



Cross Country 2023

FROM THE PRINCIPAL

Welcome to the Week 3 newsletter.

I hope that you are managing well in this hot week and taking steps to be kind to yourself to ensure that you and your children stay healthy and rested. The routines of the year have begun to settle, and it is good to see so much important learning happening around the school. We were reminded in some recent training that learning takes effort and is not comfortable so we can remind ourselves that it is good to do new things, even when we feel stretched. It is also important to have times of rest and refreshment to prepare for all that will come. I do want to thank you as parents for keeping up the helpful routines and for partnering with us.

Last week we held our "Meet the Teacher" evening, and it was wonderful to have parents back in classrooms for those sessions. As I mentioned last newsletter, we are gathering information in regard to communication, and we have a short survey that we would encourage you to give us your thoughts. I have included the QR code and link for you to respond if you haven't already, please see below. We are also developing a general feedback platform to help provide a way for you to address those issues that don't quite fit into the usual communication procedures of speaking with your child's teacher or calling the office. We genuinely want to improve communication and are excited about this new initiative. I have asked Elise Ottens our social worker, to develop and implement this with a team of staff so that we can create something that works well. Look out for Elise's communication about this initiative.

We have our Primary Athletics day coming up next week weather permitting. Our Sports Department will be in touch with you to give you specific information about the day for you and your children in Year 3, Year 4, Year 5 & Year 6. It was lovely to see parents supporting at Cross Country last week and we look forward to seeing you throughout the year celebrating achievements and encouraging effort with us.

Once again thank you for your support and have a lovely weekend.

God bless,

Wendy Matear
Principal

Parent Communication Survey

At Bethany Christian School our main forms of communication are emails, newsletters and broadcasts.

We value your input regarding how useful these channels are for your family and would appreciate you taking a few minutes to complete the following short survey.

Please scan the QR code or follow the link

<https://forms.office.com/r/JhQpQ8yDKJ>

(The survey will close on the 1st of March)



THIS WEEK'S MEMORY VERSE

God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die.

John 3: 16

DEPUTY'S CORNER

It has been such a great start to the term! Every time I walk through a classroom, the students are all engaged in their learning and excited to be telling me what they are doing. Our Monday Morning Praise Assemblies and Chapels have been so good, and it has been a delight to see the students so engaged.

The weather has certainly turned up the heat this week. This can be quite challenging for us all, because our sleep can be disrupted. Excessive heat can make us feel quite fatigued. It is super important to keep a regular, healthy sleeping pattern established at home to help our children get sufficient sleep so that they can thrive each day. The recommended amount of sleep required for a 6-13 year old is between 9-11 hours. Having a regular routine at home is immensely helpful when helping our children to go to bed and actually fall asleep at a reasonable time so that they get the full amount of sleep required. I've included a link to Headspace's, "Sleep and Young People: Putting the Myths to Bed".

<https://headspace.org.au/assets/download-cards/HSP032-MythBuster-Sleep-and-Young-People-RGB-FA04.pdf> .

We all know how we feel when we do not get sufficient sleep, so we can empathise with our children who wake up feeling grumpy and disorganised. When our children take what seems like forever to get organized in the morning and really resist going to school, maybe consider a reward chart to give them that extra incentive. Often, our children do not need, or have outgrown a reward chart, but it is absolutely okay to re-introduce an incentives-based system to encourage your child to be more organized, follow instructions and get to school on time. When you are creating a chart or an incentive-system, remember you will get the greatest return for your efforts if the rewards are given either instantly or within a short period of time. Remember the 'when-then' statements (ie. "when you have your shoes on, then"). The rewards need to be small, but easily achievable. Once your child has become really good at achieving the smaller goals, lengthen the time between rewards, or raise the stakes to a bigger reward, achieved at a longer time interval. Offering rewards is a really effective way of improving behaviour. There is some measure of truth to the old saying, "you attract bees with honey, not vinegar!"

The Wellbeing Team are here to offer help and advice, so if you are struggling with setting up or establishing healthy routines, give the Wellbeing Team a call.

