



Photos from our recent Indonesian Trip.

FROM THE PRINCIPAL

Welcome to our week 7 newsletter for Term 1. We have certainly had an interesting start to 2020. It seems that many of the things that we have taken for granted are being challenged and our lifestyles are needing to be adjusted to cope with that. One of the reflections I have made is that over the past 4 years, Bethany Christian School has been on a learning journey which has caused us to look for problems worth solving and so we actually feel that God has been preparing us for these challenges in advance. We are seeing many opportunities to have empathy, think through possible solutions and try some different ways of operating. We are also seeing what is most important and how we can continue to be a caring community that thinks of others as well as taking care of ourselves. This kind of life brings about peace amongst what seems to be a storm. I am reminded that Jesus is the one who can calm the storm and our faith in Him brings peace to our souls.

We will continue to update you as things are adjusted through our school app and the website. This enables us to communicate with you efficiently and means that you can stay up to date. Please follow the steps to download and set up the app that were sent home again this week if you have not done that. It is a simple process that just requires that you allow notifications for this app on your smart phone. Please check that your notification settings are switched on in your phone and in the School app settings (BCS App > Settings menu > Notifications > make sure all tick boxes are green)

The latest advice is still saying that schools will remain open for the time being as this reduces the spread of COVID-19. If this changes, we will notify you.

One of the best things that each of us can do in a time like this is to look after our health and wellbeing. Our children pick up on our anxiety and this interferes with sleep, rest and health. If you are feeling overwhelmed with fear, the bible has some clear advice for us and that is to pray. Speak to God who is greater than the circumstances and able to do the miraculous. Other practical things that you can do include reducing the number of articles and news reports that you read or watch throughout the day. Accept that you are not in control of some things but that you are in control of your attitudes, habits and choices in your relationships. Spend time doing things that bring you enjoyment, spend time with your children doing some fun things like playing games, playing outside or reading together. Remind yourself of what is most important and keep your priorities in check to ensure that you are staying present with your family. Remember that we are resilient and that we have excellent medical care here in Australia. Keeping your thinking in check will make a great difference. Generosity, thankfulness and helping others is also another way that we can stay calm and focus on what really matters.

We really appreciate your support in changing your behaviours to help too. We will not have family and visitors coming to school during the day for any chapels or sporting events like cross country until further notice. This is to minimise risk for students and staff. We still intend to hold parent teacher interviews through video conferencing. This means that you will still get a 10 minute time slot when you will call in via an app. You will be able to meet with your child's class teacher via a web meeting. We will send you all of the information that you will need to your email account with step by step instructions so that you can stay home and still meet with your child's teachers.

Thank you for your vigilance and for working with us so brilliantly so far,

God bless,

Wendy Matear

Principal

Memory Verse

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

Matt. 20:28

DEPUTY'S CORNER

LOOSE PLAY

You may have noticed a large space that was made available by the removal of our transportable buildings. While this space has been earmarked for a new nature playground area, until it has been planned and built, a 'loose parts play' space has been established for immediate use. Loose play is where a variety of ordinary items that have no single given purpose have been assembled so that children are released to use their imagination and creativity to use the items in play.

The launch of the loose play was a terrific success. Students built cars, a moving 'wheelchair', shelters, and towers among other amazingly creative things! It was also wonderful to see students from all year levels interacting with each other, conversing with one other and discovering new things as they experimented with the materials left out for them.

I look forward to seeing this play space become a well utilized area during break times and to see what the students dream up while playing outside.



In the light of what is happening in the world at the moment, we have decided to re-publish an article from earlier in the year about how to settle the anxiety that some children may be experiencing.

TALKING ABOUT SCARY STUFF IN THE NEWS

Digital media means we increasingly witness wars, terrorist attacks, accidents and natural disasters as they happen – through our phones, TVs and social media feeds. And while this coverage helps us stay informed about what's going on, it can be distressing – especially for kids.

It's pretty much impossible to shield children completely from upsetting news. And keeping things secret can mean kids get snippets of information, adding to their sense of anxiety.

Your best option is to monitor what kids are seeing and reading, and support them to understand what's happening.

5 tips for parents and guardians

1. Be aware of what kids are watching

- On average, adults in Australia spend nearly 100 hours watching TV or browsing online – and that's not including work-related stuff. Think about how often kids are in the room or watching over your shoulder, and be proactive about switching off when they're around.
- Put some age-appropriate boundaries around how much news kids are seeing. For example, children

under the age of six should have very limited or no access to upsetting media. As kids mature, supervise what they're watching and talk through what you're seeing together.

