

Dear Families,

Welcome to Term 4!! I hope you have enjoyed your break with family and friends, renewed for the term ahead.

This term we have much to learn and celebrate with the following events:

- Bridging Centre Incursion- Primary Science
- Wyndham District Basketball Finals
- Mission Fridays raising money for Baha Tulayan, an orphanage in the Philippines
- Phill Cristofaro is in working with our P-2 students and teachers in the Digital Literacies space
- Family Sacrament Night for Reconciliation
- Celebration of the Sacrament of Reconciliation for our Year 3 students
- Discovery Centre excursion to Werribee Mansion
- Exploration Centre- Fairy Tales incursion
- Bethany Community Mass at St Andrew's Church
- Pre- Prep visits
- Year 1 and 2 Camp
- Semper Dental Van visit
- Orientation Day
- Family Christmas Carol Celebration
- Semester 2 reports

And so much more....

Level Centre Newsletters, showcasing the learning in each centre will be distributed to families next Friday 18th October, 2024.

Sunhats to be worn from the beginning of this week, Monday 7th October, in line with our Sunsmart Policy.

Full summer uniforms are required to be worn by **Monday 28th October**. Between the beginning of Term 4, Monday 7th October and then (28th Oct), students may transition to summer uniform. Please check all your summer uniforms and have your children try them on to ensure they are ready for a return to school. It is also very helpful when items are clearly named so if lost can be returned.

Hub Groupings 2025

In the coming weeks the school will begin to consider hub groups for 2025. In placing a student in a hub group, we will be considering; teacher recommendations, friendships and the need to mix learning abilities and having gender balance. Should any parent feel that they wish to share insights or information with us that may assist in this decision-making process, please phone the school (9742 9800) and I (Joanne) will be happy to chat with you. A conversation about this is the preferred option. Please do not email. The opportunity to share information will only be provided until **Friday, October 18th 2024**.

As we have members leaving our School Advisory Council(SAC) at the conclusion of this year, we are looking for parents/carers interested in being a member of the School Advisory Council for 2025. The School Advisory Council offers consultation and advice to the Principal on matters such as; buildings, master plan, enrolments, school vision and mission, Catholic ethos, and school policies. The SAC meets 4 -5 times a year. If you are interested In being a part of this please email principal@bsweribeenth.catholic.edu.au, to express an interest by **Friday 25th October**. Many thanks.

Thank you again for your continued support. Take care. God bless.

Joanne Webster
Principal

Prayer

Dear Lord,

As we prepare for the coming of a new term make us ready, attentive and available to hear you.

Thank You for the gift of being able to rise each day with the assurance that You walk through it with us.

Thank You for the gifts of creativity and uniqueness, and the energy to put them to good use.

May all that we are today, all that we try to do today, may all our encounters, reflections, even the frustrations and failings all be placed in your hands.

May the work we do and the way we do it, bring new hope, new life, and courage to all we come in contact with this term. We thank you, Lord.

We make this prayer through Christ Our Lord, Amen.

Staff News

We take this opportunity to congratulate Emily (Wilson) and Michael on the arrival of Anton Matteo over the school holidays, another Bethany baby to welcome and love. May God bless them all.

School News

SRC Events for Terms 4 **Please note change to dates**

Term	Event	Date
Term 4	Bethany's Got Talent- students showcase their talents.	Auditions in Centres in Weeks 3 and 4 Week 5 students rehearse at home Week 6 Thursday 14 th November Finals Years 3-6 2-3pm School Hall Week 7 Monday 18 th November- Finals Years P-2 2-3pm School Hall

Positive Behaviour for Learning

Every day at school the students are asked to put their skills of cooperation and compromise into practice when working in groups. This allows them to reflect on what it means to be a respectful and responsible learner.



Working together to follow a recipe is a way to show that we can work together respectfully.



Planning a group display requires listening skills to incorporate everyone's ideas.



Being a respectful and responsible learner means that I use kind words and take turns.

Positive Behaviour for Learning School Wide Expectations



Let Learners Learn and Teachers Teach

	Be Safe	Be Respectful	Be Responsible
Learning Spaces	<ul style="list-style-type: none"> Keep hands, feet and objects to yourself Line up and walk calmly and quietly 	<ul style="list-style-type: none"> Use kind words and actions Use whole body listening Follow directions promptly 	<ul style="list-style-type: none"> Look after self, others and equipment Be a responsible learner
Outside Area	<ul style="list-style-type: none"> Keep hands and feet to yourself Use spaces and equipment correctly 	<ul style="list-style-type: none"> Use kind words and actions Be a good sport 	<ul style="list-style-type: none"> Look after self, others and equipment Wear correct uniform Be on time & walk promptly to line up

UPDATED JAN 2024



The Resilient Project - Grounding exercises

Grounding exercises are activities that both adults and children can use to bring them back to the present moment. There are various types of grounding activities for kids, from quick strategies like deep breathing to more formal techniques, such as meditation. There is no right or wrong way to ground oneself as different strategies work for each individual. The goal is to find one that anchors you in the here and now.

