

BETHANY CATHOLIC PRIMARY SCHOOL NEWSLETTER



Term: 1 | Week 8 | Friday, 19th March 2021

PRINCIPAL'S MESSAGE



Dear Bethany Families

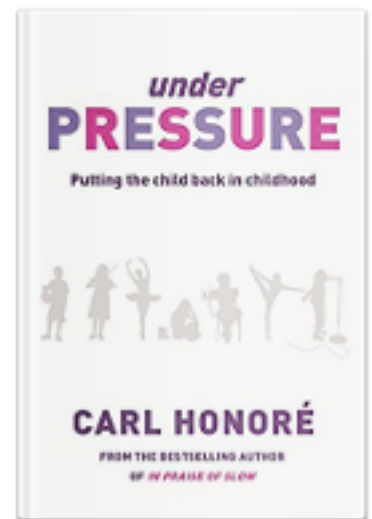
In the mid 1980s **Carlo Petrini** started the **Slow Food Movement**. Part of its aim was to reclaim and preserve the beauty and ancient traditions of cooking as well as the growing of good, clean and fairly grown produce.

Petrini was concerned with the growth of the fast food mentality and the relegation of eating to simply a function of satisfying hunger. The Slow Food Movement was also about preserving the family meal not simply as a “**product**” but reclaiming the importance of the social act of sharing a meal.

As we juggle our weekly family and work demands, the notion of slow food is one that can be a challenge for many of us to manage day-to-day but very much worth keeping in mind. The precious time we spend at meal times together as a family is a wonderful opportunity to **talk with each other** around the table.

Inspired by the Slow Food Movement, author **Carl Honore** has coined the term “**Slow Parenting**”. This term describes a philosophy which encourages children to grow and explore the world at a more measured pace. In essence what Honore talks about is that our children’s formation is like a journey rather than a destination **and it is this journey that provides opportunities in many forms for growth and wisdom.**

Increasingly, research is suggesting that this journey of formation needs to incorporate the **building of resilience**. A few years ago educator, Professor Carol Dweck (Professor of Psychology at Stanford University) presented at a conference held in Melbourne entitled **Happiness and Its Causes**. In her keynote address, Professor Dweck said the following:



Struggle should be something that's valued. If we focus only on happiness, we're neglecting the richness of the full emotional spectrum and we are overlooking the fact that you couldn't make sense of happiness if you don't know sadness.

In other words **accepting setbacks and unpleasant emotions is the key to building resilience.**

She went on to urge parents and educators to talk to their children not only about their **successes but also about their struggles and ways of dealing with them** rather than avoiding a difficult conversation. Just like the Slow Food Movement, which encourages the full development of our sense of taste, this building of resilience builds our ability to deal with adversity in many situations.

PRINCIPAL'S MESSAGE CONTINUED

Likewise, Christ's mission on earth was centred on teaching and living the full spectrum of the human condition including hardship, negativity and loss as well as experiencing abundant joy. One only needs to meditate on **The Sermon on the Mount** and **The Beatitudes** to realise that resilience – the ability to bounce back and grow through life's many changes, challenges and encounters is at the heart of Christ's teachings.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who are persecuted for the sake of righteousness,

for theirs is the kingdom of heaven. (Mt 5:3-10)

Our endeavour therefore is to work together, families and school to help to build up, model and encourage resilience in our young that encompasses the richness of the full emotional spectrum of life.

Until next time,

Sergio Rosato

Principal

<https://www.youtube.com/watch?v=u7dxXzfy0ro>

<https://www.education.com/magazine/article/slow-parenting/>

<http://www.carlhonore.com>

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."
- Carol S. Dweck



SRC INDUCTION

Student Representative Council Induction 2021

The induction of our **Student Representative Council (SRC)** last Thursday continues an important tradition within our Bethany School Community as the privilege and responsibility of servant leadership is passed to a new group of representatives.

In being chosen by their peers to serve on the SRC these students have displayed characteristics which typify **servant leadership** such as honesty, humility, treating others with respect, generosity and using good judgement when making decisions.

My brief address during the ceremony centred on the virtue of **"courage"**. In doing so, we reflected on some well known historical figures whose courage has made a significant difference to the lives of many. **Heroes** such as Saint Mary of the Cross Mackillop, Neil Armstrong, Anne Frank, St Mother Teresa of Calcutta, Sir Edmund Hillary, Martin Luther King and Nelson Mandela. We also focussed on the **everyday, ordinary type of courage** demonstrated by less famous people in our community who go about their daily lives as nurses, doctors, police officers, factory workers, paramedics, scientists, fire fighters, teachers, mothers, fathers and aged care workers. Those who show daily courage humbly, quietly and with dedication using the gifts that God provides to make their communities a better place.