2. Help them understand

- Encourage your child to ask questions about what they're seeing.
- Explain that sometimes scary things happen in the world and it can be hard to understand why – and it's really normal to feel scared and worried.
- Often children aren't able to fully understand what's happening, and this can add to their distress. It can help to explain things in concrete ways, such as by showing them on a map how far away the event was from your neighbourhood, or explaining that what they're seeing on TV is a replay of something that happened before, not a new incident.

3. Provide plenty of reassurance

- Traumatic events can challenge our belief that the world is a safe place – whether we're five or 50. Reassure your child that you're looking out for them and help them see that these kinds of scary things happen very, very rarely.
- Stick to your regular family routines – these help kids feel secure.

4. Focus on the helpers

- Help your child see the positives – that there are lots of people working to fix the frightening situation and stop it happening again. Point out the helpers – the emergency workers and volunteers – as examples of the goodness in people.
- Find something they can do to make a difference, such as writing a thank you letter to emergency workers or donating pocket money to a charity.

5. Take care of yourself

You don't need to be directly involved in a tragedy to feel its effects. It's important to take care of yourself so you can continue to support your family.

- **Allow yourself to feel.** It's a normal reaction to upsetting news. It shows compassion.
- **Limit how much news you watch** if you're becoming pre-occupied or feeling overwhelmed.
- **Talk to others** about how this event has affected you.
- **Calm yourself.** Go for a walk. Take deep breaths. Do things that relax you.
- **Think helpfully.** Tragic things happen but remember most of the time we're safe and most people are good.
- **Take care of yourself.** Sleep. See friends and family. Do things you enjoy.
- **Re-direct your energy** into things that will make a positive difference. Donate money. Volunteer your time. Raise awareness about the response efforts and available support.
- Don't be afraid to **seek professional support** if you need it.

Children often learn how to feel about something by watching and modelling adults' reactions. Share your feelings, but show that you're managing them. If you're feeling upset or distressed, talk privately with another adult you trust or a health professional.

Changes in behaviour - what to look for

When children are confronted with something stressful, like news of a traumatic event, they're not always able to express their feelings in the same way adults can. Instead, kids show how they're feeling through their behaviour.

Common reactions include:

- becoming clingier

- having more tantrums or outbursts
- acting younger than their age
- not sleeping as well
- being more irritable
- talking more about death and dying.

If your child is acting differently and you're worried about their reaction to distressing news, seek support from a [health professional](#) or contact the [Beyond Blue Support Service](#).

From [Beyond Blue's Heathy Families website](#).

Wishing you a healthy and safe week,

God bless you,

Deb Clifford
Deputy Principal



HIGHLIGHTS

PREMIER'S READING CHALLENGE

2R	Amira S-E	Andelazia L	Ira P
Aker M	Connor T	Daniel M	Matthew G
Briarna B	Ebony L	Ebony-Rose H	Tobiasz T
Devon S	Emily H	Gurman S	
Elise K	Lily N	Logan L	4G
Laila J-H	Nhial Yuang M-Y	Tiana V	Tam G
Millie-Rose K	William W	Antonio F	Yanish G
William H	Daniela M	Eknoor S	Elijah R

SCHOOL BANKING

Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

SUNSMART

Are you SunSmart?

Protect your skin in five ways when UV is 3 and above:



Slip on clothes that cover your arms and legs



Slop on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



Slap on a broad brimmed hat or one that covers the head, face, neck and ears



Seek shade, particularly over the middle part of the day when UV is highest



Slide on close fitting sunglasses



Access the daily sun protection times via the free **SunSmart app**, or at [sunsmart.org.au](https://www.sunsmart.org.au)



Open Are_you_SunSmart_Poster_web_400x200.pdf (115.08 KB)

LOST PROPERTY

After our recent sports days we have a large amount of lost property at the student desk. Please come in to check through the items that we have before the end of term or these items will be donated.

