



Photos from SAPSASA Swimming - photos taken by Rory H

FROM THE PRINCIPAL

Welcome to our Week 5 Newsletter as we reach the halfway mark of our term. Our Primary students enjoyed perfect weather for our Primary Athletics day last Thursday and it was wonderful to have parents and friends joining us. It is always great to see those students who shine on a day like that. I love to see how people show different gifts, talents and strengths and Athletics Day for some of our students, is one of these opportunities. Our school does want to see each child discover their brilliance which allows them to bring a positive contribution to the world.

Our Reception students have settled in and have now finished their first 5 weeks of school. They have no more rest days scheduled, however, we do have a number of 4 day weeks due to public holidays this term.

Our Year 3 and Year 5 students have NAPLAN next week on Wednesday, Thursday, and Friday. These national assessments are a snapshot of some subjects for those children. We encourage all students to do their best. If your child is feeling a little nervous, I would encourage you to speak to their class teacher so that they can support them.

Thank you for your care in driving and parking around the school. We appreciate your efforts to ensure that all children are safe as they travel to and from school. If you park in the front carpark, you may have noticed 2 reserved spaces have been added. These parks are reserved to provide for council requirements and belong to BASE church and Bethany staff and are not available for parent parking. Thank you for your understanding.

Next week you will receive an email with information on how to book parent teacher interviews. These interviews will be held at school face to face on Thursday 30th March or Tuesday 4th April. We will also provide the option to book a video conference or phone call if you would prefer. We have learned many new things over the past 3 years, and we know that sometimes it is very difficult for some of you to attend an interview in person with young children. More information will be sent to you with a link to book your interview times.

Please make sure that we have your correct email address, and if you have updated your phone number or other details, please contact the school office.

Our Year 3 and Year 4 students have swimming lessons in Week 8 of this term.

Easter is at the end of Week 9 and we have an **early dismissal at 12:10pm on Thursday 6th April**. The Term finishes at normal time on Friday 14th April 3:10pm. We have a pupil free day on the first day back of Term 2 and OSHC is available. School resumes on Tuesday 2nd May.

I hope that you enjoy this long weekend as you spend time with your family and that you are refreshed and

ready for the second half of Term 1.

God bless,

Wendy Matear
Principal

THIS WEEK'S MEMORY VERSE

Forgive us for doing wrong, as we forgive others.

Matthew 6: 12

DEPUTY'S CORNER

Welcome to Week 5, the half-way point of the term! The Wellbeing Team have referred to this week as 'Wellness Week', focussing on providing strategies and tools to improve wellbeing amongst our staff and school community. It is a really healthy idea to take stock of how we are all going, physically, mentally and spiritually. Sometimes, we can get so caught up on being the responsible adults who need to take care of others, that we neglect our own wellbeing. Very often, if we do take a small amount of time-out to look after ourselves, we feel guilty about doing so, as if the idea of taking time for ourselves is a selfish one! In actual fact, taking time out to make sure that we are doing okay helps us to be in a better position to give support to others. Maybe put the kettle on, or grab a coffee and do the Wellbeing Stocktake below, and then look at some of the provided 'Sleeping Tips' and 'Wellness Tools' provided.

Wellness Stocktake

- How am I sleeping? (Do I have trouble falling asleep or do I wake in the night and can't get back to sleep?)
- How do I feel at this moment? Mentally and physically?
- What is taking the most of my headspace?
- Am I anxious, stressed or heightened in anyway?
- Am I taking care of myself (am I eating well and looking after my body?)
- How is my family life?
- Am I triggered easily?
- Do I engage in behaviours to ease my pressure/stress (ie. Drinking alcohol to fall asleep, overeating, over exercising)?
- Am I regularly doing things that are "life giving" to me? ie. Spending time with friends, cooking, gardening etc.
- Do I need to give attention to anything in my life in order to help my overall wellbeing?

