



Year 3 Sleepover

FROM THE PRINCIPAL

Welcome to our Week 3 Newsletter for Term 4. Next Tuesday, 5th November, we will hold our Mini Olympics for our Reception and Year 1 students. Our ELC students plan to visit for a short time to be a part of this fun day. We ask all visitors to sign in for this event as it occurs during the school day. There will be a coffee cart available for you to purchase a hot drink here at school. The program finishes at approximately 12:15pm. You can sign out your child at this time or they are able to stay at school for the normal school hours.

Our choir will participate in the Music Australia, Count us in on Thursday 7th November. This is a National event encouraging students from around Australia to join together in a virtual experience of singing. There is something very enjoyable about joining together with others to share a music experience.

We hold our iPad information night on Tuesday 12th November at 6:30pm. This is a very important meeting for those families with children entering our Year 5/6 Bring your Own Device program. Staff will outline the policies and procedures regarding the safe use of iPads for these students. We really appreciate your attendance at this meeting to help us to remain united on our understanding and to support your child.

Our Student Representative Council have been working towards hosting a GLOW dance party for all students. It will be held on Friday 15th November. A notice went home this week with the details. We are very excited to support students as they have planned this event from the very beginning and have already learnt so many things about what is required to run this kind of event. There are two sessions, Junior Primary from 5-6pm and Primary students 6:30-8:30pm. All tickets need to be purchased through the front office in advance. Please refer to the details further in this newsletter for more information for your child. It will be a lot of fun.

The Junior Primary concert, Faith Hope Love, tickets will be available in the coming weeks through our online platform. We will notify you when this comes available for booking. The Brilliance Exhibition is also progressing well and a parent note was sent home this week to keep you up to date with our progress. We will continue to keep you informed and are excited to see the progress students are already making.

Our new building is making excellent progress and we are excited to hear that it may be completed ahead of schedule. This means that we will be able to use the building in our transition processes and our teachers are very excited about the possibility of moving and setting some things up before they go on holidays for Christmas. The building brief included height, light and exposed structures to help our students to see how a

building is put together, so that as they continue to have design opportunities, that they understand more about the process. It is also a place where student products can be curated to encourage creativity and to value the time and effort put into these endeavours. We look forward to inviting you to see this amazing space.

I pray that you will enjoy a restful weekend.

God bless,

Wendy Matear

Memory Verse

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Galations 6:9

BRILLIANCE EXHIBITION 2019



DEPUTY'S CORNER

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Anxiety, broadly speaking, is the worry of a potential situation which may seem threatening or scary. Some people then focus on the signs of potential threats which makes them become more anxious. Students who are very fearful of a test, for example, will focus so much on what might happen that anxiety takes over their entire headspace.

Avoiding the symptoms and situations which cause anxiety may seem like a great short term relief, but what results is a lowered ability to face future anxiety. This results in the anxious person becoming less confident to cope with the next stressful situation, and sometimes this can lead to long lasting effects. Beyond Blue (2019) reminds parents that the goal for most children is not to have anxiety completely eliminated, but about giving them the strategies to manage their anxiety so that it does not interfere with them being able to enjoy life.

By addressing situations of anxiety whether it is an upcoming camp, starting at a new school, changing classes, important tests, even perhaps swimming if a student feels less confident around water, is important as it can help a student to break the cycle of anxiety. By acknowledging the feelings of anxiety, the student can be supported to help them take gradual steps to safely and successfully overcome the feeling of fear. Encouraging the student to identify what is making them feel anxious and helping them to change negative thinking into positive thinking by being fully informed of what might be coming up, and ensuring that their experience will be a successful one will help them become much more confident. Seek support from your child's teacher to help ensure that their experience will be safe and positive, challenging the negative thoughts with more balanced thoughts thus reducing the experience of anxiety.

Some tips from Beyond Blue (2019) are;

- 1. Start by slowing down:** Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.
- 2. Make time to worry:** Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage children to draw or write down whatever's bothering them. You can make the activity a bit more fun by decorating a 'worry box' or building a 'worry wall' out of post-its. When the time is up - after 10 to 15 minutes - shut the worries up in the box or tear them off the wall and say goodbye to them for the day.
- 3. Climb that ladder:** Instead of skirting the scary situation, you could try a technique called 'laddering' - breaking down worries into manageable chunks and gradually working towards a goal. Let's say your child is afraid of water and swimming. Instead of avoiding the pool, create some mini-goals to build their confidence. Start out by just sitting and watching other kids swimming. As they feel more comfortable get them to try dangling their legs in the water, then standing in the shallow end, and so on.
- 4. Encourage positive thinking:** Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:
 - reminding them of times they've dealt with similar issues in the past and how things worked out OK
 - helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
 - make a plan for how they'll respond if things don't go as they'd like.
- 5. Have a go:** Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities - they'd rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something's a success or failure.
- 6. Model helpful coping:** Don't just tell your child how to overcome emotions - show them. When you get anxious or stressed, verbalise how you're coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears.
- 7. Help your child take charge:** Think about what you can do to make your child feel like they have some control over the scary situation. For example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.
- 8. Be upfront about scary stuff:** Lots of kids have worries about death, war, terrorism or things they see on the news. This is all really normal. Talk through their fears and answer any questions truthfully. Don't sugar-coat

the facts - try and explain what's happening in a way that puts their fears in perspective.

