

Dear Families,

As we journey through this term, our school community has been blessed with many special moments that bring faith, joy, and learning together.

Last week, we held our Year 6 students in our prayers as they received the Sacrament of Confirmation. This sacred step in their faith journey sealed them with the gifts of the Holy Spirit and strengthened their commitment to live as witnesses to Christ's love. We give thanks for their families, teachers and sponsors who supported them, and we celebrate this milestone with great joy.

Our Preps also experienced their own adventure of growth and independence as they enjoyed their very first camp. It was an opportunity for them to continue to build friendships, try new things, and create memories that will last a lifetime – all while learning to care for one another and themselves.

Looking ahead, we are excited for our upcoming Book Week celebrations. This year's theme, "Book an Adventure", reminds us of the wonder and power of stories to open hearts and minds, transport us to new places, and inspire new ideas. We encourage all families to join in the fun, especially our dress-up day, (on Friday 22nd August) as we foster a lifelong love of reading in our children.

We are also looking forward to celebrating our **Father's Day Breakfast** on Thursday 4th September from 7:45–8:45am- dads, grandfathers, and special father figures are warmly invited to join us for breakfast with their children, followed by a visit to their learning spaces up until 9am. This is a wonderful opportunity for students to share their learning with their fathers or father-like figures and enjoy a special moment together. A note indicating attendance went home on Friday 8th August.

In addition, our **Father's Day Stall** will be held on Friday 5 September. This is a lovely way for students to choose a small gift for their dad or father figure. More information will follow in the coming weeks.

As we prepare to celebrate our 30th Anniversary in November, we are excited to announce one of our special projects — the *30 Years of Bethany Cookbook*! This unique collection will honour 30 years of learning, culture, family, and food at Bethany Catholic Primary School. Every student is warmly invited to contribute a favourite family recipe. It might be a dish that celebrates your culture, showcases produce from your kitchen garden, reflects a treasured holiday tradition, or is simply a family favourite. Collecting recipes will form next week's homework for all students across the school, so get ready to cook, create, and share your family's delicious traditions with our Bethany community!

May the next few weeks, be filled with moments of faith, discovery, and connection for every member of our community.

Enjoy the remainder of the week

Take care. God bless.

Joanne Webster
Principal

Prayer

Last week was the Feast of St Mary of the Cross- Australia's first saint and so we pray...

Prayer to Saint Mary of the Cross MacKillop

Loving God,
We thank You for the life and example of Saint Mary of the Cross MacKillop.
You inspired her to trust in Your providence,
to see Christ in the poor and forgotten,
and to live with courage, compassion, and faith.

Through her intercession,
help us to follow her example in our own lives –
to be people of hope in times of trial,
to reach out to those in need,
and to live joyfully in Your love.

Saint Mary of the Cross MacKillop,
Pray for us.

Amen.

Student News

Masses, Sacraments and Family Nights for 2025

Prep, Year 3 & Year 5 Prayer Time - Caring for Our Common Home

In Week **5 on Thursday August 21st at 10am in the Hall**, Prep, Year 3 & Year 5 students will celebrate a special **prayer time** together. The liturgy will be related to what the students are studying in Religious Education - "We Are All Brothers & Sisters, Caring for Our Common Home". All families are most welcome to attend. This will not be a Mass.

2025 Bethany Masses & Sacrament Dates Updated

Sacraments: **Eucharist**, **Confirmation**, **Reconciliation** / **Year Level Mass** / **Whole School Mass** / **Bethany Community Mass at St. Andrew's Church**