Sleeping Tips

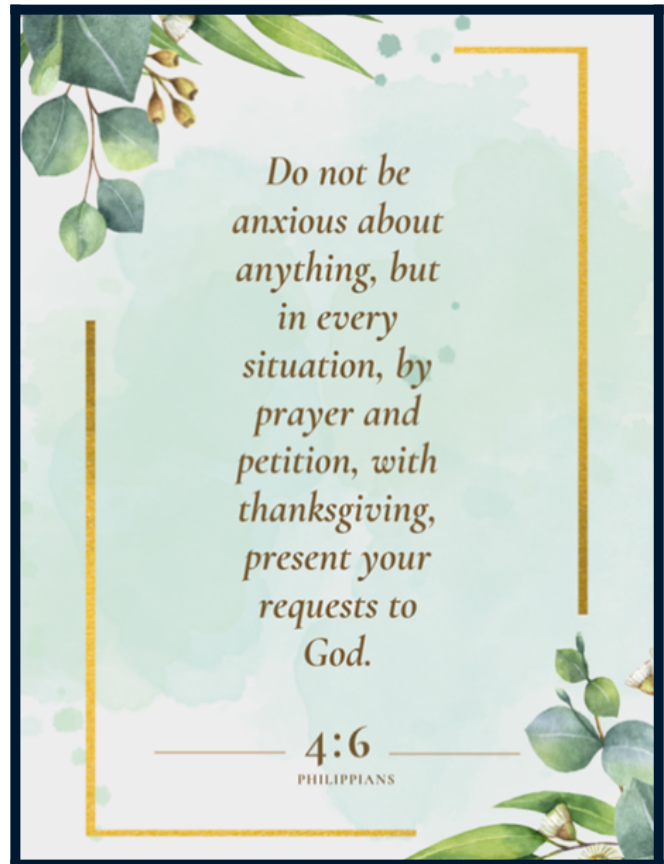
- Get enough sleep! This will be different for each person.
- Do not eat a big meal or lots of sugar before bed. Your digestion and glucose level will think it's a party!
- If you have things on your mind before you sleep, put a notebook and pen by your bed and write out the things you need to give attention to the next day. Get it "out of your mind" and into a "plan" for the following day.
- Wind down before bed without screens. Read a book, do your devotions etc. Beware of scrolling through social media as minutes turns into hours! Be mindful that time on your phone before bed can alert you to incoming work emails that may not relax your mind before sleeping.
- If you wake in the night, do not lay in bed for a long time. Get up and do something relaxing like reading. When you are tired again, return to bed.

Wellness Tools

- Move your body!
- Listen to music
- Ride a bike
- Spend time with friends
- Get into nature
- Spend time with Jesus
- Take a bath
- Talk to someone
- Take a break or nap
- Declutter or organise
- Cry
- Read a book
- Go for a walk or hike
- Visualize
- Garden or yardwork
- Eat healthy
- Sing or dance
- Cook or bake
- Play with a pet
- Drink enough water

- Play a sport
- Take slow mindful breaths
- Write in journal
- Do some craft

Remember, it is okay to spend a short time each day to doing an activity to replenish our personal wellbeing. In fact, looking after ourselves will help us look after our family better.



I hope that as we head into a long weekend, we will give ourselves guilt-free permission to look after ourselves! I pray that you and your families enjoy the long weekend.

God bless you all,

Deb Clifford
Deputy Principal

HIGHLIGHTS

SRC AND HOPE VILLAGE NEWS

At the beginning of this year, each class was given a Hope Village Sponsor Child to raise money to care for them and send them to school. 3HR have already raised an amazing \$71.15 to go towards clothing, food and education of their Sponsor Child. Congratulations 3HR, well done!

This term, the SRC will be holding a Casual Clothes Day on **Thursday 23rd of March, Week 7**. They will be sending out fliers and posters advertising the event in the coming days. Students can wear school appropriate casual clothing for the cost of a gold coin donation. The SRC wrote to the Principal of Hope School to ask where the biggest need was in the school. A list of suggested projects that money could be raised for was provided, and the students in the SRC were so moved that the Indonesian students didn't have a grassed garden area to play on, or seats to sit on to enjoy a garden during play breaks, they have decided the money raised in the Casual Clothes day will go towards establishing a grassed area, a garden and park benches.