9. Be BRAVE: Check out BRAVE - a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (8-12), one for teens (12-17) and an accompanying program for parents.

10. And finally, check your own behaviour: Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you. Similarly, parents who 'over-help' are subconsciously telling their kids that they can't do anything without adult support.

If you're prone to 'helicoptering', try taking a step back and waiting next time before you jump in. It can be hard seeing your child distressed, but figuring things out for themselves is an important step in building resilience.

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>

If you are concerned that your child is struggling with anxiety, please make contact with their teacher or make an appointment to speak to our school counsellor, Mrs Leony Pfeiffer who is at school from Monday - Thursday.

I wish you and your families a fabulous week.

God bless you,

Deb Clifford

HIGHLIGHTS

SRC GLOW DANCE PARTY



**GLOW
Dance
PARTY**

**Friday, 15th November
5.00pm-6.00pm**

PAC

Cost: \$6.00

The poster features a group of four children in colorful clothing posing in a dance-like manner. The background is black with vibrant, multi-colored light trails and a central burst of light resembling a firework or starburst.



**GLOW
Dance
PARTY**

**Friday, 15th November
6.30pm-8.30pm**

PAC

Cost: \$8.00

The poster features two children in athletic wear performing dance moves. The background is black with vibrant, multi-colored light trails and a central burst of light resembling a firework or starburst.

Our SRC (Student Representative Council) have organised an event for Bethany students to be held on Friday 15th November. There will be two sessions, one for our Junior Primary students (Reception to Year 2) which will commence at 5pm and finish at 6pm and the second session for our older children (Year 3 to Year 6) will commence at 6.30 and finish at 8.30 pm. Parents are able to wait for their children in the waiting area where drinks will be available for purchase for the Junior Primary session only. Tickets are available by completing the ticket order form that went home this week and returning it by Wednesday 13th November. The ticket price includes a snack, a drink and a glow product. Parents are required to sign children in and out on the night.

JUNIOR PRIMARY END OF YEAR CONCERT

Please keep Wednesday 27th November free for the Junior Primary End of Year concert. This year the JP classes will explore the theme Faith, Hope and Love. Tickets will be available online again this year. Information regarding the booking process will be sent home shortly.



YEAR 3 SLEEPOVER



Last Thursday our Year 3 students participated in a sleepover at school. It was a hot night and they enjoyed a huge water fight. Afterwards there were lots of games and the night ended with pizza and a movie.

UNIFORM LABELS

If you missed out on the iron on label promotion that was run by the Uniform Shop last year please note that it is available again this term. Head into the Uniform Shop to pick up an order form if you haven't already received one. Fill it in as the special price is only \$3 for 10 labels with an extra 5 included at no extra cost. This offer is only available until the end of this term!

PREMIER'S BE ACTIVE CHALLENGE

Congratulations to the following students who have completed the Premier's Be Active Challenge!

RH

Emily D

TOOLBOX FLYER



TOOLBOX

PRIMARY YEARS 5-9

FREE 6 week Parenting Course
Tuesdays 9am—11am
Here at Bethany Christian School
Contact Elise Ottens on 8283 0000 or
eottens@bethany.sa.edu.au

What to expect
6 sessions per course.
Run in small groups by a trained facilitator.
Fun, practical and inspirational.

Topics include

- The importance of love and connection
- Different parenting styles
- Understanding your child and their big feelings
- Discipline and boundaries
- Play, and lots more!

**BUILD A GREAT FAMILY TEAM AND
HAVE FUN ALONG THE WAY**

parentingplace.nz

Parenting Place

Open Toolbox Flier for Newsletter T2 2019.pdf (360.26 KB)

EMPLOYMENT OPPORTUNITY

Employment Opportunities

We require applicants for the following position to start Term 1 2020:

Sport Officer

- 12 hours per week (Monday, Tuesday, Wednesday 1.15pm - 4.45pm)
- 1.5 hours of weekend work, times negotiated on a fortnightly basis

Applicants will need to be able to demonstrate:

- A sincere commitment to Jesus Christ and the philosophy of Christian Education
- Regular church attendance
- Relevant qualifications

Please refer to our website's employment section for the relevant job description and person specification.

