in these areas.

Source: <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

It's important to remember that the strategies we recommend:

- are suitable for everyday use with children aged 0–12 years
- have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- should be prioritised in a way that best meets your child's needs.

If your child is currently experiencing stress, challenges or hardships in life which are affecting their wellbeing, additional professional support may be necessary.



RE - Mrs Cignarella

The Power of Prayer

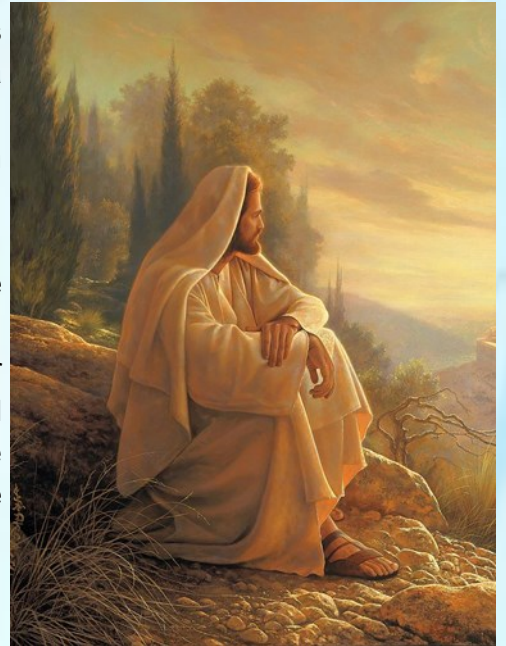
What is Prayer?

Prayer is the raising of one's mind and heart to God, or the petition of good things from him in accordance with his will. It is always the gift of God who comes to encounter man. Christian prayer is the personal and living relationship of the children of God with their Father who is infinitely good, with his Son Jesus Christ, and with the Holy Spirit who dwells in their hearts.

p.161, Compendium of the Catechism of the Catholic Church, 2005

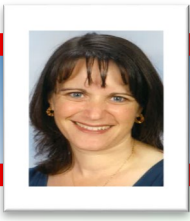
God's help through the power of prayer is available for all kinds of requests and issues. Philippians 4:6-7 tells us, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." If you need an example of a prayer, read Matthew 6:9-13. These verses are known as the Lord's prayer. The Lord's prayer is not a prayer we are supposed to memorize and simply recite to God. It is only an example of how to pray and the things that should go into a prayer - worship, trust in God, requests, confession, protection, etc. Pray for these kinds of things, but speak to God using your own words.

Jesus loved His Father and communicated with Him often. He prayed for wisdom and guidance in His earthly ministry. He prayed for others to come to know Him as Savior and Lord. He prayed for the twelve disciples, that God would protect them from "the evil one." Jesus prayed for God to strengthen their ministry once He departed from them. He prayed with honesty and reverence. He prayed with joy and praise. But most of all, Jesus prayed with expectation. He knew the Father heard His prayers and would respond.



This should be our goal as believers:

Pray as Jesus prayed.



LITERACY - Mrs Baldacchino

Learning to read is all about understanding the text. As children develop their understanding of sounds, build their vocabulary and become more fluent in putting words together, they become better at comprehending what they are reading.

Comprehension involves:

- Locating the main idea in what is being read
- Drawing inferences
- Generating questions
- Monitoring our own understanding
- Making a summary of the content.

Comprehension is taught through the big six comprehension strategies which were published in an earlier edition of the Bethany newsletter this year. They are:

Making Connections

Making Predictions (activating prior knowledge)

Visualising

Asking questions

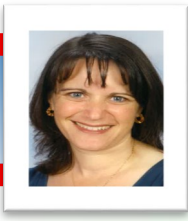
Monitoring

Inferring

Summarising

Determining importance





LITERACY - Mrs Baldacchino

As children develop their reading skills, they draw upon a range of these comprehension strategies to help make meaning of what they are reading.

You can assist your child to develop their comprehension as they read at home by:

- Asking questions about the book they are reading or has chosen to read. Ask questions such as 'What happened when....?', 'What happened next?' or 'How did the story end?'
- If reading a familiar book, ask why they like the book or what is the best part of the story. Questions of this type will establish a purpose for reading and help your child to make connections between their own experiences and what is likely to happen in the book.
- Clarify and review what has happened so far in the book.
- Confirm and create new predictions and justify the predictions.
- Infer why a character has chosen to take a particular course of action and what the consequences will be and why they think that.
- Discuss what they like and don't like about the story or text and explain why.

Whilst developing comprehension is essential to a child being a competent reader, it is also important to allow children time to read for leisure and enjoyment. And remember, comprehension isn't just limited to books. Comprehension skills can continue to be developed by reading instructions such as those for board games or maths tasks. As a family you could watch films and videos of books the children have read and compare the film version to the print version.

This information adapted from: 'Helping your child learn to read: A guide for parents' Board of Studies NSW.

For further information visit:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/parents/parent-guide>



NUMERACY - Mrs Dowlan

With our school goal focussing on working mathematically it is important that students at Bethany are being taught skills that lead to deeper understanding. One way is through rich discussion.

Some staff have already been exposed to 'Talk Moves'. By the end of the term all staff will be engaging in this process of facilitating a learning environment where 'talk' matters.

WHAT ARE TALK MOVES?

- Talk moves provide students with opportunities to express their individual mathematical thinking and problem solving approaches during classroom discussions
- The purpose and intent of implementing talk moves is to move from teacher led instruction that solves problems with a single solution to student driven discussions where multiple strategies are presented.
- Using talk moves and math talk allows the teacher to more deeply understand the process that students use to solve a problem.

An overview can be seen on the following page. What is interesting is the teacher's role in facilitating these conversations.