Grounding techniques are helpful for situations where children may find themselves overwhelmed or confused by distressing thoughts and emotions. Kids also experience strong emotions, stressful circling thoughts, or painful memories and flashbacks. Doing grounding exercises can help bring them back down to earth.

Effective grounding exercises engage the senses through techniques like visualisation and deep breathing to redirect anxious thoughts and feelings. Involving the other senses such as hearing, touch, taste, and smell can help kids regain control over their thoughts and physical responses. This works by interrupting the automatic response to anxiety, allowing the mind and body to return to a state of safety. ([Vallejo, 2002](#))

You may like to explore one or more of the following grounding exercises shown on this [video](#) for yourself or with your child/ren.

Remember, grounding exercises should be done as soon as sensations of distress or anxiety surface. Practising the techniques this way enables children to use them when negative feelings intensify.



Belly Breathing



Finger Breathing



Mindful Colouring

Happy Families

After the holidays you may have experienced your children squabbling with each other. The Happy Families article this week is; **Getting Along with Siblings**. It talks about a variety of behaviours we see in our children and helps us discern which behaviours may require parental intervention and which are perfectly normal childhood behaviours. The article also gives some good tips on teaching your child important social and emotional skills. Enjoy the read.



Child Safety Update



Standard 8

Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training

Staff at Bethany are supported in Child Safety Standard 8 by having regular training sessions to help recognise indicators of child harm. An example of this was a recent staff meeting where all the eleven standards were presented and clearly outlined for all. Staff are also informed on how to effectively respond to issues of child safety and are always supported by leadership. Information and resources are offered to help staff and volunteers implement Bethany's Child Safety and Wellbeing policies.

Mission Month

The Social Justice leaders have begun preparing for 'Mission Month' in October. After attending the 'Kids View' conference earlier this year, they have learnt about issues facing homeless children and youth in the Philippines and around the world. They will be running a stall to raise money for 'Bahay Tuluyan', a charity which provides vulnerable children with housing and training for future employment opportunities. Families can support their efforts by sending gold coins to school for students to buy items from their stall.

October is MISSION MONTH

Brought to You by Bethany's Social Justice Leaders

For Mission Month, we are raising money to help homeless children in the Philippines. We will be donating the money we raise to the charity: **Bahay Tuluyan**

When: 11:00am on FRIDAY OCTOBER 18TH and FRIDAY OCTOBER 25TH

Where: Between the drink taps and Hall, next to the basketball court.

Squishies \$2 each

Keyrings \$2 each

Stickers \$1 each

PLEASE BRING YOUR GOLD COINS TO BUY ITEMS!

2024 Whole School and Level Masses

Celebrating Mass provides students with the opportunity to experience their faith as they encounter Christ at this momentous meeting point.

Mass is celebrated in the school hall and all families are welcome.

Please find Masses for Term 4.

Term 4
Saturday 19th October 6pm Community Mass St Andrew's
Thursday 14th November at 10am Level Mass: Years 2 and Years 4
Thursday 28th November at 10am Whole School Mass

Family News

Key Enrolment Dates for Year 5 2025 beginning Secondary School in 2027

If you wish to enrol your child in a Catholic Secondary School beginning in 2026, please observe the following dates.

- Tuesday 28 January 2025 – Applications will open for students commencing Year 7 in 2027.
- Friday 15 August 2025 – Applications will close.
- Friday 17 October 2025 – Offers will be posted to prospective 2027 Year 7 applicants.
- Friday 7 November 2025 – Final date for parents/carers to accept an offer made by a school.

If you require any further information, please see Sheree or Elaine.

Assemblies:

Assemblies are held on Mondays, fortnightly at 2:25pm. Please see the Assembly Schedule. All families are invited to attend. These are generally held on the basketball court or in the school hall. We look forward to seeing you there.

Our first assembly for the term is on 14th October, led by Teresa and Little hubs with an art theme.

TERM 4	
DATE	HUBS
7 OCTOBER	
14 OCTOBER	Year 6 Teresa/Little (Art)
21 OCTOBER	
28 OCTOBER	Prep Sky/Ocean
4 NOVEMBER	
11 NOVEMBER	REMEMBRANCE DAY- Leadership Centre
18 NOVEMBER	
25 NOVEMBER	Year 3/4 Todd/Murray
2 DECEMBER	PP DAY
Thurs 12 DECEMBER	End of Year Assembly JOANNE

Matters Financial

All School Fees are now due

Please see Joanne Webster if you are having difficulty paying.

Concessional Fee Policy:

The concessional fee policy was introduced to support families struggling to pay school fees. Concessional school fees are available to any family that meets the below eligibility criteria:

- Holding a valid HCC and eligible for CSEF
- Experiencing severe financial hardship
- Holding a DVA Gold Card
- Identified as refugees and holding an ImmiCard
- Of Aboriginal or Torres Strait Islander heritage

You will also be required to complete a form as a part of the process to determine eligibility. Should you wish further information re this funding or if you have questions as to whether you are eligible, please do not hesitate to contact the school and ask to speak to Joanne Webster.