Term 1	Term 2	Term 3	Term 4
Ash Wednesday Whole School Mass Wednesday March 5th 10am (Week 6) Bethany Community Mass at St. Andrew's Church Saturday March 29th 6pm (Week 9) Holy Week Liturgy Friday April 4th 9:30am (Week 10)	Eucharist Family Meeting Wednesday April 30th at 6:45pm (Week 2) Year 1 & 6 Level Mass Thursday May 8th at 10am (Week 3) Our Lady Help Of Christians Mass Whole School Mass Friday May 23rd at 10am (Week 5) Reconciliation prior to Eucharist Thursday June 5th at 12pm (Week 7) Sacrament of Eucharist Thursday June 12th at 5pm St. Andrew's (Week 8)	Confirmation Spirituality Day Wednesday July 23rd and Thursday July 24th (Week 1) Confirmation Family Meeting Wednesday July 23rd at 6:45pm (Week 1) Reconciliation prior to Confirmation Thursday July 31st at 12pm (Week 2) Grandparents Day Whole School Mass Friday August 1st at 10am (Week 2) Sacrament of Confirmation Thursday August 7th at 5pm (Week 3) Prep, Year 3 & 5 Level Prayer Time Thursday August 21st at 10am (Week 5) Year 2 & 4 Level Mass (Passion Of St. John The Baptism) Friday August 29th at 10am (Week 6)	Reconciliation Family Meeting Wednesday Oct 22nd at 6:45pm (Week 3) Sacrament of Reconciliation Wednesday 29th Oct at 5 pm (Week 4) Bethany Community Mass at St. Andrew's Church Saturday November 8th at 6pm (Week 5) TBC Bethany 30th Year Anniversary Whole School Mass Thursday November 13th at 10am (Week 6)

Book Week: Book An Adventure:



Book Week 2025: "Book an Adventure"

Throughout the term, all students have been engaging with a wide range of books, sparking their imagination and encouraging them to discover the adventures that stories can offer.

As part of our Book Week celebrations, students will take part in both a **Book Week Parade** and an exciting **Book Week Performance**.

Book Week Parade – Friday 22nd August

All students are invited to come dressed as their favourite book character for our Book Week Parade, held in the school hall from **9:00–10:30am**.

Families are warmly welcome to attend. Parents and toddlers are also encouraged to dress up and join in the fun during the special family section of the parade.

Book Week Performance – Monday 25th August

Students will enjoy an interactive musical performance titled **"Treasure Hunt"**, which celebrates the 2025 Children's Book Week theme: *Book an Adventure*.

The performance will feature a selection of the **CBCA 2025 Shortlisted Books** and take students on a journey exploring themes such as sustainability and our connection with the natural environment, while also highlighting how books build understanding and bring people together. *Jess lives by the ocean. George lives in the forest. One morning they both wake to find that something is missing – something terribly important. It appears their world may have changed ... and not for the better! Together they set off on a quest to find the treasure that has disappeared from their homes. On their hunt, and despite their differences, George and Jess share a common need. However, they must first overcome their distrust, obstacles and greatest challenges. Fortunately help is waiting from a most unexpected source...*

Assemblies:

Assemblies are held on Mondays, generally fortnightly at 2:25pm. Please find the Assembly Schedule. All families are invited to attend. These are generally held on the basketball court or in the school hall. **Our next assembly will be on the 8th September – Earth and Ocean Hubs.**

Please note change in Assembly for Book Week. There will be NO assembly on Monday 25th August.

ASSEMBLIES - 2025								
	TERM 1		TERM 2		TERM 3		TERM 4	
WEEK	DATE	HUBS	DATE	HUBS	DATE	HUBS	DATE	HUBS
1			22 APRIL		21 JULY		6 OCTOBER	
2	3 FEBRUARY	Principal - JOANNE	28 APRIL	Year 6 Teresa/Little	28 JULY	Year 5/6 Kolbe/Mandela	13 OCTOBER	Year 5 Chisholm/MacKillop
3	10 FEBRUARY		5 MAY		4 AUGUST		20 OCTOBER	
4	17 FEBRUARY	PBL	12 MAY	Year 2 Indigo/Blue	11 AUGUST	Year 2 Gold / Violet	27 OCTOBER	Prep Sky/Star
5	24 FEBRUARY		19 MAY		18 AUGUST		3 NOVEMBER	
6	3 MARCH	Leadership Assembly	26 MAY	Year 4 Jordan/Todd	25 AUGUST	Book Week Incursion	10 NOVEMBER	REMEMBRANCE DAY- Leadership Centre
7	10 MARCH	HOLIDAY	2 JUNE		1 SEPTEMBER		17 NOVEMBER	
8	17 MARCH	Year 1 Yellow/Green	9 JUNE	HOLIDAY	8 SEPTEMBER	Prep Earth/Ocean	24 NOVEMBER	Year 3/4 Sepik/Murray
9	24 MARCH		16 JUNE	Year 1 Red/Orange	15 SEPTEMBER		1 DECEMBER	PP DAY
10	31 MARCH		23 JUNE	Year 3 Werrabee/Yarra			Thurs 11 DECEMBER	End of Year Assembly JOANNE
11			30 JUNE				15 Dec	

