



Chapel for Year 3 to 6

FROM THE PRINCIPAL

Welcome to our Week 7 Newsletter for Term 1. I hope that you and your family are well and that you have settled into the routines of school for 2023.

Next week our Year 3 and Year 4 students have their week of swimming lessons. It is an important part of our physical education program that allows all our students to develop more confidence and competence in the water.

We also have the first night of Parent Teacher interviews on Thursday 30th March and the following Tuesday 4th April. These are wonderful opportunities to meet face to face with your child's teacher and to share your insights and questions with each other. We value the importance of partnering with families to excel in Christian education and character. Learning is a journey that continues throughout our lives, and we are currently reflecting on the importance of who we are becoming. You should have received an email regarding Parent Teacher Interviews with a link that allows you to make a booking online. Please contact the office if you did not receive an email so that we can update your information.

Easter will be celebrated through our school Chapel times and you are welcome to join these times. Primary Chapel is at 10:50-11:30am and Junior Primary Chapel is at 12:10-12:50pm. You are welcome to attend and will need to sign in at the office before heading to the PAC. Base Church will have Easter services that you are also welcome to attend. Please refer to the information in this newsletter for details.

Students are dismissed on **Thursday 6th April at 12:10pm**. This is prior to Good Friday to allow families to get away for the Easter long weekend safely. Our school term ends at 3:10pm, our usual dismissal time on Friday 14th April.

I hope that you enjoy a refreshing weekend.

God bless,

Wendy Matear
Principal

THIS WEEK'S MEMORY VERSE

Jesus answered, "I am the way and the truth and the life."

John 14: 6a

DEPUTY'S CORNER

Welcome to week 7! This week, our Student Representative Council hosted its first fundraiser for the year which was a Casual Day to help raise funds for Hope Village. The funds will go towards helping establish a garden and lawn area for the students to use while at recess and lunch play. The SRC are also very keen to gift the Indonesian students with park benches so that they have somewhere to sit to enjoy the garden.

Thank you to everyone who brought in a gold coin donation. The total raised from the fundraiser was \$834.50.

Northern District Police Liaison Model

This week we received a communication from SAPOL Northern District Police School Liaison Officers who will be implementing a new strategy to support schools by providing a direct liaison for advice and engagement. This will also provide an opportunity for positive engagement opportunities with students, and our Northern District Liaison officer will try to engage in regular 'drop ins' at school to build positive relationships with our students.

Car Park and Traffic Reminder

A big thank you to the drivers who are using our surrounding roads and the school car park safely. We kindly remind everyone that the Kiss 'n' Drop and the Turning Circle is designed for immediate collection of students. If your child is not at the Turning Circle or the Kiss 'n' Drop upon your arrival, please move on and either park in an available car park spot, or drive to start of the line again. When drivers park and wait for their child, it causes a backlog of cars which often causes traffic issues on Byron Bay Drive and Countess Street/Blaess Drive. When drivers line up in the Turning Circle, Temple Christian College staff and parents are unable get out of the car park. Please be courteous of other road users and use our car parks sensibly - keep our students safe!

I wish you and your family a wonderful week!

God bless you all,

Deb Clifford
Deputy Principal



Thank you from the SRC.

HIGHLIGHTS

HEALTH CARE

Swimming

Week 8 is swimming week for our Year 3s and 4s.

I would like to remind you of the following:

- If your child suffers from eczema which is exacerbated by swimming, please talk to the teacher or to the school nurse who can help to develop a care plan to ensure your child enjoys swimming.
- As usual the school will pack the medication that has already been provided to the school.
- Please make sure to check your child's hair for headlice before the swimming event.
- If your child is not feeling well, please keep the child at home and notify the school.
- As per the swimming centre policy, you must not swim for 2 weeks after gastro symptoms have ceased.
- For more information about swimming centre policies please visit the below link

<https://parafieldgardensswimschool.com.au/contact-us/our-policies>

CHILD & ADOLESCENT
Virtual Urgent Care Service

Can't get in to your GP to assess your child's health?
Did you know you can access the WCH from home?

