



Worship on the stairs

## FROM THE PRINCIPAL

Welcome to our final newsletter for Term 1. As we have Pupil Free Days all of next week, OSHC will be open. In these unprecedented times, we will stay in contact with you in a number of ways. The Bethany app is the best way for you to be notified that there is new information, so please contact the office by telephone if you have not set this up.

Thank you for doing your best in these challenging circumstances. All schools are working hard to transform the way that we work and as you can imagine, this is taking a huge amount of effort, time and energy. I would like to encourage you to persevere with supporting your children at home. I know that it is a very different life that we are living in and that we did not expect or predict these changes. When you are feeling overwhelmed, recognise why you feel anxious or frustrated and do your best to take on strategies to manage yourself. This will enable you to be a good role model for your children as they struggle with this too.

Please remember that we are all in this together and that we are each responsible for the small choices we make each day. Thank you again for your ongoing support and we will continue to pray for you and your family as you establish new routines together.

God bless,

**Wendy Matear**  
Principal

### Memory Verse

You will be built solid, grounded in righteousness.

**Isaiah 54: 14**

# DEPUTY'S CORNER

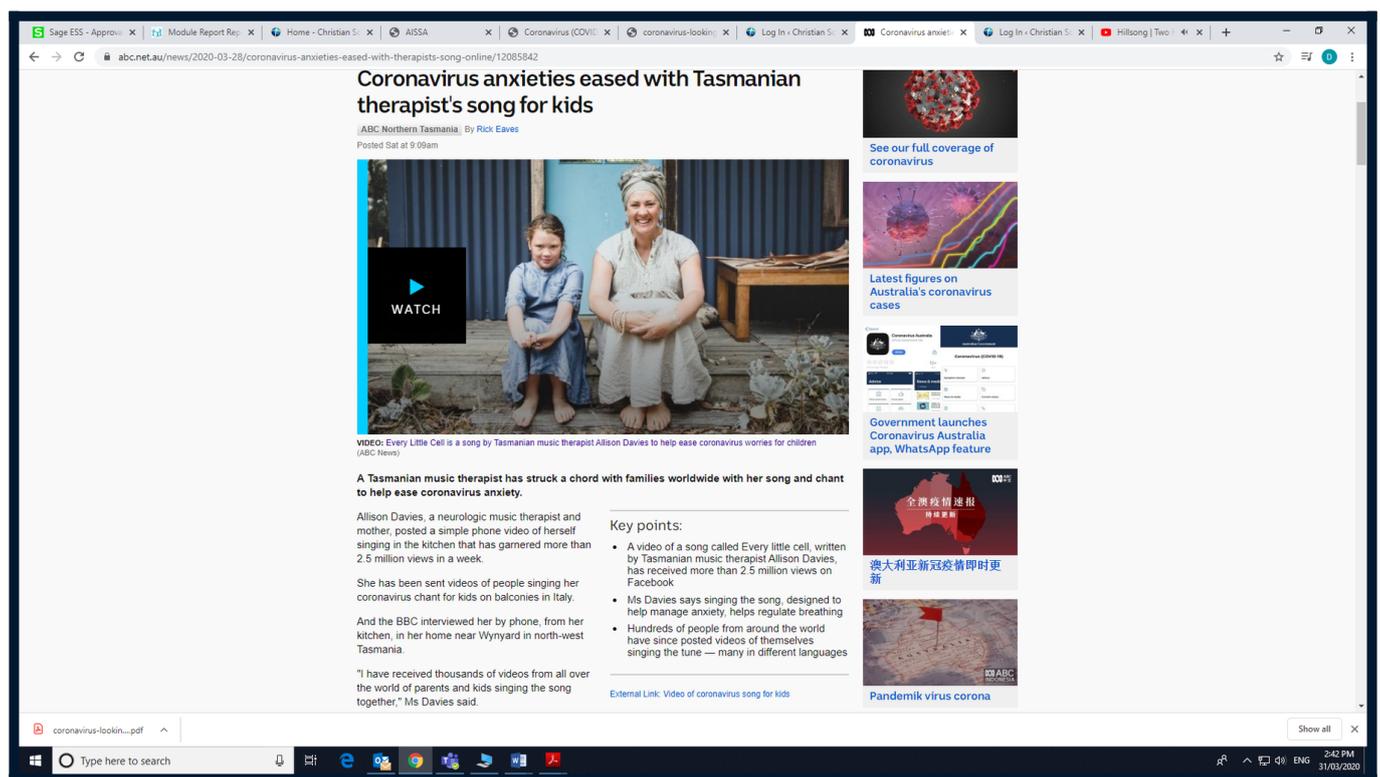
When we started school this year, who would have envisioned the change in circumstances that we are living today?

Many people are feeling extremely anxious about what is going on in the world today. A Tasmanian neurologic music therapist, Allison Davies, has written a song which has gone wild globally called, "Every Little Cell". It is a simple, catchy song that has been translated into many different languages and is being sung by children and adults alike around the world. When she was interviewed, Allison said, "I made a post, just encouraging parents to sing the song around the house. They don't have to explain to the kids what it's about, or even [get them] to join in," Ms Davies said. "And when we have a catchy tune like that stuck in our head or we sing it over and over, it helps our nervous system to regulate. So my post was just to show how a little song can support anxiety management, but it's gone nuts! Millions of people have seen it."