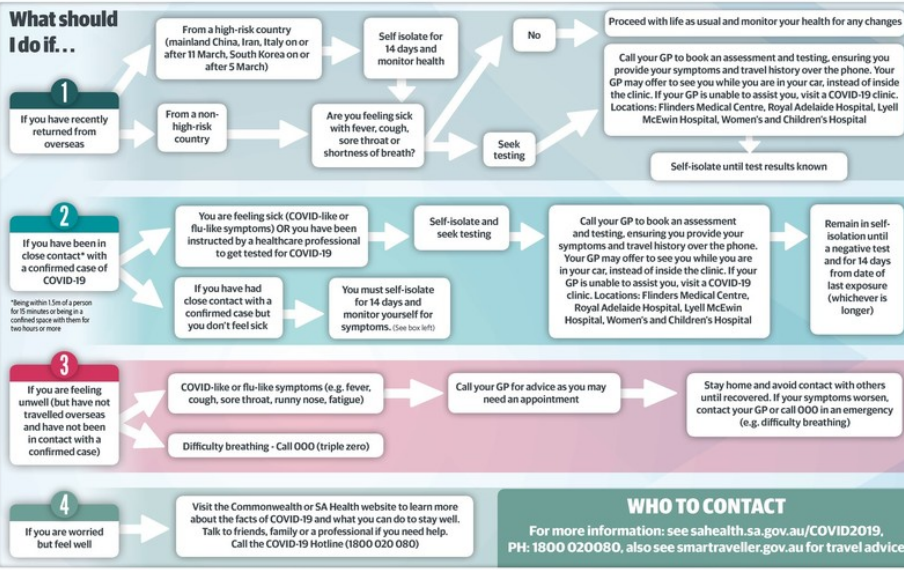
CORONA VIRUS GUIDE

Identifying the symptoms

Symptoms	COVID-19 Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common (usually dry)	Mild	Common (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhoea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Source: WHO, Centres for Disease Control and Prevention

What should I do if...



WHO TO CONTACT

For more information: see sahealth.sa.gov.au/COVID2019, PH: 1800 020080, also see smartraveller.gov.au for travel advice

How to isolate yourself

- People who have returned from overseas travel, have had close contact with people with COVID-19 or are unwell with symptoms may need to isolate for 14 days. This means you must stay at home in a dedicated room (or hotel room) and not leave unless you need to seek medical care. Do not go to work, school, childcare, university or any public, social, or religious gatherings. Do not go shopping to restaurants - shop online or have family or friends deliver what you need. Do not have visitors. Only people who usually live with you should be in the home - they must not sleep or be in the same room as you. Avoid unnecessary contact with people living with you. They do not need to self-isolate unless they become unwell. Stay in your own room and use a dedicated bathroom and toilet if possible. Avoid sharing towels, toiletries or other household items. Wash clothes and linen in a separate load, using hot wash.
- Avoid using the kitchen when other people are in the room and eat meals in your room. It is safe for you to go into your garden or courtyard alone. Do not go to public parks or gardens. If there are times when you cannot avoid being in the same room as another person, limit the time you are together (less than 15 minutes) and wear a mask if you have one. While you are in isolation in your room, keep your door closed, open your window for fresh air.
- Have separate plates, cups and cutlery. Frequently touched items such as TV remotes, door knobs, light switches and benches should be cleaned regularly with a detergent or disinfectant and disposable cleaning cloths.
- Maintain a 1.5m distance from other people if you need to briefly move through shared living spaces in your home. Others who live with you are not required to be isolated unless they meet one of the isolation criteria. However, if you later develop symptoms and are suspected to have COVID-19, they will be classified as close contacts and will need to be isolated for 14 days. If you are in a hotel, use room service for food, and ask for your meal to be left outside the door. When travelling home to start isolation, wear a surgical mask. If you must use a bus, train or taxi to get home or seek medical care, ensure you wear a mask (if you have one). Keep at least 1.5m away from other people.
- If you need medicines, ask a family member or friend to get them. For wellbeing, keep in touch with family and friends by telephone, video calls, email or social media, reassure young children, keep up normal daily routines you can do in your room: eat a healthy diet, get plenty of fluids and in-room exercise, and arrange to work from home if possible. Once you have been self-isolated for 14 days and are symptom free, you no longer need to self-isolate. You do not need to get a clearance certificate.

Open Coronavirus Guide Poster.pdf (3.46 MB)

18 MARCH 2020 - COVID-19 - PRINCIPAL'S VIDEO MESSAGE

MMP and whole school gatherings are cancelled until further notice.

- Chapel will be held in year level groups or smaller in larger spaces, or even outside, and will be held for shorter times.
- Swimming lessons, Year 4 excursion, Year 6 camp are cancelled or postponed.
- Cross country will go ahead for students but we ask that no visitors attend the event.
- Parent teacher interviews - we have begun trialling an alternative using a video conference app to reduce contact.
- SACSA and SAPSASA have cancelled some events and we will continue to update you as these are rolled out. We will cancel any additional sporting tryouts that require a large group of students to meet together that would not normally be in class together.
- Choir will be cancelled at this time.