Cyber Safety.

Bullying No Way Week – 2025

BULLYING NO WAY WEEK
11TH - 15TH AUGUST 2025

**Be Bold. Be Kind.
Speak Up.**

Be Bold. Be Kind. Speak Up.

Bullying No Way Week is Australia's key bullying prevention initiative for schools. The theme for this year's Bullying No Way week is Be Bold, Be Kind and Speak Up. It takes courage to spark change. Bullying is everyone's responsibility. It takes a community to be brave.

What is bullying?

Bullying is when a person or a group with more power than someone else repeatedly tries to upset or hurt them. It can happen in person or online, be obvious or hidden, and can affect not just those targeted, but also bystanders.

Bullying involves misusing power to harm others and might include:

- Physical harm
- Leaving someone out (in person or online)
- Mean or humiliating comments, rumours or lies
- Hurtful messages or inappropriate images online
- Posting or tagging unflattering images without permission

Bullying in any form can have long-term effects, but together we can make a difference. It takes courage to spark change and it's everyone's responsibility to take a stand.

Tips for primary school students who experience bullying: Bullying in person or online might feel like someone is:

- Repeatedly saying mean things, teasing, hurting you, or damaging your belongings
- Posting or sending hurtful comments or messages online
- Spreading lies or rumours
- Leaving you out or ignoring you

Sharing photos, videos or messages about you without your permission
Threatening to do any of the above

Remember: No one deserves to be bullied or hurt. You have the right to feel safe.

You can choose to:

Treat others how you would like to be treated, with kindness and respect
Include others in games and chats
Only share things about others if they say it's okay

What to do if you are being bullied:

If it happens in person, tell them to stop and walk away
Go somewhere safe and seek help from a friend or trusted adult
If it happens online, don't reply, block or unfriend them, and change privacy settings
Always speak up and tell a trusted adult, teacher, or principal
Ask friends to support you in getting help
Contact **Kids Helpline** for confidential advice (24/7)
If you're in immediate danger, call the police
For serious online bullying, report it to the **eSafety Commissioner** at www.esafety.gov.au

This week the students from Prep to Year 6 will engage in Bullying No Way activities throughout the week. Students will cover topics such as looking at the appropriate rules for device usage, online gaming, video platforms and being kind online.

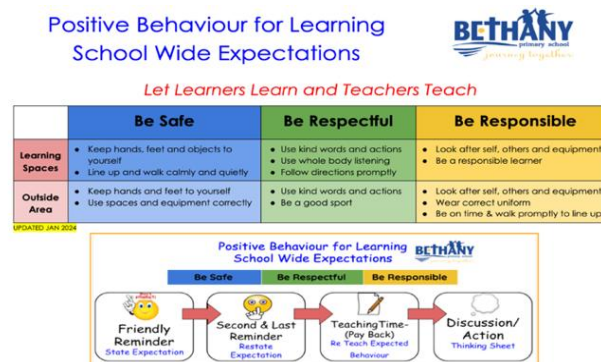
We are committed to creating a community where everyone is respected, celebrated, and safe. This Bullying No Way Week, let's Be Bold and say something, Be Kind and support someone, and Be Proud to take a stand against bullying.

