



FROM THE PRINCIPAL

Welcome back to school for 2021. I would like to say a huge thank you for all of you who came to school prepared to scan our QR Code and also with a mask to wear. It was so lovely to chat with many of you after not having parents and caregivers in the school grounds. We hope that 2021 will continue to improve and that we will not need to return to further restrictions. Next week we should receive our SA Gov QR Code which will allow you to scan in a little more efficiently. I am very grateful for your help and support as we walk together on this journey of learning for you and your children. I really appreciated the conversations and the thanks for our school that were shared with us for the way we were able to keep children safe and we will continue to do all that we can to do this.

Our Meet the Teacher night will be the first parent event for 2021 on Wednesday 10th February. We have made appropriate adjustments to help ensure that you have the opportunity to hear from your child's teacher. We will be limiting the number of adults to 2m² for classroom entry and keeping the seating 1.5m apart. Cleaning will take place before children return in the morning. At this time, this is the only time adults will enter the classrooms until further restrictions are lifted. We will run each class session twice to have enough places to accommodate one adult per child and to help you visit two different year levels if you would like to. We will specify gate entry to help spread out adults as they enter our school and will not require masks to be worn for the evening. This will help you and our teachers to see each other and to help to get to know each other. We will send out a link for you to register one adult to attend a session in your child's classroom. The first session will be held at 5:30-6:00pm and the second is 7:00-7:30pm. When one of the sessions fill up you will need to select the other session so I recommend booking the junior years first as more parents attend in the early years. We will not have child minding facilities available during either session. If you are unable to attend, please notify your class teacher via the diary so that they can provide you with the information.

You will receive lots of information over the coming days and we appreciate your help in reading right through to the end of our communication. We will endeavour to be clear and concise to help you with this. We will continue to communicate through a number of ways throughout the year to help you to know what you need and also for us to receive information appropriately.

- The Newsletter is published fortnightly and you receive this via a notification on the Bethany App as well as email. We will also send out Parent Updates in this manner if we need to communicate changes to usual practices like we experienced in 2020.
- Your child's diary is a primary means of direct communication with your child's teacher. Please use this if you need to let your teacher know something or you have a question regarding how things work in the classroom. The diary is checked daily and we ask that you also check it daily. There are also policies that

you may need in the front of the diary so that you can check policies that impact you.

- The Bethany App will also be used by year levels to notify you of things, to celebrate success or to remind you of events. If you have not downloaded the app to your device, please follow the instructions.

[Click here for information on setting up the Bethany App](#)

At times, class teachers will email you with information. We have asked our staff to set a time limit to when they will respond to emails in order to keep a good work life balance. They will let you know the best times for a response but it will be something like 8am-6pm.

Bethany Christian School does not have a social media presence. If you are invited to join a group with our name, please be aware that this does not represent our position and that we have asked that our staff do not join these groups. We want our staff to come to work and feel they are safe to do their job without being discussed. It can be very upsetting to read comments posted about staff or the school that are taken out of context or unfairly expressed. We would appreciate your respect in this matter. The most accurate school information will be found through our newsletter, broadcasts, emails and your child's diary.

If you need to let your child know of a change of pickup, we ask that you call the office before 2:30pm, this allows us time to pass on the message. As a part of our BYOD policy we state that students are not to contact their parents directly, especially asking you to pick them up early. This can cause undue distress and means we may not be aware that your child needs to attend the Care Room. Our Registered Nurse, Mrs Wilson, is the best person to ensure that we provide appropriate medical care.

Our calendar is attached to this newsletter so please look to see what events are relevant to you and we will keep you updated with more specific information through the various forms of communication I have listed above.

We have the school dentist on site beginning Monday 15th February. You are able to book a bulk billed appointment directly through the dental group.

Please note that Easter falls within the end of this term and so there are some changes to our usual dates to accommodate this.

I look forward to a great year with hopeful expectation that we will see God's goodness in many ways and I pray that you will experience his peace in your home and on your family in 2021.