[Read School Management Memo for more information](#)

BETHANY CHRISTIAN SCHOOL APP

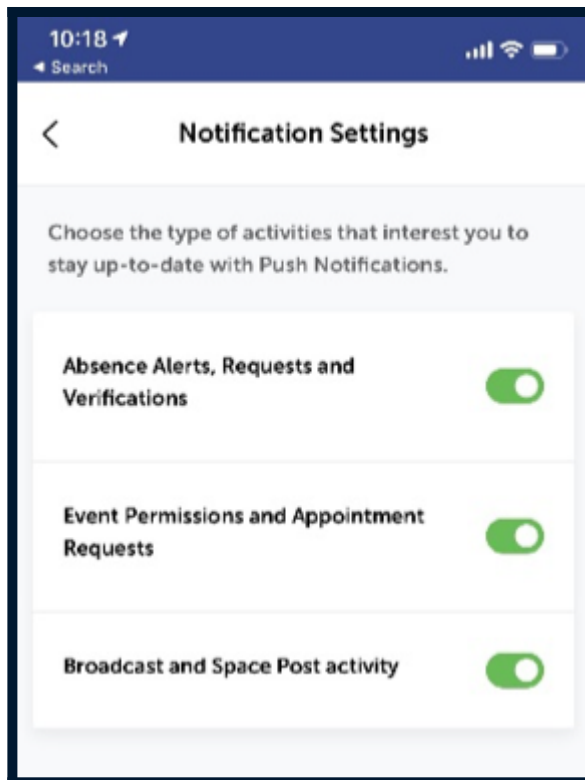
We will be sending all updates and relevant information through the App. These broadcasts will appear in the "Newsfeed".

Please check that your notification settings are

switched on in your phone and in the School app settings (BCS App > Settings menu > Notifications > make sure all tick boxes are green)

If you haven't already, we invite you to download the Bethany Christian School mobile app and sign in. You will be able to access the school calendar, manage children's absentees, get the latest school information and more.

If you did not receive a setup email for the BCS App on the 7th Feb please [check your junk mail](#) to see if it is there. If not please call the office on 8283 0000 and make sure your email address is up to date. Karen can help you through the setup process.



COMMUNITY NEWS

TEMPLE CHRISTIAN COLLEGE - EMPLOYMENT OPPORTUNITIES

Employment Opportunity



History Coordinator / Teacher Maternity Leave Replacement

Mile End Campus

- Contract Replacement position Term 3, 2020 to end Term 2, 2021
- 0.71 Full Time Equivalent (FTE)
- Ability to teach year 11 & 12 preferable
- Salary Commensurate with Qualifications & Experience
- Plus Coordinator Allowance, 9.5 % Employer Superannuation & 17.5 % Annual Leave Loading

Key Responsibilities

As a Teacher you will:

- Plan, prepare & deliver effective learning & teaching programs for every student in allocated classes & groups
- Contribute to the establishment & maintenance of a supportive school environment

Person Requirements

It is expected that applicants will:

- Be committed to Christ and able to demonstrate active church involvement
- Be Christian with a strong commitment to Christian Education and a determination to serve God in a Christian school environment.
- Demonstrate excellence in all aspects of teaching
- Hold a current Teachers Registration in South Australia
- Have exceptional communication skills both written & verbal

Job & Person Description can be viewed on our website at www.tcc.sa.edu.au

Application Process

Completed applications including a cover letter and resume with contact details of two professional and one pastoral / church referee should be sent to:

The Principal - Mr Marcel Rijken
2 Henley Beach Road, MILE END SA 5031
or can be emailed to jobs@tcc.sa.edu.au

Applications Close: 3 April, 2020

All applicants should refer to the Collection of Information from Job Applicants.
Notice which is available on our website at www.tcc.sa.edu.au under the employment tab.



Temple Christian College

www.tcc.sa.edu.au

Pursuing excellence for the glory of God

Employment Opportunity



Music Coordinator / Teacher Maternity Leave Replacement

Mile End Campus

- Contract Replacement position Term 3, 2020 to end Term 2, 2021
- 0.882 Full Time Equivalent (FTE)
- An ability to teach Year 11 & 12 preferred
- Salary Commensurate with Qualifications & Experience
- Plus Coordinator Allowance, 9.5 % Employer Superannuation & 17.5 % Annual Leave Loading

Key Responsibilities

As a Teacher you will:

- Plan, prepare & deliver effective learning & teaching programs for every student in allocated classes & groups
- Contribute to the establishment & maintenance of a supportive school environment

Person Requirements

It is expected that applicants will:

- Be committed to Christ and able to demonstrate active church involvement
- Be Christian with a strong commitment to Christian Education and a determination to serve God in a Christian school environment.
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Open History Coordinator Replace ME.pdf (597.20 KB) Open Music Coord Replace Teach T3 2020.pdf (597.27 KB)