To better understand what courage means we need to look at where the word courage comes from. Courage comes from the Latin word **cor** (coeur in French), meaning, **"heart."** So rather than meaning some super heroic act of bravery. **Courage is to act from one's heart.** The word's origin tells us that when we act courageously we are being true to our real self. True to the person that God made in His own image rather than a pale imitation. True courage then is about being true to ourselves and practicing simple acts of generosity and kindness each day.

Our best example of pure loving courage is Jesus Christ. In His life Jesus more than anyone lived out this model of courage with all those he met and taught.

The ceremony on Thursday provided a way to acknowledge the students who have been recognised by their peers as demonstrating the courageous qualities of servant leadership.

It also gave us an opportunity to focus on the qualities we all should be aiming for as we strive to live out our school motto, **In Christ we love and serve.**

We congratulate each member of our 2021 SRC. May they each lead like Christ did - with humility, honesty, faith, love, compassion and courage.



CATHOLIC SCHOOLS WEEK

Last week we also celebrated **Catholic Schools Week**. CSW provided us with an opportunity to celebrate the unique story of Catholic Education in Australia. The American poet Maya Angelou once wrote: **"If you don't know where you've come from, you won't know where you're going"**. In this way CSW serves to connect us to the early Catholic educators and families whom they served and on whose shoulders we stand and to look with hope to the future.

The first Catholic school in Australia was opened in October 1820 in Hunter Street, Parramatta. The school's first intake numbered just 31 students – seven of whom were not Catholics. Fast forward to 2021 there are now almost 1800 Catholic schools nationally, educating some 800,000 students and employing over 96 000 staff. **One in five Australian students attends a Catholic school** – a remarkable achievement in just over 200 years.

The story of Catholic Education in the **Great South Land of the Holy Spirit** is one of courage, struggle and resilience with heroes like **St Mary of the Cross Mackillop**. A woman whose extraordinary **faith, vision, tenacity and passion** made education available to ordinary Australian children from various walks of life – both in the cities like Sydney, Melbourne, Brisbane and Adelaide as well as in rural and remote areas.

Mary and her **Sisters of St Joseph** travelled great distances on foot to set up schools all over this great land. They often travelled on horseback using the tracks made through the bush by wallabies. The **"wallaby tracks"** helped the sisters to find their way to isolated towns and communities where new Catholic schools were opened and lives transformed.

Mary's motto, **"Never see a need without doing something about it"**, became the call to mission for the **"Brown Joeys"** to educate and care for the **poorest of the poor**. The power of education was, and still is, its ability to change lives for the better. The Josephite Sisters were joined in this mission by other orders such as the **Good Samaritan Sisters, Sisters of Charity, Presentation Sisters** and **Sisters of Mercy** as early pioneers in Catholic Education.

A few years ago I was blessed to be able to take part in a pilgrimage called, **In the Footsteps of Mary**. The pilgrimage involved visiting various places pertaining to Mary Mackillop's life and mission through NSW, Victoria and South Australia.

One highlight was visiting the tiny township of **Penola** in South Australia. It was at Penola that Mary with the help of Father Julian Tenison-Woods started the first school in a stable in 1866.

Whilst at Penola we visited the Old School House and Visitors Centre. We were privileged to be able to celebrate Mass with a number of the "Brown Joey" nuns at **St Joseph's Church** (Mary's church) and to receive communion from a ciborium and chalice belonging to Father Woods also used by Mary.

CATHOLIC SCHOOLS WEEK CONTINUED

A personal highlight was being able to provide music for the Mass including a specially composed verse in honour of Mary of the Cross Mackillop to the song **We are Australian**:

I came to Penola with a mission to fulfill

To start a school, serve the poor and to do God's will

I'm a pioneer of the Catholic Church, I'm a brown clad Josephite nun

I'm Saint Mary of the Cross

I am Australian

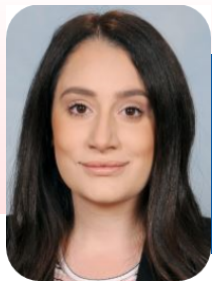
A range of events and activities took place to help our school community celebrate CSW. These included a whole school Mass, school tours, mufti day, special prayers, literacy activities, and Father Suresh visiting each grade to talk with the children about Catholic Education in Australia and vocations.