The theory behind the song is that music is used to set a scene, and in this case a sense of calm and happiness. It also is a repetitive chant-like song, which creates a sense of predictability. The song too, requires in-breath and out-breath, which calms our breathing down. It would be very hard to remain uptight and anxious once our breathing is calm and regulated.

It's a fascinating read, and if you would like to read the whole article, please follow this link;

<https://www.abc.net.au/news/2020-03-28/coronavirus-anxieties-eased-with-therapists-song-online/12085842>



**Coronavirus anxieties eased with Tasmanian therapist's song for kids**

ABC Northern Tasmania | By Rick Eaves  
Posted Sat at 9:09am

**WATCH**

VIDEO: Every Little Cell is a song by Tasmanian music therapist Allison Davies to help ease coronavirus worries for children (ABC News)

**A Tasmanian music therapist has struck a chord with families worldwide with her song and chant to help ease coronavirus anxiety.**

Allison Davies, a neurologic music therapist and mother, posted a simple phone video of herself singing in the kitchen that has garnered more than 2.5 million views in a week.

She has been sent videos of people singing her coronavirus chant for kids on balconies in Italy.

And the BBC interviewed her by phone, from her kitchen, in her home near Wynyard in north-west Tasmania.

"I have received thousands of videos from all over the world of parents and kids singing the song together," Ms Davies said.

**Key points:**

- A video of a song called Every little cell, written by Tasmanian music therapist Allison Davies, has received more than 2.5 million views on Facebook
- Ms Davies says singing the song, designed to help manage anxiety, helps regulate breathing
- Hundreds of people from around the world have since posted videos of themselves singing the tune — many in different languages

External Link: Video of coronavirus song for kids

The music that is sung at school is worship music, and it has the same therapeutic properties, as when we sing and praise God, our fears and worries are put aside as we concentrate on what is good and perfect and it soothes our weary souls. If you are isolating at home, it is really easy to search online for the music sung in our Chapels and Monday Morning Praise assemblies. The flexible online learning site will have worship songs uploaded for you and your child to access.

The Wellness Team at Bethany Christian School are here to help you in this challenging time in our lives. If you need to reach out to someone, our counsellor Leeony Pfeiffer and our Social Worker Elise Ottens can be contacted by calling or emailing the school Office.

Praying a blessing of God's peace, health and safety upon each family, especially over the school break.

Deb Clifford

**Australian Government**  
Australian Public Services Commission  
Comcare

## CORONAVIRUS (COVID-19): Looking after your Mental Health

### RESPONDING TO UNCERTAINTY

COVID-19 is changing the way we work and the way we live. We are part of an evolving situation where we don't know what will happen next. Feeling uncertain, overwhelmed, scared, sad, confused or angry is common and expected.

The good news is we can learn to live with uncertainty and respond in positive and productive ways.

#### Practical tips

- **Be aware of your thoughts and feelings.** Check in with yourself every day and remember some days will be better than others. Recognise triggers for stress and anxiety, breathe and seek support when needed.
- **Keep informed via official sources.** Get the latest news on COVID-19 from trusted sources. Mainstream media and social media are often sensationalised. It is also important to take a break (even from trusted sources).
- **Focus on things you can control.** Let go of the things out of your control. Focus on eating and sleeping well, and exercising at home or outside while maintaining physical distancing.
- **Maintain a positive outlook.** Use positive coping statements to help you stay calm and keep perspective. For example, 'There is a lot of uncertainty in the world that makes me nervous, but I can manage it if I focus on the things in my control'.
- **Stay connected by phone and online.** Keep in touch with friends, family and colleagues by phone, email, videoconferencing or messaging applications.
- **Look after yourself and others.** Reach out to colleagues, friends, family or people in your community who may need some extra assistance. One example is people having the added pressure of extended caring responsibilities.
- **Find opportunities to tell positive stories.** Share positive images of people who are looking after others, sharing their resources or who have supported a loved one.
- **Respect those providing essential services.** Acknowledge the hard work of health care workers, truck drivers and everyone working in essential businesses to keep us safe.

#### Self Help Tools

- Beyond Blue Wellbeing Plan template
- My Compass Self-Help Tool
- Mindspot Online Mental Health Assessment
- Mood Gym Interactive Mental Health Program
- HeadGear Worker Mental Health Assessment

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Open coronavirus-looking-after-your-mental-health-fact-sheet.pdf (758.67 KB)

# HIGHLIGHTS

## PREMIER'S READING CHALLENGE

4G	2Z	
Jude C	Zarlia A	Noah M-R
Steven L	Rhythm S	Chelsea B
Kiara H	Elijah W	Samuel M
Matthew A	Charley H	Arizona G
	Sophie S	Mia C
	Micah P	Elias N
	Isaiah H	Emmanuel K
	James L	Madison D-S
	Khonreich C	Nate N
	William G	Jemima M
	Millie R	Aleesha B
	Chelinda S	

## UNIFORM SHOP

Please note that the Uniform Shop will now be closed until further notice due to the current COVID-19 restrictions. Online ordering however will still be available.

# WEEKLY INFORMATION

## IMPORTANT DATES

Date	Event
Friday 3rd April	Last day of Term 1, normal dismissal

### 2020 Term Dates

Term 1	Term 2
Monday 3rd February to Friday 3rd April	Monday 27th April to 3rd July
Term 3	Term 4
Tuesday 21st July to 25th September	Monday 12th October to Wednesday 9th December

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