Parent in Partnership and School Advisory Council

Parent in Partnership Meetings for the 2024 will be held on the following dates and times:

Wednesday 16th October at 1:30pm in the Bethany Resource Centre

Wednesday 20th November at 6:45pm in the Staffroom

School Advisory Council Meetings will be held on:

Wednesday 6th November – 6:45pm in the Staffroom

Important Dates –

October

Friday 11th October – Bridging Centre Incursion, Year 4, Prime Sci. **NEW**
Monday 14th October - Bridging Centre Incursion, Year 3, Prime Sci. **NEW**
Monday 14th October – Assembly 2:25pm (Teresa & Little)
Wednesday 16th October – Parent in Partnership 1:30pm
Saturday 19th October – Community Mass 6:00pm Saint Andrews
Monday 21st October – Year 1 & 2 Camp
Monday 21st – Friday 25th October – Bethany's Got Talent auditions
Thursday 24th October – Pre-Prep Transition Day 1
Monday 28th October – Friday 1st November – Bethany's Got Talent in Centres
Monday 28th October – Assembly 2:25pm (Sky & Ocean)
Monday 28th October – Discovery Centre Year 1 Excursion – Werribee Mansion
Tuesday 29th October – Discovery Centre Year 2 Excursion – Werribee Mansion
Wednesday 30th October – First Reconciliation 5:00pm in St Andrew's Church
Thursday 31st October – Pre-Prep Transition Day 2

November

Monday 4th November – School Closure: Assessment & Report Writing
Tuesday 5th November – Melbourne Cup Public Holiday
Friday 8th November – Exploration Centre, Fairy Tale Fiasco Incursion
Monday 11th November – Remembrance Day Assembly 2:25pm (Leadership Centre)
Monday 11th November – Wednesday 13th November – Dental Van
Thursday 14th November – Years 2 & 4 Level Mass 10:00am School Hall
Thursday 14th November – Leadership Centre Maps and Mayhem Incursion
Thursday 14th November – Year 3-6 Bethany's Got Talent Finals 11:00am
Friday 15th November – Leadership Centre Maps and Mayhem Incursion
Monday 18th November – Year 3-6 Bethany's Got Talent Finals 11:00am
Thursday 21st November – Year P-2 Bethany's Got Talent Finals 11:00am
Monday 25th November – Year P-2 Bethany's Got Talent Finals 11:00am
Thursday 28th November – Whole School Mass 10:00am School Hall

December

Monday 2nd December – School Closure, 2025 Planning Day
Tuesday 3rd December – Whole School Orientation Day
Thursday 5th December – Christmas Family Event 6 – 8pm
Wednesday 11th December – Year 6 Graduation 6 – 7:30pm
Thursday 12th December – Final School Assembly
Monday 16th December – Year 6 Graduation Excursion
Tuesday 17th December – **Last Day Term 4** – students finish at **12:30pm**

School Closures for 2024

The following dates are school closure days for 2024. **PLEASE MARK THESE IN YOUR DIARIES:**

Monday 4th November – Assessment & Report Writing
Monday 2nd December – 2025 Planning Day

Public Holidays for 2024

Tuesday 5th November – Melbourne Cup Public Holiday

Sacrament Dates 2024 PLEASE MARK IN YOUR DIARIES

First Reconciliation – Year 3 Wednesday 30th October 5:00pm and 7:00pm in St Andrew's Church

Family Nights for Sacraments 2024

Reconciliation Family Night – Year 3 students and parents/carers – Wednesday 16th October
6:45pm School Hall

All students and families celebrating these sacraments are required to attend.

Camp Dates

Year 1 & 2 – Term 4 – Monday 21st October – Afternoon Tea & Kaboom, Year 2 – Afternoon Tea, Kaboom, Disco & Dinner

LUNCH ORDER PRICELIST 2024

HOT FOOD	
Party Pies	\$2.00
Sausage Rolls	\$5.20
Hot Dog with Sauce	\$5.20
Hot Dog with Sauce & Cheese	\$6.00
Schnitzel Sandwich	\$6.50
Schnitzel Sandwich with Lettuce & Mayo	\$7.00
Extras: Sauce	\$0.20
Mustard	\$0.20
Paper Bag	\$0.20

CAKES	
Iced Donuts	\$1.20
Cinnamon Donuts	\$1.00
Jam Donuts	\$3.00
Chocolate Jam Donuts	\$3.50
Croissant	\$3.00
Lamington	\$4.00
Apple Cake	\$4.50
Mini Mud Cake	\$4.50
Hedgehog	\$4.50
Muffin (Chocolate Chip & Blueberry)	\$4.50
Happy Face/Neenish Tart	\$3.50

DRINKS	
Prima (Orange or Apple)	\$2.50
Prima (Apple & Raspberry)	\$2.50
Kids Milk (Chocolate or Strawberry)	\$3.00

SANDWICHES	
Ham or Chicken	\$4.00
Ham or Chicken & Cheese	\$5.50
Ham or Chicken, Cheese & Salad	\$7.50
Cheese & Salad (Lettuce, Tomato, Cucumber & Carrot)	\$7.50
Cheese & Bacon Roll	\$2.00
Cheese Roll	\$1.80
Cheese & Vegemite Scroll	\$4.00