SPORTS NEWS

WEEKLY SPORTS RESULTS

MATCHES WEEK ENDING: 7/03/2020

Sport	Team	Opposition	Coaches Pick	Score
Sport	Team	Opposition	Coaches Pick	Score
Basketball	U8 Blazers	No Game		
	U10 Bucks	No Game		
	U10 Raptors	No Game		
	U12 Rockets	No Game		
Netball	U8 Bright Stars	No Game		

MATCHES WEEK ENDING: 14/03/2020

Sport	Team	Opposition	Coaches Pick	Score
Basketball	U8 Blazers	No Game		
	U10 Bucks	No Game		
	U10 Raptors	No Game		
	U12 Rockets	No Game		
Netball	U8 Bright Stars	Tiny Tigers	Aleesha B Emily D	1 . 5

2020 JUNIOR ATHLETICS CARNIVAL

On Friday March 6, 2020 we held our second carnival for the week which was the Junior Athletics Carnival.

INDIVIDUAL AGE GROUP WINNERS

7 Year Old Female	Aleesha B	7 Year Old Male	Oscar E
8 Year Old Female	Liliah M	8 Year Old Male	Nhial M-Y
9 Year Old Female	Jessica S	9 Year Old Male	Piol D

SPORTSMANSHIP AWARD

7 Year Old Female	Ebony L	7 Year Old Male	James L
8 Year Old Female	Ebony-Rose H	8 Year Old Male	Vincent M
9 Year Old Female	Charlotte B	9 Year Old Male	Charlie W

Final House Results were as follows:

Meshach	1002
Shadrach	881
Abednego	871

Thank you so much to everyone who came out to support our students - It was fantastic to see such a great crowd. Also another big thank you to the many people involved in making this day run smoothly including the BCS Staff, Year 10 PE classes at Temple Christian College - Paralowie Campus and their teachers along with our volunteers.

2020 SENIOR ATHLETICS CARNIVAL

On Thursday March 5, 2020 we held our annual Senior Athletics Carnival on the school grounds and the Fairbanks Reserve. It was a fantastic day for our students and all involved.

Congratulations to the following medal winners:

INDIVIDUAL AGE GROUP WINNERS

10 Year Old Female	Jayda M	10 Year Old Male	Mitchell M
11 Year Old Female	Kaylee W	11 Year Old Male	Reilly S
12+ Year Old Female	Holly S	12+ Year Old Male	Austyn M

SPORTSMANSHIP AWARD

10 Year Old Female	Olivia F	10 Year Old Male	Noah J
11 Year Old Female	Adesola A	11 Year Old Male	Ilyas D
12+ Year Old Female	Tessa B	12+ Year Old Male	Anthony B

Final House Results were as follows:

Meshach	1168
Shadrach	991
Abednego	938

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 students and their

teachers along with our volunteers and staff for making this day possible.

Some photos from the Junior Sports Day



Photos from the Senior Sports Day



WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Friday 27th March	Cross Country
Thursday 9th April	Last day of Term 1, 12.10 pm dismissal

2020 Term Dates

Term 1 Monday 3rd February to Thursday 9th April	Term 2 Tuesday 28th April to 3rd July
Term 3 Tuesday 21st July to 25th September	Term 4 Monday 12th October to Wednesday 9th December

UNIFORM SHOP TIMES

Monday	8.00 to 11.00 am
Tuesday	Closed
Wednesday	1.15 to 4.15 pm
Thursday	Closed
Friday	8.00 to 11.00 am

WEEKLY PE LESSONS

CHAPEL TIMES

Primary Chapel (Years 3 - 6)

10.50 to 11.30 am on Wednesdays

Junior Primary Chapel (Reception - Year 2)

12.10 to 12.50 pm on Wednesdays

MONDAY MORNING PRAISE

Whole school worship

10 - 10.30 am Monday mornings

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

Class	Days
ELC	Monday to Friday
RD	Tuesday and Friday
RH	Wednesday and Friday
RHW	Tuesday and Wednesday
1C	Wednesday and Friday
1D	Tuesday and Friday
1P	Tuesday and Wednesday
2HS	Monday and Thursday
2R	Monday and Thursday
2Z	Tuesday and Thursday
3L	Monday and Thursday
3K	Monday and Thursday
3T	Monday and Thursday
4G	Monday and Friday
4P	Monday and Friday
4W	Monday and Friday
5R	Tuesday and Friday
5S	Tuesday and Friday
5T	Tuesday and Friday
6S	Monday and Wednesday
6T	Monday and Wednesday
6W	Monday and Wednesday



Newsletter published: Friday, February 7 2020