God bless,

Wendy Matear
Principal

DEPUTY'S CORNER

Welcome back for another year. It has been a terrific start to the school year, with the students settling into their new classes without any hesitation. A big welcome also to our brand new families, both with students beginning their journey at Bethany as new Reception students, and to those families that have joined us part way through their primary school adventure.

The start of a new school year can be daunting. Some might even describe it as stressful. The Headspace website (<https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>) explain that there can be good stress, and bad stress. Good stress is described as helpful, being able to help us to feel more alert, to improve and increase our concentration levels, enhances our sensory experience and can provide additional energy when required. Good stress can be helpful when studying for an important test. Stress becomes harmful, or bad, when the alertness experienced affects how we act and perform in our environment. At school, bad stress can become harmful to a student's health and wellbeing.

The good news is that we can help those experiencing negative stress. There are a lot of strategies that can help our children when they are feeling stressed. Some very simple strategies such as exercise, positive self-talk, mindfulness activities, nutritious food, maintaining good social connections, and excellent sleep routines are extremely effective in managing stress.

Positive self-talk is actually a really important skill. With practice our children can change their self-talk by rethinking the negative self-talk. This means, learning to identify how realistic or accurate the self-talk is, taking something that is quite negative, "I can't do that," and changing it to, "I can't do that yet, but I can if I" Such positive self-talk has the potential to change the individual's perspective, attitude, and their reactions in regards to those around them and their circumstances. Such a skill also increases confidence and is stress reducing. For our children who are quite young, we will need to model it and reinforce it at school and home. Often, this means that we need to, 'think aloud', verbalizing our thinking and rationalizing. When you hear your child speak in a negative self-talk manner, turn it around by putting a positive, solution based phrasing.

If you feel that your child might be feeling overwhelmed about school and you feel that it is more than normal, feel free to communicate with your child's teacher either by calling to make an appointment, email or your child's school diary. There is always the option of referring your child onto our school counsellor, Ms Leony Pfeiffer.

I wish you all a very settled, safe and healthy 2021.

God bless you,

Deb Clifford

HIGHLIGHTS

HEALTH CARE

Welcome back to school for 2021.

It was wonderful to see parents dropping in medication along with care plans which has helped me to prepare and provide efficient care for the students. As the Bethany Christian School community, we would love to provide adequate care and a safe environment for our students and staff. I would like to thank everyone for supporting and following the guidelines of our school to enhance the health and wellbeing of our students and staff. Some of the things to remember....

- **Medication-** If your child suffers from any type of medical condition and needs medication to be administered at school, **provide the school with the appropriate medication (with in expiry date) along with the management plan**
- **Vomiting/Diarrhea-** If your child has diarrhea and/or vomiting, help them to rest at home and recover. **As per our SA health recommendation, exclude the student from school until no diarrhea or vomiting for 24 hours**
- **High temperature/Fever-** If your child is experiencing fever along with other symptoms such as cough, runny nose, body pain; contact your GP and as per advised visit the COVID testing Centre. **Exclude the student from the school until no fever without Panadol or Nurofen for 24 hours.**

We have updated our Care Room Information page on the school website with the Medical Policy and Information handouts that you may find helpful.

[Visit Care Room Information website page](#)

I pray for a healthy year for each and everyone of us and if you need any help related to health and wellbeing of you child, do not hesitate to talk to me.

God bless you,

Priya Wilson
School Nurse

FACTS

Online School Fee's

I would like to take this opportunity to thank all families who have signed up to the FACTS online family portal. This has been a great success to see so many of you embrace the new way in which Bethany is moving with school fees.

For those families who have not yet signed up I encourage you do to so as soon as you can. An email has been sent by FACTS to all families regarding the registration details for the new system.

In 2021 all invoices will be processed through the family portal including:

- School Fees
- School Camps
- Extra-curricular sports
- Other extra-curricular activities i.e. Choir, after school clubs etc. (excluding music tuition)

If you are unsure or need assistance please do not hesitate to contact the Finance team at accounts@bethany.sa.edu.au or via phone on 08 8283 0000.