Traffic Update

Thanks to everyone who is continuing to keep our children safe when driving around the school site. The City of Salisbury Council Parking Inspectors have been in communication with Bethany Christian School. They have asked us to remind drivers to familiarize themselves with the road rules and road signs in the area as the inspectors will once again resume their patrols of school sites. See further information below.

Please remember to observe the 'Entrance' and 'Exit' signs on our school site. The roundabout on Byron Bay Drive is the 'Exit' to the back car park. Drivers using it as an entrance risk causing an accident with those following the road rules and exiting correctly from the school site. Your support in following the road rules and using our car parks responsibly will help keep our students safe.

Remember also, that we are not to park in the GoodStart Early Learning car park. Please utilize any one of the kiss 'n' drop/turning circle zones, find a car park provided by the school, or find a car park in one of the neighbouring streets. Please be courteous of our lovely neighbours, remember not to park across their driveways or make it difficult for them to enter or exit their private driveways.

I wish you a delightful weekend with your families, may you enjoy the cooler weather that has been forecast.

Deb Clifford
Deputy Principal



Parking Around Schools

Due to the chaotic nature of traffic around schools at peak times, streets can be an extremely dangerous place for children.

Young children have not yet fully developed their cognitive abilities and therefore their perception, judgement and awareness of potentially dangerous situations is not adequately developed to enable them to cope with the road traffic.

Children are not easily visible and often act impulsively, which means if you are driving around a school take special care, to ensure we keep our children safe. Remember that children copy grown-ups - encourage good road sense by watching them closely and leading by example.

5 Helpful Tips for School Zones

As parents and caregivers we have a great responsibility to ensure children stay safe in school zones. We also play a key role in educating children about road safety. Here are 5 helpful tips for safety in school zones:

1. Allow enough time to take your child to the school gate safely and without rushing.
2. Always observe parking signs and speed limits in and around school zones. They are designed to keep your child safe.
3. Talk about signs and traffic lights with your child. Identify and discuss places where it is safe to get out of the car and cross the road.
4. Teach your child how to cross the road using the "stop, look and listen" process - stop at the kerb, look and listen for traffic and then decide whether it is safe to cross.
5. Park a few streets away and walk your child to school. This is also good exercise and helps teach your child road safety rules.

Behaviours to Avoid

- Speeding
- Double parking
- Parking too close to an intersection
- Parking across driveways
- Parking too close to pedestrian crossings



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Common Traffic Signs

The City of Salisbury has implemented a comprehensive traffic management and parking scheme in the streets surrounding your child's school to help make it a safe place.

Going against the road rules places not only your child's life at risk, but those of others. Tragedies can occur if care is not taken to abide by these rules. Below are some explanations of signs that are placed around schools to ensure your child stays safe.



No Parking Signs

Drop off and pick up only. You must not queue or wait here. The driver must remain with the vehicle.



No Parking Signs

The same rules apply as the previous

'No Parking' sign, however, the rules only apply during the times and days shown on the sign.



No Stopping Signs

You must not stop in a 'No Stopping' area at anytime. Drop off and pick up is not allowed even for the briefest

Yellow Kerb Lines

An unbroken yellow kerb line is a no stopping line and therefore the same rules apply as for a 'No Stopping' sign.



Bus Zone Signs

You must not stop within a bus zone at any time. This zone is only available to public buses.

Obstruct Driveways

A vehicle must not obstruct an entrance way or crossing point to a property, even if it is your own.

Reserves, Footpaths & Verges

It is an offence to drive or park on a reserve, footpath or dividing strip and could cause an accident, injure a pedestrian or damage property.

HIGHLIGHTS

HEALTH CARE

Medication Policy at School

Please be reminded of the school's medication policy.

- If your child needs to be on any medication at school, please provide the school with the required medication along with the current management plan.
- Medication can only be administered with a Doctor's prescription and with a Management Plan.
- All student medical management plans are updated annually.
- All medications need to be labelled and provided to the school office by the parent/caregiver along with a Doctors authorisation letter/plan at the beginning of the year
- Out-of-date medicines will not be administered.
- Please ensure medications are given to a member of staff for safe storage.
- Students are not allowed to keep any medication in their bags including over the counter medication.
- More information can be found on our website.