ENROLMENTS

Sibling Priority for 2025

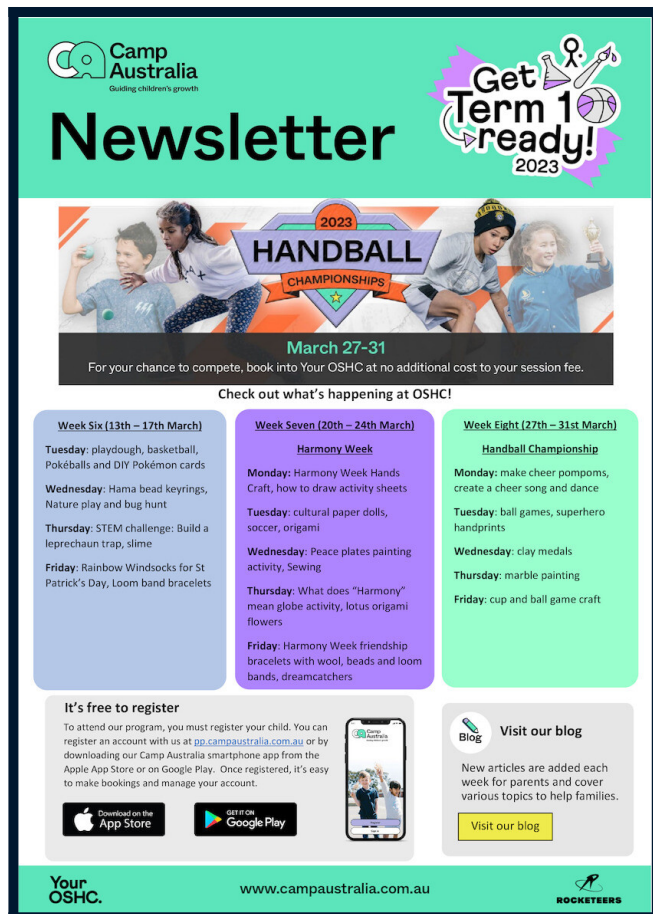
If your child is due to start Reception with us here at Bethany Christian School in 2025 and you have not heard from our Enrolment Officer, please ensure you call the school to secure your child's position.

Interviews to fill our 2025 Reception classes will commence in May and a secured position may not be available after this time.

Withdrawal Policy

Should you decide to transfer your children to another school, then the school requires written notification one term in advance of the withdrawal of the children. This enables the school to plan ahead with possible enrolments to replace the children. If written notification is not given, then one term's fees will be charged as per the Withdrawal Policy which is signed at the time of enrolment.

CAMP AUSTRALIA



Open oshc newsletter term 1 week 5 2023.pdf (370.94 KB)



Open Handball Poster 2023 - Digital.pdf (530.68 KB)

COMMUNITY NEWS

PLAYGROUP



PARA HILLS FOOTBALL CLUB



Contacts

Chairman: Simon Bramley 0401 052 456
 Vice Chairman: Bryan Hulmes 0481 382 482
 Junior Coordinator: Michael Cummins 0414 360 503
 Email: parahillsfc@gmail.com



PARA HILLS
FOOTBALL CLUB

JUNIOR PLAYERS
WELCOME
2023

PREMIERS

1981 B Grade
 1992 A Grade
 2000 A Grade
 2002 A Grade
 2006 A Grade
 2015 A Grade

1984 U15
 1985 U13
 1986 U14
 1987 U10 & U13
 1988 U11 & U15
 2000 U16
 2011 U16
 2018 U12
 2022 U15

The Paddocks Oval
 Bridge Road, Para Hills SA



Who We Are

The Para Hills Football Club was founded in 1971 via a teacher and parents at the Para Hills Primary School. Three teams U9, U11 & U11 Reserves were fielded in the North Torrens Junior Association wearing St. Kilda style guernseys. Home games were played at the school or Manor Farm Oval at Salisbury East.

Para Hills played it's first senior game at the start of the 1974 season in the Central District Football Association.

We have over the years played within the South Australian Amateur Football League with brief stints in the former Central District Football Association which later became the Northern Metropolitan Football League before it disbanded and the also now defunct South Australian Football Association.

Settling back into Amateur League in the mid 90's, Para Hills has worked extremely hard at building the club for the long term future to ensure success both on the field and in our growth as a local community based sporting club catering for senior players and both girls and boys junior players.



What we are proud of

Junior Club of the Year 2017 & 2019.
 Supporting and giving back to the local community.

Breakthrough Mental Health fundraising including other charities and foundations.

Family friendly football club open to players of all ages and skill levels.

Maintaining a good culture for those within the club.

250+ Senior & Junior players
 Over 1.8k Facebook followers
 Parents, siblings, friends & Members

Looking to 2023

Brand new club rooms for our players, spectators and wider community.

Continued support and giving back to the local community.