Dean Huntley



MANAGE TUITION PAYMENTS FROM *anywhere.*
EASY ACCOUNT ACCESS WITH FACTS.

LEARN MORE

CAMP AUSTRALIA

Your OSHC.

Tailored before and after school experiences that children love.



Dear Families,

We are excited to be partnering with your school to provide our *Your OSHC* service.

Your *OSHC* is Camp Australia's brand for our tailored experiences - Before School, After School and on Pupil Free Days - that aim to inspire your child and help them grow.

Our *Your OSHC* program is tailored to your child, driving curiosity and wonder, whilst creating a unique place where children can practice real-life skills in a fun, exciting environment that challenges them to succeed. Every program is varied, with experiences centred around STEM, Outdoor Play, Sports, Group Games and Imaginative Play - no two programs are the same!

Download the Parent Portal app



by  Camp Australia

Next page >

Open Everything you need to know about Your OSHC pt1.pdf

Your OSHC.

Tailored before and after school experiences that children love.

Virtual Info Sessions

To make the process easier for you, and to answer any questions you may have about Outside School Hours Care, we are also hosting free virtual parent information sessions.

These virtual, informative, and interactive sessions will provide insight into how OSHC at Camp Australia operates. The team presenting will discuss programs that are offered, registration and booking process, billing, Child Care Subsidy and more.



Enriching programs

As we start Term 1, we also want to ensure you that we're here to help you and your children settle into school. Our teams have been busy designing the perfect program to kick off the new year, focused on welcoming children into service, strengthening friendships and building confidence for the year ahead.



If you have any questions please do not hesitate to contact our Friendly Customer Care Team on 1300 105 343 who are available 5am - 9pm, 7 days a week - except National Public Holidays.

We look forward to seeing you at *Your OSHC* soon!

Kind Regards,
The Camp Australia Team

More information

Session 1

Tuesday 16 February

9:30am (AWST)
11:00am (ACST)
11:30am (AEST)
12:00pm (ACDT)
12:30pm (AEDT)

Register

Session 2

Thursday 18 February

5:00pm (AWST)
6:30pm (ACST)
7:00pm (AEST)
7:30pm (ACDT)
8:00pm (AEDT)

Register

Register free and book now at www.campastralia.com.au

by  Camp Australia

Open Everything you need to know about Your OSHC pt2.pdf

CIRCLE OF SECURITY PARENTING WORKSHOP

CIRCLE OF SECURITY PARENTING



- LEARN TO READ YOUR CHILD'S EMOTIONAL NEEDS
- TEACH THEM TO MANAGE THEIR EMOTIONS
- BUILD A MORE SECURE RELATIONSHIP

**FREE 8 WEEK PROGRAM
TUESDAYS 9-11AM
BETHANY CHRISTIAN SCHOOL**

Contact Elise Ottens for further info on
8283 0000 or eottens@bethany.sa.edu.au

SCHOOL BANKING

School banking has resumed for 2021, so welcome back!

If you would like to join school banking at Bethany Christian School for 2021, please open an account with your child at your local Commonwealth bank branch. School banking day is **Tuesday** during school terms.

Please ensure that your child has their deposit book and correct money.

Any questions, please call the front office on 8283 0000.

SCHOOL DENTAL VISIT



Dental for Schools is back this term!

When: Monday 15th–Thursday 18th February (Week 3) 2021

Where: At school in their fully equipped mobile van

Why: Because we understand that some families can find it hard to take their child to the dentist.

If you are interested in using this service and haven't already received a form please ask for one from our front office and return it filled in by Monday 8th February.

If you have any questions please contact 'Dental for Schools' on 7225 8142 or go to their website <https://dentalforschools.com.au/>

Please note this is not a free service but is bulkbilled and will use the Medicare funding your child has (if eligible)



Open Dental Ad for Newsletter Feb 2021

COMMUNITY NEWS

SAVER PLUS



Smash your savings goals and we'll match it up to \$500

Saver Plus will match your savings for school costs, dollar for dollar, up to \$500.