Q WCH Virtual Urgent Care

Access can be gained by visiting the website and registering your details

You will be in the virtual waiting room of the WCH

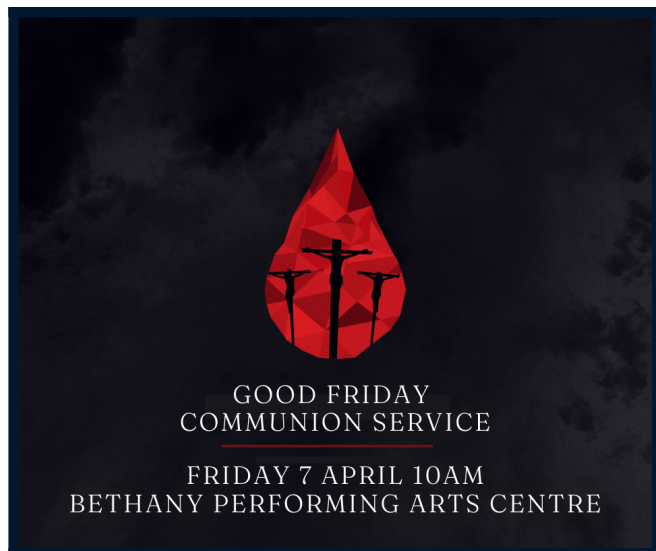
and will be seen by a health care professional in the comfort of your home

Government of South Australia
Women's and Children's Health Network

Women's & Children's Hospital

[Click here to access the service](#)

EASTER SERVICES AT BASE CHURCH



ADELAIDE UNIVERSITY WELLBEING PROJECT

We are pleased to announce that our school is participating in a research project comparing two group-based therapy programs aimed at preventing anxiety and depression in young people. The research is being run by a team from University of Adelaide and SAHMRI.

These weekly group sessions will be focussed on helping children to identify the links between thoughts, feelings, body sensations, and will give attention to aspects such as identifying and adapting unhelpful thinking styles, developing problem solving and coping skills.

Please feel free to nominate your child if they are aged 9-12 (Year 4-6) who may sometimes experience difficulties with anxiety, worry, feeling down, and/or being very shy.

Parents/Guardians of children who are identified by their teacher as fitting one or more of these descriptors will be sent a letter inviting them to participate in the program.

You are welcome to attend a **Parent Information Session** held at the school from **3-4pm on Wednesday 5th April**.

To get more information about this exciting opportunity, please click the PDF link to the right.

To nominate your child for this program please email the School Counsellor, Joy Starling at jstarling@bethany.sa.edu.au

Wellbeing Research

In Term 2, our school is participating in a research project comparing two group-based therapy programs aimed at preventing anxiety and depression in young people. The research is being run by a team from University of Adelaide and SAHMRI.

A program called "Mindfulness Based Cognitive Therapy for Children" (MBCT-C) has been developed for children aged 9-12 years. The current research will examine how well MBCT-C compares to an established CBT program that has an extremely strong research base and evidence. Both programs aim to prevent depression and anxiety in young people.

MBCT-C was subject to two research studies in South Australian primary schools in 2013-2014, and these studies found that it has similar effectiveness to CBT. What is not yet known, is:

- Whether MBCT-C is effective over a longer-term period (up to 15-months)
- Whether adding a parent module to MBCT-C can increase its effectiveness

What happens in the MBCT-C Program?

The group-based sessions aim to help children bring their attention to the present moment, through activities such as mindful movements, mindful listening to sounds, and mindful breathing. The sessions also help children to identify their thoughts, feelings, and body sensations, to be able to name them, and to see the links between thoughts/feelings/body sensations and their behaviours. Most children who participated in the pilot test in 2013 reported enjoying the program, and there was evidence of a reduction in symptoms of depression, and increases in attention.

What happens in the CBT Program?

Also a group-based program, CBT focuses on helping children to identify the links between thoughts, feelings, and body sensations, and focusses more on aspects such as identifying and adapting unhelpful thinking styles, and developing problem solving and coping skills.

What happens in the parent/guardian modules?

The parent modules will provide an opportunity for parents to experience 'first hand' what their child is learning in the children's groups. They also provide tips or practices to help children manage strong emotions or worries, and information for parents about stress management. Separate modules will be held for parents of children in MBCT-C or CBT.

Who will be involved?

The research is targeting children aged 9-12, who may sometimes experience difficulties with anxiety, worry, feeling down a lot, or being very shy. Parents/Guardians of children who are identified by their teacher as fitting one or more of these descriptors will be sent a letter inviting them to participate in the program. This letter will provide detailed information about what is involved in the program and research. Participation is entirely voluntary, and participants are free to withdraw from the research at any time.

Can I nominate my child to participate?

Yes, if your child is in Year 4 to 6 and aged 9-12 years. However please keep in mind that nomination does not guarantee that your child a place, as it is possible that we will receive more nominations than there are available places. Please contact your school.

Can I select which group my child will be in?

No. Children will be randomly selected to either the MBCT-C or CBT program.