Communicable Disease Prevention Policy

We have had students presenting to the care room with the symptoms of vomiting and/or diarrhoea and fever. Please keep your child home until at least 24 to 48 hrs after vomiting and/or diarrhoea has completely stopped. Please visit our school's website for more information.

No Lunch Policy

If students present to the teacher with no lunch, a sandwich will be provided rather than parents being called. The parents will receive a notification at the end of the day via email, informing the student received a sandwich from the Wellbeing Department. Parents will not be charged for this service.

God bless you,

Priya Wilson
School Nurse

CAMP AUSTRALIA

Newsletter



Welcome back to OSHC 2023!

We hope you enjoyed the summer break, and are ready to get back into school life! The Camp Australia team, after having a fantastic holiday, are back on board and excited to see our returning kids – as well as a few new faces.

We have lots of exciting events happening this term that we can't wait to share with the children including Harmony Week, Our Handball competition and Easter celebrations!

If you're looking for new childcare arrangements this year, I hope you consider Camp Australia as a convenient and affordable option. Stop by our program, located in the multipurpose room. We're more than happy to explain how our program works – and how much your child will enjoy it!

You can also find out more at www.campaustralia.com.au.

We can't wait to meet you!
The OSHC team

What's happening at OSHC in Week Four

- Monday:** Disney Hama Beads, Lego challenges
- Tuesday:** Fairy tale drawing tutorials, soccer
- Wednesday:** Autumn Tree paper craft, painting
- Thursday:** Cat in the Hat craft, Handball Practice
- Friday:** Animal masks, playdough

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Families welcome back in OSHC!

Now that Covid restrictions have ended, you are now able to come into OSHC and see what your child/ren have been up too.

So please, feel free to pop in and have a look!

Sign in/Sign Out reminder

Dear Families,
Please be aware that we have returned to having parents/guardians signing children in/out of the service.

This means that you must walk your children into OSHC in the mornings and also touch base with an educator when you collect your child/ren in the evenings.

We thank you for your cooperation as we all return to our previous process.
Regards
The OSHC team

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

Open OSHC newsletter term 1 week 3 2023 Bethany_.pdf (408.19 KB)

BCS CROSS COUNTRY

Last week our Year 3 to 6 students participated in the BCS Cross Country tournament. Please see the photos from the fun day.

More information about the day will follow in the next newsletter.





COMMUNITY NEWS

PLAYGROUP

PLAYGROUP

When? 9-10:30 am Fridays!
Where? Base Church!
**Gold coin donation*

register here! →

BC
BASE CHURCH

SPORTS NEWS

BCS EVENTS

ATHLETICS | YR 3 - 6

Bethany Christian School's Inter-House Athletics Carnival is fast approaching and will be held on:

Thursday 02|03 | Week 4

with the back-up date of Friday 10|03 | Week 5

Shadarch, Meshach and Abednego will again go head to head to see which house can tally the most points to win the House Shield, so make sure you are there!



[Sports Events Page](#)

Depending upon the year they were born in they will be in the following age group:

- 2015 | 8 Year Olds
- 2014 | 9 Year Olds
- 2013 | 10 Year Olds
- 2012 | 11 Year Olds
- 2011 | 12+ Year Olds

While giving everyone a chance to participate, we use this as a gauge to help select our SAPSASA and SACSAs Athletics squads, so those students who wish to be selected will need to try their best at this event.

More information will be updated on the Sports Events Page as we get closer to the event.