To join Saver Plus you must be 18 years plus, have regular income from work (you or your partner)*, have a child at school / starting next year or be studying yourself, and have a Health Care Card or Pensioner Concession Card and an eligible Centrelink payment*.

*Many types of income and Centrelink payments are eligible, please contact us for more information

- laptops & tablets
- uniforms & shoes
- sports fees & gear
- camps & excursions
- lessons & activities
- books & supplies

Contact
Michelle Macarthy
your local Saver Plus Coordinator

Phone
0409 986 245

Email
SalisburyPlayfordSP@thesmithfamily.com.au

Online
saverplus.org.au
Facebook @SaverPlusAU

The Smith Family
everyone's family

saverplus

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Open Saver Plus B2S Flyer 2021.pdf (425.91 KB)



Contact

Michelle Macarthy
your local Saver Plus Coordinator

0409 986 245

michelle.macarthy@thesmithfamily.com.au

www.saverplus.org.au

Dear Parent,

Is your child off to High School next year? Would \$500 help with extra costs like new uniforms, laptops, and special subject fees?

Saver Plus is a free ten-month program that provides financial education and matches your savings goals dollar for dollar, up to \$500.

- ✓ Build money management skills
- ✓ Become a regular saver
- ✓ Achieve financial goals

Saver Plus is delivered in the Paralowie community and Salisbury/Playford area by The Smith Family.

All eligible parents are invited to join the program now to prepare for their child's transition to High School next year. Upon completion, ANZ will match your savings up to \$500 for education-related expenses.

To be eligible to participate in Saver Plus you must:

- be 18 years or over; and
- be a parent or guardian of a student attending school, or be attending or returning to vocational or tertiary training yourself; and
- have a current Health Care card or Pensioner Concession card and an eligible Centrelink payment (eg FTB, Parenting Payment, JobSeeker); and
- have some form of regular income from work (you or your partner) and/or receive Child Support payments.

Have questions and/or need more information?
Visit www.saverplus.org.au, call or email your local Saver Plus Coordinator Michelle Macarthy, or return the below slip to school for Michelle to call you.

Kind regards,
Michelle

Saver Plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family and Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Open Saver Plus Letter to Parents High School transition.pdf (145.54 KB)

FRUIT FLY OUTBREAK

The Department of Primary Industries and Regions (PIRSA) has released updated information about fruit fly restrictions in South Australia including new colour coded maps for [metropolitan Adelaide](#) residents which show the outbreak areas, suspension areas, and areas not affected by fruit fly. The maps can be used by parents to inform them whether they can pack certain fruits and vegetables for their child's recess or lunch.

Further information is available on the PIRSA [website](#) or via PIRSA's Fruit fly hotline: 1300 666 010.

BASE CARE



BASE CARE

If you or someone you know have been impacted through job loss, financial difficulty or health complications we'd love to help by delivering a food box to your door.

**Simply TEXT us your name on
0492 808 634
or message us through our BASE Church
Facebook Page and we will contact you
to arrange delivery.**



SPORTS NEWS

WEEKLY TENNIS



WEEKLY SPORTS HOTSHOT TENNIS MONDAY LUNCHTIMES RECEPTION TO YEAR 2

BCS has partnered with SA Institute of Tennis at Para Hills Tennis club to offer a Weekly Tennis Program.

There are two ways to be involved in this user pays program. Your child can either participate in an in school lunchtime program for Reception to Year 2 students or get involved in one of the programs at the Para Hills Tennis Club.

In School Program

- There are two in school Hotshots Tennis Development seasons per year:
 - Term 1 Program | Term 4 Program | 7 weeks per term
 - No equipment is required, all is supplied
 - Enrolled students can purchase a new racquet if desired

Para Hills Tennis Club Program

- SA Institute of Tennis @ Para Hills Tennis Club also holds Hotshots sessions, and other primary aged tennis programs all year round
- Contact John Warnock for more information | 0422 761 979



SCAN ME

If you would like to enrol your child into the Lunchtime Hotshots program @ Bethany or need more information on the Para Hills Tennis Club Programs then please scan the QR Code and complete the online form.