Open Adelaide Uni Newsletter template.pdf

CAMP AUSTRALIA

Whether you call it Handball, Downball or 4-Square...
We're back in 2023 for your **ULTIMATE** chance at glory!

Get ready for the...



Happening next week!

27th – 31st March

With other activities including:

DIY cheer pompoms, ball games, clay medals, fidget sticks, marble painting and DIY cup and ball game

Make sure to book in so you don't miss out!

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

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



PARA HILLS
FOOTBALL CLUB

JUNIOR PLAYERS
WELCOME
2023

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.

SPORTS NEWS

REPRESENTATIVE SPORTS

SACSA SOCCER TEAM TRYOUTS

SACSA will soon be holding their annual Soccer Carnival

SACSA Year 3|4 Carnival | Tuesday 30th May | Week 5, Term 2

SACSA Year 5|6 Carnival | Wednesday 31st May | Week 5, Term 2

Students who would like to trial, and are eligible please use the link to nominate



[Nomination Link](#)

Year 3|4 Tryouts | **TCC Oval** | **Separate Boys and Girls Teams**

Wednesday (3.30 - 4.30pm) | 05|04, 12|04 | Weeks 9,10 - Term 1

Year 5|6 Tryouts | **TCC Oval** | **Separate Boys and Girls Teams**

Monday (3.30 - 4.30pm) | 27|03, 3|04 | Weeks 8, 9 - Term 2

Students enrolled into tryouts may wear their PE uniform to school.

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



[Nomination Link](#)

Age Groups as follows (must be 5 yrs old)

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 2 | S2 Season - Terms 2 and 4

Age Groups as follows (must be 5 yrs old)

U08s mixed | U10s mixed | Under 12s mixed

Saturday games are at the The Gardens Recreation Centre.

WEEKLY AFL FOOTBALL | YR 2 - 6

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

It runs during the Winter Season | Term 2 and 3 (approx. 10 rounds)

Age Groups as follows

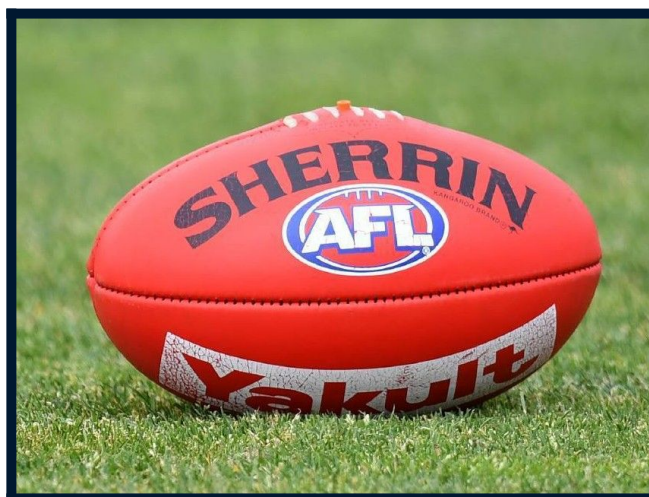
Yr 2 - 9 a side | **Yr 3|4** - 9 a side | **Year 5|6** - 12 a side (all mixed teams)

Saturday games are to be played at Ridley Reserve.

The OSRV voucher can be used towards the program, should it be unclaimed.



[Nomination Link](#)



[Nomination Link](#)

MATCH RESULTS | WEEKLY SPORTS

SATURDAY 18 | 03

Sport	Team	Opponent	Coach's Pick	Match Result		
Netball	U08 Golden Stars	Hurricanes	Emma N	Not Scored		
Netball	U10 Wild Stars	Kaleteeya	Amelia J	L	8	1
Netball	U10 Bright Stars	Renegades Silver	Alma B	W	4	3
Basketball	U10 Bulls	Hope Valley Heat 10c	Blake H	L	23	6
Basketball	U10 Boomers	Raptors 10	Abandoned			
Basketball	U10 Warriors	Heccies 10b	Abandoned			
Basketball	U12 Hornets	Bearcats Aces		W	14	10
Basketball	U14 Mavericks	Modbury Firebirds		W	17	15

WEEKLY INFORMATION

IMPORTANT DATES

Date	Event
Monday 27th March to Friday 31st March	Swimming Lessons for Year 3 & 4s
Thursday 30th March	Parent Teacher Interview
Friday 31st March	Year 2 Excursion
Tuesday 4th April	Parent Teacher Interviews
Tuesday 4th to Thursday 6th April	School Dental Visits
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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