Further fundraising for charities and our foundation partners.

Continued and increased recognition of our partners and sponsors.

Increase in Senior player numbers and Girls & boys Junior player numbers.

Strengthened football department.

On-field and off-field success.

SALISBURY INTER SOCCER CLUB



2023 JUNIOR GIRLS VACANCIES

Limited vacancies exist for our below Football SA junior girls teams.

U9s - Born 2014 & 2015
 U15s - Born 2008 & 2009
 U17s - Born 2007 & 2006

Join us! Contact
juniors@siscwomens.com



SPORTS NEWS

CROSS COUNTRY REPORT

Managing to avoid the hot weather we were able to hold our annual Cross-Country Championships on Friday 17th February. All students showed great attitude as they either walked or ran various distance of 1, 2 or 3kms.

Thank you must go to the helpers who made this day possible!

Mrs Clifford, Mr Grieger, Mr Peterson, Mrs Curtis, Mr Mabikafola, Mr Grierson, Mrs Schultz, Mrs Lawton, Mr Huntley, Mr Curtis, Mrs Hendrick made the day run smoothly, and helped students enjoy the day.

Thank you to all the class teachers who also help arrange the students ready for marshalling!

Congratulations to Shadrach who were House Champions for 2023!

HOUSE POINTS

Shadrach	679
Meshach	661
Abednego	672

PLACINGS | 1ST, 2ND AND 3RD

Age	Gender	1st Place	2nd Place	3rd Place
8 Year Olds	Girls	Giuliana G	Hannah Mc	Judy M
	Boys	Nate A	Cohen F	Elijah L
9 Year Olds	Girls	Elise B	Aivy P	Zoey G
	Boys	Ashton S	Jordan D	Deng A
10 Year Olds	Girls	Skye M	Emily D	Arizona G
	Boys	Ethan L	Harrison Mc	Oscar E
11 Year Olds	Girls	Liliah M	Sophie S	Jemima M
	Boys	Nhial M-Y	Matthew G	Thien T
12 Year Olds	Girls	Jessica S	Stella R	Abimbola A
	Boys	Tyler M	Jacob N	Orlando H

ATHLETICS REPORT

On Thursday March 2nd we held our annual Athletics Carnival on the school grounds and the Fairbanks Reserve. It was the first time in two years where we were able to hold the Athletics Day, and it was greeted with much excitement. It was also the first time where we held one day, and had all Year 3 – 6 students out.

It was a fantastic day for our students, and all students got involved!

We would like to thank all the spectators for coming out and supporting our students as they competed. Also, a big thank you to the Year 10 PE classes at Temple Christian College – Paralowie Campus and their teachers along with our volunteers and staff for making this day possible.

HOUSE POINTS

Shadrach	1824
Abednego	1789
Meshach	1690

BROKEN RECORDS

Age Gender	Student	Event	Distance Time
8 Boys	Cohen F	Discus	11.95m
8 Girls	Lottie M	Discus	10.13m
8 Boys	Elijah L	800m	4:28.00mins
8 Girls	Giuliana G	800m	5:05.00mins
9 Boys	Ashton S	800m	3:30.00mins
9 Girls	Elise B	800m	3:58.00mins
9 Boys	Ashton S	Discus	18.80m
9 Girls	Elise B	Discus	12.92m

SPORTMANSHIP AWARDS

Male Sportsmanship		Female Sportsmanship	
8 Year Old	Elijah L	8 Year Old	Daniella Y
9 Year Old	Cooper J, Xyrille L	9 Year Old	Annabell K, Charlotte M
10 Year Old	Rush M, Lucas C	10 Year Old	Victoria Q, Hannah H
11 Year Old	Emmanuel K, Tyson S	11 Year Old	Aker M, Minka H
12 Year Old	Lucca M	12 Year Old	Alyssa A, Merry N

INDIVIDUAL ACHIEVEMENT

Male Age Champions		Female Age Champions	
8 Year Old	Cohen F	8 Year Old	Giuliana G
9 Year Old	Deng A, Ashton S	9 Year Old	Elise B, Amelia J
10 Year Old	Ethan L, Noah P	10 Year Old	Emily D, Isla F
11 Year Old	Nhial M-Y, Liam H	11 Year Old	Jemima M, Sophie S
12 Year Old	Tyler M	12 Year Old	Jessica S, Abimbola A



SAPSASA SWIMMING REPORT

On Friday 3rd March six students headed to the Waterworld in Tea Tree Gully to compete at the annual SAPSASA Swimming Carnival.