For more information
Website | bethany.sa.edu.au/sport
Sports Department | Ph 8283 0000
Email | sport@bethany.sa.edu.au



Open_Weekly_Flyer_Tennis.pdf (879.64 KB)

WEEKLY FITNESS CLASSES



WEEKLY SPORTS FITNESS CLUB

TUESDAYS | 8.00AM
YR 3 - 6 | FREE PROGRAM

BCS offers a Weekly Fitness Club. This program is free and staffed by a teacher.

- Open to students from Year 3 - 6
- Sessions are on Tuesday Mornings in the School's Function Room
- 8am to 8.30am
- Fitness Club runs every week of the school year except Week 1, Term 1
 - Semester One | Term One and Two
 - Semester Two | Term Three and Four
 - Students may start at any time
- Once enrolled sessions are compulsory
- Please contact the Front Office to notify the Sports Department of any absences
- Sessions will never be cancelled due to the weather as it is indoors
- Students are to wear their PE uniform to sessions, but they will need to change into their regular school uniform should it not be a PE lesson day
- All communication will be via email or text message



SCAN ME

If you would like to enrol your child into the program please scan the QR Code and then complete the online form.

For more information

Website | bethany.sa.edu.au/sport
Sports Department | Ph 8283 0000
Email | sport@bethany.sa.edu.au



WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Wednesday 10th February	Reception rest day
Wednesday 10th February	Meet the Teacher Night
Friday 12th February	Cross Country (Yr 2 to Yr 6)
Monday 15th to Thursday 18th February	School Dental Visit

2021 Term Dates	
Term 1	Monday 1st February to Friday 9th April
Term 2	Wednesday 28th April to Friday 2nd July
Term 3	Tuesday 20th July to Friday 24th September
Term 4	Monday 11th October to Wednesday 8th December

BETHANY CHRISTIAN SCHOOL

**PO Box 2125
Salisbury Downs SA 5108
37 Countess St
Paralowie, SA, 5108**

P. 08 8283 0000
F. 08 8283 0101
E. office@bethany.sa.edu.au



TIMETABLE OF EVENTS

Bethany Christian School Timetable of Events - Term 1, 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 st February Reception Rest Day	2 nd February 2021 Reception Start Date	3 rd February	4 th February	5 th February
Week 2	8 th February	9 th February	10 th February Reception Rest Day <i>Meet the Teacher Night</i>	11 th February	12 th February BCS Cross Country
Week 3	15 th February <i>School Dentist Visit</i>	16 th February <i>School Dentist Visit</i>	17 th February Reception Rest Day <i>School Dentist Visit</i>	18 th February <i>School Dentist Visit</i>	19 th February Back Up Day for BCS Cross Country
Week 4	22 nd February	23 rd February	24 th February Reception Rest Day <i>Year 5 Camp</i>	25 th February <i>Year 5 Camp</i>	26 th February <i>Year 5 Camp</i>
Week 5	1 st March School Tour 9.30am	2 nd March	3 rd March Reception Rest Day	4 th March Senior Athletics Day	5 th March Junior Athletics Day
Week 6	8 th March <i>Adelaide Cup Day</i>	9 th March	10 th March	11 th March	12 th March
Week 7	15 th March	16 th March	17 th March	18 st March Back Up Day for Senior Athletics Day	19 th March Back Up Day for Junior Athletics Day
Week 8	22 nd March	23 rd March	24 th March	25 th March Parent Teacher Interviews	26 th March
Week 9	29 th March	30 th March Parent Teacher Interviews	31 st March	1 st April 12:10pm Early Dismissal	2 nd April <i>Good Friday</i>
Week 10	5 th April <i>Easter Monday</i>	6 th April	7 th April	8 th April	9 th April Normal dismissal time – 3.10 pm

Open Timetable of Events - Term 1 2021.pdf (154.18 KB)

Newsletter published: not yet