RE Angels were inducted and blessed during the Catholic Schools Week Mass.

Congratulations to our RE Angels 2021.

Absent: Alexander Holy



RELIGIOUS EDUCATION



“We are saved from the darkness”

Gospel – John 3:14-21

¹⁴AND just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up,
¹⁵that whoever believes in him may have eternal life

¹⁶“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. ¹⁸Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God.
¹⁹And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. ²⁰For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. ²¹But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God”



Last Sunday's Gospel calls us to lift up our eyes, place our gaze on that which is larger than ourselves and our own immediate reality. The beautiful painting of Daniel Holeman aims to capture a sense of how this attitude of heart can transform our vision. Our indigenous brothers and sisters expressed their wonder of the transcendent as they gazed at the canopy of stars in the night sky. It is highly probable that our Australian Aboriginal people were some of the first human beings to name the celestial objects in the night sky. As they lifted their gaze to the stars pondering the purpose and meaning of life, rich stories developed which shaped their social, cultural and spirituality. They received enlightenment from the stars which served to ward off the darkness akin to what Jesus is referring to in the Gospel. Hence, they practised deepening and strengthening their interconnectedness with relationships, family, community and Creator.

God, in the light of your love, we recognise our need for you. You reveal the paths to us, but we must choose to walk them. We ask you to stay with us at every step, to be our strength and our courage so that we can find the way to you.

Amen

RELIGIOUS EDUCATION CONTINUED

Sunday Children's Masses

Our first Sunday Children's Mass for March was a huge success. Many thanks to all the families who attended and participated so beautifully. Our next Sunday Children's Mass will be held on Sunday 2nd May at 10am. Year 6 will be leading this Mass. We hope you can join us for a beautiful celebration of the Eucharist.

We need your help

Our school and our parish are in desperate need of palm leaves for our Holy Week celebrations. If you have any palms we would be very grateful if you could bring them into the school office ASAP.

Upcoming Events

Date	Event	
Tuesday 23rd March	First Sacrament of Penance and Reconciliation	7pm in the church
Friday 2nd April	Stations of the Cross	10am in the church
Sunday 2nd May	Sunday Children's Mass led by Year 6	10am in the church

Blessings for a wonderful week,

Rebecca Lloyd REC

SPORT



BETHANY CROSS COUNTRY & FUN RUN POSTPONED

Due to wet weather and poor oval conditions, the Bethany Cross Country & Fun Run has been postponed to **Friday 26th March**.

HOCKEY

Congratulations to Addison Finnimore who trialed and qualified for the Parramatta Diocesan Hockey Team. Great work Addison!



DIOCESAN SWIMMING CARNIVAL

Last week, Bethany swimmers represented the Nepean zone at the Parramatta Diocesan Swimming carnival held at Blacktown. I thoroughly enjoyed watching them push themselves to swim their best on the day!

As results were not displayed, below are the achievements for each swimmer. The results were out of 2 heats.

100 m Freestyle

9th Ashton Paduch
14th Charlotte Finnimore
1st Matilda Mobbs (MC)

8 yr 50 m Freestyle

12th Nikola Marakovic

9 yr 50m freestyle

5th Brody Willmott
7th Zane Duncan

10 yr 50m Freestyle

12th Addison Finnimore

12 yr 50m Freestyle

1st Matilda Mobbs (MC)
8th Ashton Paduch
14th Charli Seymour
15th Elle Tangata - Toa

Junior Breaststroke

13th Addison Finnimore

Senior Breaststroke

1st Matilda Mobbs (MC)
14th Charlotte Finnimore

Senior Backstroke

1st Matilda Mobbs (MC)

Junior Butterfly

11th Isabella Gostlow

Senior Butterfly

5th Ashton Paduch

200 m IM Senior

10th Ashton Paduch

Junior Boys Relay- 6th

Alexander Holy
Mateo Tangato-Toa
Brody Willmott
Jude Dunn

Junior Girls Relay - 4th

Anna Coburn
Isabella Goslow
Georgia Gately
Addison Finnimore

Senior Boys Relay - 8th

Rory Gately
Ashton Paduch
Logan Krahe
Xavier Pizanis

Senior Girls Relay -10th

Charlotte Finnimore
Matilda Mobbs
Charli Seymour
Elle Tangata - Toa

Mrs Neilly

SPORT CONTINUED

NSW CATHOLIC PRIMARY SCHOOLS SWIMMING CARNIVAL

A special mention goes to the following students who will be competing at the NSW Catholic Primary Schools Swimming Carnival on the 22nd March at Homebush:

Matilda Mobbs and the Junior relay team: Anna Coburn, Isabella Gostlow, Georgia Gately and Addison Finnimore. Good luck!!