This year three districts combined on the day – Salisbury East, Tea Tree Gully and Para Districts.

Congratulations to the individuals who represented Bethany Christian School at the carnival, and did the school proud!

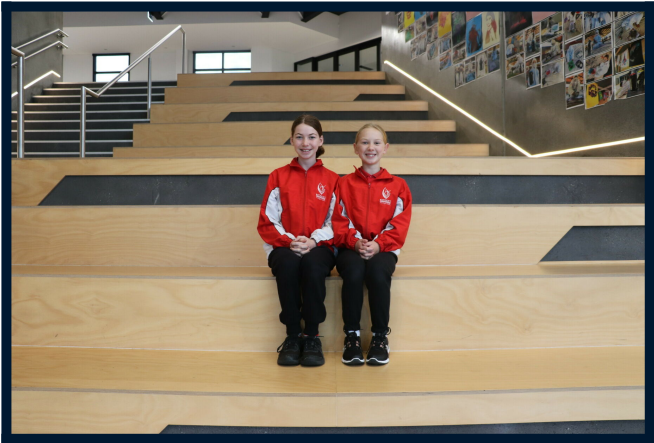


Coach	Mr Grieger, Mr Hannaford
Front Row (L - R)	Back Row (L - R)
Emily D	Logan L
Grace M	Stella R
Rory H	Sophie S

SACSA SWIMMING REPORT

On Tuesday 7th March we had two students attend the SACSA Swimming Carnival at the Adelaide Aquatic Centre. It was the first time attending this event as a school in a number of years, and it was nice to see student athletes back in the pool competing at their chosen passion.

Congratulations to Sophie and Stella for attending the day, competing well and representing the school with great sportsmanship.



Coach	Mr Hannaford
Front Row (L - R)	Back Row (L - R)
Stella Robb	
Sophie Stock	

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)

[Nomination Link](#)

U08s mixed | U10s mixed | U12 Boys | U12 Girls

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)

[Nomination Link](#)

U08s mixed | U10s mixed | Under 12s mixed

Saturday games are at the The Gardens Recreation Centre.



MATCH RESULTS | WEEKLY SPORTS

SATURDAY 25 | 02

Sport	Team	Opponent	Coach's Pick	Match Result		
Netball	U08 Golden Stars	Gems Pink Sapphire	Evie W	Not Scored		
Netball	U10 Wild Stars	Renegades Teal		L	4	5
Netball	U10 Bright Stars	Angels U10	Emily D	W	12	0
Basketball	U10 Bulls	Shooting Stars 10b	Ethaniel Y	L	18	12
Basketball	U10 Boomers	SFX Rockets	Callum O	W	33	17
Basketball	U10 Warriors	Kings Jets	Abandoned			
Basketball	U12 Hornets	Kings Eagles	Piolo D	W	24	19
Basketball	U14 Mavericks	Tyndale Stars	Abandoned			

SATURDAY 04 | 03

Sport	Team	Opponent	Coach's Pick	Match Result		
Netball	U08 Golden Stars	Lightning Blitz 1	Harlow J	Not Scored		
Netball	U10 Wild Stars	Bulldogs 1	Hannah M	L	31	0
Netball	U10 Bright Stars	Renegades Teal	Emily S	L	11	1
Basketball	U10 Bulls	Brooks Thrillers 10	Issac D	W	14	13
Basketball	U10 Boomers	Wings Bombers	Noah P	L	21	29
Basketball	U10 Warriors	Kings Heat	Doin S	W	19	8
Basketball	U12 Hornets	Bearcats Rock	Connor T	L	14	12
Basketball	U14 Mavericks	Hope Valley Heat 14G		L	7	17

WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Monday 13th March	Adelaide Cup Day Public Holiday
Wednesday 15th March to Friday 17th March	NAPLAN
Thursday 23rd March	SRC Casual Day
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
Thursday 6th April	Early dismissal for Easter - 12.10pm
Friday 7th April	Good Friday
Monday 10th April	Easter Monday
Friday 14th April	SACSA Athletics
Friday 14th April	Last day of Term 1 (normal dismissal - 3.10pm)

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

BETHANY CHRISTIAN SCHOOL

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