Return the school's application form with your CV to Karen Julius via email: karen.julius@bethany.sa.edu.au

The closing date for applications is 3.00pm Friday November 15th 2019.



BETHANY
CHRISTIAN SCHOOL
Educating for Eternity

Bethany Christian School is an ELC – Year 6 Christian school situated in the growing suburb of Paralowie.

37 Countess Street,
Paralowie SA 5108

PO Box 2125,
Salisbury Downs SA 5108
Phone: 8283 0000
www.bethany.sa.edu.au

SPORTS NEWS

WEEKLY SPORTS RESULTS

MATCHES WEEK ENDING: 19/10/2019

Sport	Team	Opposition	Coaches Pick	Score
Basketball	U8 Blazers	Tyndale Thunder	Levi C Elijah W	24 . 2
	U10 Bucks	Kings Wildcats	Levi M Brayden H	39 . 2
	U10 Raptors	Tyndale Hawks	Saurabh B Armstrong H	23 . 13
	U12 Rockets	Heccies U12B Yellow	Ethan G Rodante P	38 . 16
Netball	7 & U Bright Stars	SFX Legends	Millie R Lana T	Not Scored
	11 & U Shining Stars	Kings Sapphires	Ella S Hayley G	19 . 1

MATCHES WEEK ENDING: 26/10/2019

Sport	Team	Opposition	Coaches Pick	Score
Basketball	U8 Blazers	St Aggies	Khonreich C Dylan K	20 . 10
	U10 Bucks	AFCBC Hawks	Elijah R Lucas H	22 . 6
	U10 Raptors	AFCBC Dynamite	Elijah Y Steven L	5 . 10
	U12 Rockets	Tyndale Hurricanes	Nicolas A Austyn M	27 . 24
Netball	7 & U Bright Stars	GS Stars	Isabella B Amali T	Not Scored
	11 & U Shining Stars	Lutheran Lightnings	Alyssa B Dekodah B	14 . 1

SA BMX STATE TITLES

The BMX State Titles were held last weekend at the Cross Keys BMX Club. Hayley G competed with the 11 year old girls and she made it into the final where she defended her 4SA plate from last year.

David G competed in 3 classes and made it into the semi finals for one of them. He won the 5SA in the Junior Retro competition.

Matthew G competed in 7 sprockets on Saturday and he raced well too. No plates for his class but he was awarded a participation trophy.

Well done to everyone!



WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Friday 1st November	SACSA Netball Yr 4/5, 6/7
Friday 1st November	ELC 2020 Inductions
Monday 4th November	ELC 2020 Inductions
Tuesday 5th November	Mini Olympics
Tuesday 5th November	ELC Parent Teacher Interviews
Wednesday 6th November	ELC Parent Teacher Interviews
Thursday 7th November	Music Australia - Count Us In
Friday 8th November	ELC Parent Teacher Interviews
Friday 8th November	Year 6 Excursion
Monday 11th November	School Tour
Tuesday 12th November	iPad Information Night
Wednesday 13th November	SACSA Basketball Year 4/5
Thursday 14th November	SACSA Basketball Year 6/7 Girls
Friday 15th November	SACSA Basketball Year 6/7 Boys
Friday 15th November	SRC Disco

2019 Term Dates

Term 1	Mon 4th February - Fri 12th April
Term 2	Mon 29th April - Fri 5th July
Term 3	Wed 24th July - Fri 27th September
Term 4	Mon 14th October - Wed 11th December

MONDAY MORNING PRAISE

Whole School Worship
10 - 10.30am Mondays

CHAPEL

Primary Chapel (Years 3 - 6)
10.50 - 11.30am Wednesdays

Junior Primary Chapel (Reception - Year 2)
12.10 - 12.50pm Wednesdays

UNIFORM SHOP TIMES

The opening times for the Uniform Shop are:

Monday 8.15 - 10.30 am
Tuesday 8.15 - 10.30 am
Thursday 2.00 - 4.00 pm
Friday 8.15 - 10.30 am

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

WEEKLY PE LESSONS	
Class	Days
RD	Monday & Thursday
RH	Monday & Thursday
RHA	Monday & Thursday
1D	Thursday & Friday
1T	Monday & Thursday
1C	Monday & Friday
2ZH	Tuesday & Friday
2P	Wednesday & Friday
2R	Thursday & Friday
3L	Tuesday & Wednesday
3N	Tuesday & Friday
3T	Tuesday & Wednesday
4G	Monday & Friday
4WH	Monday & Friday
4WY	Monday & Friday
5P	Tuesday & Friday
5R	Tuesday & Friday
5T	Tuesday & Friday
6SH	Monday & Tuesday
6S	Monday & Tuesday
6T	Monday & Tuesday