SWIMMING CARNIVAL FUN



Mrs Neilly

DATES FOR THE DIARY

Monday 22nd March	NSWCPS Swimming - SOPAC
Wednesday 24th March	2021 Parra Team Touch Trials - St Marys 4:00pm
Wednesday 24th March	Mrs Liepa - Farewell - Book Character Dress up
Thursday 25th March	Reconciliation - 4W
Friday 26th March	Bethany Cross Country & Fun Run (new date)
Friday 26th March	MACKILLOP AFL Trials - Wagga
Tuesday 30th March	Reconciliation - 4B
Wednesday 31st March	NSWPSSA Swimming - SOPAC
Wednesday 31st March	NSWPSSA Diving
Thursday 1st April	NSWPSSA Swimming - SOPAC
Thursday 1st April	Last day of Term 1
Monday 19th April	First Day Term 2

DATES FOR THE DIARY

As One Chapter Closes **A NEW CHAPTER** Begins

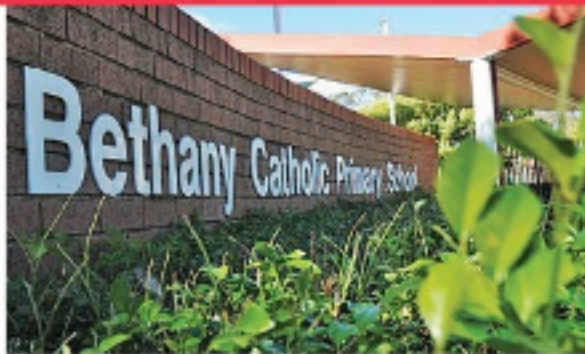


BETHANY BIDS FAREWELL TO MRS LIEPA

To celebrate Mrs Liepa's last week come dress as your
favourite book character

Date: Week 9 Wednesday, 24th March 2021

KINDY ENROLMENTS 2022



Bethany Catholic Primary School
First round
enrolments for
Kindergarten 2022
due by 1st April 2021



Second round offers based on availability

Please contact the School Office on 47233700 for enrolment packs or visit our website
www.bethanyglenmorepark.catholic.edu.au for further information

COMMUNICATION

The following information has been advised via the SkoolBag App:

17/3/21	Bethany Cross Country & Fun Run - Postponed
15/3/21	Science and Technology YEAR 1
12/3/21	Farewell - Mrs Liepa Launching "Seesaw"
11/3/21	Cross Country / Fun Run Morning and Afternoon Routines



OTHER MATTERS

Medical Action Plans 2021

If your child is on a Medical Action Plan, could you please take the time to check that it is still valid. Medical Action plans are valid for 12 months. We would appreciate it if updated Action plans could be brought to the office as soon as possible.

School Fees

Thank you to those families who have paid the 2021 Instalment 1 of School Fees that were due on **Wednesday 17th March 2021**. If you are experiencing financial difficulties or would like to go into a payment arrangement, please contact Wendy Vincent on 02 4723 3700 or bthy-glmpfees@parra.catholic.edu.au to discuss.

Attendance

School attendance plays a critical role in enhancing the lives of students in schools. Every Day of attendance adds to a student's achievement and success at school. Schools in partnership with parents are responsible for promoting the regular attendance of students.

every learner every day ✓

ABSENCES ADD UP!