WEEKLY SPORTS

WEEKLY BASKETBALL | REC - YR 6

Bethany Christian School offers a Weekly Basketball program. This is a user pay program staffed by approved volunteer coaches, with compulsory weekly after school trainings held at BCS

There are two seasons per year

Winter Season - Terms 2 and 3 | Summer Season - Terms 4 and then 1

Age Groups as follows (must be 5 yrs old)



U08s mixed | U10s mixed | U12 Boys | U12 Girls

[Nomination Link](#)

Saturday games are generally at the following recreation centers

Golden Grove | Burragah | Turramurra | Ingle Farm | The ARC

WEEKLY NETBALL | REC - YR 6

Bethany Christian School offers a Weekly Netball program. This is a user pay program staffed by approved volunteer coaches, with compulsory weekly after school trainings held at BCS

There are two seasons per year

S1 Season - Terms 1 and Two | S2 Season - Terms 2 and 4

Age Groups as follows (must be 5 yrs old)

U08s mixed | U10s mixed | Under 12s mixed



[Nomination Link](#)

Saturday games are at the The Gardens Recreation Centre.

MATCH RESULTS | WEEKLY SPORTS

SATURDAY 11 | 02

Sport	Team	Opponent	Coach's Pick	Match Result		
Netball	U08 Golden Stars	Mini Angels	-	Not Scored		
Netball	U10 Wild Stars	Gems Emerald	Ava M	L	1	2
Netball	U10 Bright Stars	Hurricanes	Ira P	W	21	1
Basketball	U10 Bulls	GGLPS Rising Stars	Oliver P	L	8	20
Basketball	U10 Boomers	Glenunga 10a	Jon N	E	33	25
Basketball	U10 Warriors	Brooks Celtics 10	Adam J	L	12	20
Basketball	U12 Hornets	Bearcats Suns	Connor T	W	10	18
Basketball	U14 Mavericks	76ers Demons	Chloe J	L	25	6

SATURDAY 18 | 02

Sport	Team	Opponent	Coach's Pick	Match Result		
Netball	U08 Golden Stars	Kaleteeya	Keira C	Not Scored		
Netball	U10 Wild Stars	Bright Stars		L	1	21
Netball	10 Bright Stars	Wild Stars	Annabel J	W	21	1
Basketball	U10 Bulls	Bearcats Blazers	Bentley L	L	11	23
Basketball	U10 Boomers	Heccies 10c	Elijah C	W	52	9
Basketball	U10 Warriors	Glenunga 10c	Samuel D	W	17	16
Basketball	U12 Hornets	Bearcats Air	Tyler M	W	28	14
Basketball	U14 Mavericks	Nerds		L	27	3

WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Monday 20th February to Friday 3rd March	Dental Clinic Visits
Wednesday 22nd February	Reception Rest Day
Wednesday 1st March	SAPSASA Cross Country
Thursday 2nd March	BCS Athletics Day (Year 3 - 6)
Friday 3rd March	SAPSASA Swimming Carnival
Tuesday 7th March	SACSA Swimming Carnival
Wednesday 8th March	Reception Rest Day
Monday 13th March	Adelaide Cup Day Public Holiday
Wednesday 15th March to Friday 17th March	NAPLAN
Monday 27th March to Friday 31st March	Swimming Lessons for Year 3 & 4s
Thursday 30th March	Parent Teacher Interviews
Tuesday 4th April	Parent Teacher Interviews

UNIFORM SHOP OPENING TIMES

Wednesday	8.15 to 10.30 am
Friday	8.15 to 10.30 am

PE TIMETABLE

ELC	Monday to Friday
RHD	Wednesday and Thursday
RH	Tuesday and Thursday
RM	Tuesday and Thursday
1D	Tuesday and Wednesday
1P	Wednesday and Thursday
1TC	Wednesday and Thursday
2R	Tuesday and Thursday
2WC	Tuesday and Wednesday
2Z	Tuesday and Wednesday
3HR	Monday and Thursday
3ME	Tuesday and Wednesday
3MO	Tuesday and Friday
4GT	Monday and Friday
4NL	Tuesday and Friday
4W	Monday and Friday
5K	Monday and Friday
5RT	Tuesday and Wednesday
5T	Tuesday and Thursday
6SC	Tuesday and Wednesday
6T	Tuesday and Friday
6W	Monday and Thursday

SCHOOL TERMS 2023

Term 1	Monday 6th February to Friday 14th April
Term 2	Tuesday 2nd May to Friday 7th July
Term 3	Tuesday 25th July to Friday 29th September
Term 4	Monday 16th October to Wednesday 13th December

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