NUMERACY - Mrs Dowlan

Talk Moves to Support Classroom Discussion (Kazemi & Hintz, 2014)

Revoicing: “So you’re saying” —

Repeat some or all of what the student has said, then ask the student to respond and verify whether or not the revoicing is correct. Revoicing can be used to clarify, amplify, or highlight an idea.

Repeating: Can you repeat what she said in your own words?—

Ask a student to repeat or rephrase what another student said. Restate important parts of complex idea in order to slow the conversation down and dwell on important ideas.

Reasoning: “Do you agree or disagree, and why?” “Why does that make sense?”

After students have had time to process a classmate’s claim, ask students to compare their own reasoning to someone else’s reasoning.

Allow students to engage with each other’s ideas.

Student: “I respectfully disagree with that idea because...”; “This idea makes sense to me because...”

Adding On: “Would someone like to add on to this?”

Prompt students, inviting them to participate in the conversation or to clarify their own thinking.

Student: “I’d like to add on...”

Wait time: “Take your time...”

Wait after asking a question before calling on a student.

Wait after a student has been called on to give the student time to organize his or her thoughts.

Student: “I’d like some more time.”

Turn-and-Talk: “Turn and talk to your neighbour...”

Circulate and listen to partner talk. Use this information to choose whom to call on.

Allow students to clarify and share ideas.

Allow students to orient themselves to each other’s thinking.

Revise: “Has anyone’s thinking changed?” “Would you like to revise your thinking?”

Allow students to revise their thinking as they have new insights.

Student: I thought....But now I think... because.... I’d like to revise my thinking.

**ANCHOR CHARTS ON ‘TALK MOVES’ WILL
SOON BE ON DISPLAY IN LEARNING SPACES
THROUGHOUT THE SCHOOL**



SPORT - Mrs Dowlan

ZONE ATHLETICS REPORT

Recently, 44 students represented Bethany at the zone athletics carnival. The students represented Bethany and themselves proudly giving their absolute best on the day. On an individual level two students took out Age Champion and Runner-Up Age Champion. These were:

Tristan Scott - Senior Boys Age Champion

Lachlan Hay - Junior Boys Runner-Up

Congratulations to both these boys. They will be receiving these awards today at diocesan, however we will formally present these to them at an upcoming Monday morning assembly.

All four of our relay teams made it through to diocesan which is an amazing feat. No other school in Nepean zone managed this, so well done Bethany relay teams. The following students from Bethany are attending diocesan;

Regan Allardice
Lachlan Antecki
Ryan Banister
Riley Coburn
Joshua Debrincat
Jasmine Hay
Lachlan Hay
Mitchell Hayes
Campbell Kean
Kade Maloney
Kiara Parkinson
Zoe Parkinson

Mischa Partridge
Hayley Quirk
Cooper Ranieri
Charlyse Russo
Tristan Scott
Zavier Scott
Gracy Thompson
Isabella Vella
Isaac Vincent
Abbey Wilson
Telia Wilson
Amelia Wood

Next newsletter a diocesan report will be included.

NETBALL GALA DAY

This Tuesday the 28th August Bethany will be sending 5 teams to the Annual St Nic's Gala Day. A big thank you to the staff that have been training the teams over the past weeks. We wish them, Mrs Inskip and Mrs Gibson well on the day.



SPORT - Mrs Dowlan

Some photos of students at the Zone Athletics carnival:



SPORT continued- Mrs Donlan



OTHER NEWS

Join us in celebrating Our Lady's Birthday with a

Reflection Day for Women

Saturday 8 September 2018

Mt Schoenstatt

230 Fairlight Rd Mulgoa

9.30am – 3.00pm



Sr Mary Louise Walsh
Cost \$25 / BYO lunch –
tea & coffee provided

Register by 4 September
info@schoenstatt.org.au
Ph 4773 8338



Girls, aged 10-13: this is for you! Save the Date!

Learn about the Rosary, the connection between faith and
our everyday lives- and don't forget about the craft and
many more fun activities at our...



Schoenstatt Girls Camp 2018!

When: Friday, 5 October 2018, 4pm – Monday,
8 October 2018, 4pm

Where: "Home of Light" 230 Fairlight Rd. Mulgoa

Cost: \$120.00 (includes food & accomm.)

Deposit: \$40.00 non-refundable - Please pay either
through CHEQUE; CASH; DIRECT DEPOSIT
(BSB 062 589; Account 00902961 Schoenstatt Sisters of
Mary - please include your name as reference)

- Sponsorships available -

RSVP: Tuesday, 18 September 2018

Registration form and deposit required



Contact for registration form and further details: Sr. M. Luka Junemann, 230 Fairlight Rd., Mulgoa NSW 2745
(mob) 0439 537 843 / (email) sr.m.luka@bigpond.com / (fax) (02) 4773 8530

OTHER NEWS

FAMILY FUN DAY

at the New South Wales Parliament
October School Holidays!

FRIDAY 12 OCTOBER
10 AM TO 3 PM



Sausage
Sizzle
\$3.00
per person

Free fun educational activities at Australia's oldest Parliament for children from 4 to 12 years.

Follow the children's trail; enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers places rarely open to the public. Engage with roving historical characters and celebrate the 100 year anniversary of women becoming eligible for election to parliament and admittance to the legal profession in NSW.



FREE ENTRY

Activities

10.00 am to 3.00 pm

Location

6 Macquarie Street –
opposite Martin Place

The public café
will be open.



FREE ENTRY • All Welcome

E: dps.education@parliament.nsw.gov.au

www.parliament.nsw.gov.au

Parliament of New South Wales,

6 Macquarie Street, Sydney

GROUP BOOKINGS

FOR 10 OR MORE

ESSENTIAL

9230 2047