FEBRUARY 2 DAYS A MONTH = NOVEMBER 4 WEEKS A YEAR = MISSING MORE THAN 1 YEAR OF LEARNING IN 12 YEARS

DID YOU KNOW

1 IN 6 PRIMARY STUDENTS ARE NOT ATTENDING SCHOOL REGULARLY!

WHAT PARENTS CAN DO

- ✓ **BE PFM.** Send your child to school every day unless they are sick.
- ✓ Develop good sleep and morning routines
- ✓ Schedule appointments after school
- ✓ Avoid taking holidays during term time

EACH DAY MISSED:

- ▶ Puts your child behind and makes it harder for them to catch up
- ▶ Can lead to lower achievement in reading, writing and numeracy
- ▶ Can lead to gaps in learning and social connections

GOOD HABITS BEGIN EARLY

Good attendance starts in Kindergarten and sets students up for success in their school life

SCHOOLS ARE THERE TO HELP

If you're having attendance issues with your child, speak to your school about ways to address it.

every learner every day ✓



OTHER NEWS

Carpark Safety

Here are a few rules that can keep all community members safe when coming and going around the school carpark:

- Please ensure that the hands of little ones are always held when moving about the carpark.
- When entering the driveway, always remain to the left and process through the carpark in a clockwise direction. Do not turn right, as a matter of urgency in order to secure a parking space.
- When leaving the carpark, please maintain the correct speed limit, particularly when heading down the driveway and have limited peripheral vision of pedestrians crossing.
- **When parking on the dirt and gravel behind the hall, in front of the presbytery (whether in the morning or at special school events) please ensure that the bitumen driveway to the presbytery remains clear at all times.**
- When on the dirt and gravel behind the hall, in front of the presbytery please do not park next to the large rubbish bins (parallel to the carpark) as it means that parents and children alike, are having to walk through the carpark to get to the school entry near the canteen.
- **Fr Suresh has requested that, if parking in the dirt area of the carpark, please reverse-park.**
- Please park accurately within the parking lines to ensure that other drivers can get out of their cars safely.
- Please remember to use the crossing.
- To keep morning traffic flowing smoothly in the school car park, we ask parents and carers to be mindful of not getting out of their cars if they have driven to the Kiss and Drop area.
- **Please do not park in the car park in front of the church for safety reasons, as parents, carers and students walk this way to access the Welcome Garden. This is restricted to the parish and staff.**
- **Unless you hold a Disabled Parking permit and have it clearly displayed on your car, please do not park in the Disabled Parking spots located near the boom gate.**

COMMUNITY

Josephgerrard.com
0474 488 044

**MARTIAL ARTS
AND SELF-DEFENCE CLASSES**

1 FREE TRIAL
class - bookings
essential

- Specialise in kids aged 3-13
- Experts at growing confidence and resilience in your child
- Leading children's self-defence program in Western Sydney
- We do Parents and Kids classes
- We care about your children's results and progress
- Satisfaction guarantee
- Times to suit your busy schedule
- Private sessions available

  @healthsuccessfreedom

Glenmore Park Youth and Community Centre
1 - Town Terrace, Glenmore Park NSW 2745
2 - Caballero - 54/56-58 Banks Rd, Penrith NSW 2750


COME ON IN...

THE SOURCE

Glenmore Park

IS NOW OPEN!

Glenmore Park Town Centre


the source
BULK FOODS



NDIS SCHOOL HOLIDAY PROGRAM



Monday	Tuesday	Wednesday	Thursday	Friday
<i>April 5th</i>	<i>April 6th</i>	<i>April 7th</i>	<i>April 8th</i>	<i>April 9th</i>
CLOSED EASTER MONDAY	ABORIGINAL ARTS & CRAFTS SRAC Hub 10:00am - 2:00pm	KIDS BINGO (\$9.00) Departing from SRAC Hub 9:00am - 3:00pm	MOVIE DAY & BOARD GAMES SRAC Hub 9:00am - 2:00pm	WESTERN SYDNEY ZOO (\$20.00) Departing from SRAC Hub 8:30am - 3:00pm
Monday	Tuesday	Wednesday	Thursday	Friday
<i>April 12th</i>	<i>April 13th</i>	<i>April 14th</i>	<i>April 15th</i>	<i>April 16th</i>
KIDS TRIVIA Disney & Pixar (\$8.00) Departing SRAC Hub 9:00am - 2:00pm	ABORIGINAL ARTS & CRAFTS SRAC Hub 10:00am - 2:00pm	MUSIC GROUP AND DANCE CLASS Departing from SRAC Hub 9:00am - 3:00pm	INDOOR GAMES AND SPORT SRAC Hub 9:00am - 3:00pm	POWERHOUSE MUSEUM Departing from SRAC Hub 8:30am - 3:30pm

SRAC HUB: (02) 4721 1536

Please Contact our office to book a place.

51 - 57 Henry Street, Penrith NSW 2750

For children aged 3 - 16