Positive Behaviour for Learning (PBL) Celebrating Growth in Behaviour and Learning

Over the past four years, we've seen incredible growth in how our students understand and demonstrate our school's expected behaviours — **being safe, respectful, and responsible**. This growth has helped create calmer, more focused classrooms where students can engage more deeply with their learning.

Teachers have played a key role in this journey by consistently using our PBL behaviour matrix to model, teach, and revisit expectations in ways that are meaningful and accessible for all learners. Lessons have included PowerPoint presentations, role-plays, videos modelling expected behaviours around the school, picture books, and discussions — all designed to bring our behaviour expectations to life in different, engaging ways.

By building a shared understanding of what positive behaviour looks, sounds, and feels like, students have become more confident, independent, and ready to learn. We're proud of the progress made and excited to continue strengthening this positive learning environment together.



The Resilience Project

Devices and our mental health – how can we manage this?

There's no denying the role of devices, whether that be our smartphones, tablets or computers, in so many of our day-to-day lives. While our devices can provide us huge benefits, using them excessively can disconnect us from others and have a negative effect on our wellbeing. Like so many things which can impact our health, whether that be our physical or mental health, often a great way to manage it is through educating ourselves on their effects (both positive and negative), and putting plans in place which make sense for us.



To help us create individual plans around our own device use, here are 5 tips on how to balance device time in our lives.

1. **Understand the effects:** Excessive use of devices can lead to feelings of anxiety, depression, and loneliness. It can also disrupt sleep, cause eye strain, and contribute to other physical health issues.
2. **Identify triggers:** We've all been there – endlessly scrolling on our phones. When we identify our triggers, we simply want to take note of when and why we're finding ourselves using our device excessively. Are we bored, anxious, or procrastinating? Understanding our triggers can help us manage our device use more effectively.
3. **Set limits:** Set specific limits on the amount of time you spend on your devices each day. You can use apps to monitor your usage and set reminders to take breaks.
4. **Find alternative activities:** Most of us, at some stage, have experienced a relatively device-free life, so we're not strangers to device-free activities. Try looking into other activities you enjoy doing instead of being on your device. This can be anything from reading a book, going for a walk, spending time with friends and family...(the list is endless)!
5. **Create boundaries:** Create boundaries between your device use and other aspects of your life. This can include not using your device during meals, in the bedroom, or during social interactions.

Devices and technology can be hugely beneficial and convenient in many aspects of our lives. What's crucial is the way we use them, and aiming to use them in a balanced way. Setting parameters for when and how we use our devices, and understanding the potential effects of devices on our mental health, is incredibly helpful for our overall wellbeing.

And remember, like any new routines we're trying to learn (or routines we're trying to un-learn), it takes patience and practice for it to become a habit. Be kind to yourself while you're adjusting to your new routine. Also, if you're looking for additional help to help you review your device usage and set your own parameters, check out our activity tipsheet below.

Source: <https://theresilienceproject.com.au/at-home/wellbeing-hub/devices-and-our-mental-health-how-can-we-manage-this/>

1. Review how you spend your time

Spend a few minutes reviewing the apps you currently have on your phone/tablet. Pick the 5 apps you use the most and fill in the table below. How do you feel when you are using the app? After the app? Does it make you happy, jealous, anxious?

App name	Benefits of App	Negatives of App	Overall how do you feel after using the App? (pick as many as apply)
			HAPPY ANXIOUS CALM JEALOUS REGRETFUL WORRIED LOVED
			HAPPY ANXIOUS CALM JEALOUS REGRETFUL WORRIED LOVED
			HAPPY ANXIOUS CALM JEALOUS REGRETFUL WORRIED LOVED
			HAPPY ANXIOUS CALM JEALOUS REGRETFUL WORRIED LOVED

2. Delete and rearrange

Use the review above to help you rearrange your home screen so that apps that are helpful and good for you appear first. Hide the apps that don't make you feel good in a folder at the back or delete them altogether.

Take back control of when you look at your phone by turning off all notifications.

3. Set limits

Use the screen time monitoring tool on your device to set your own limits. You can limit how much time you spend on individual apps and when you reach the limit it will notify you.



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Happy Families

Parenting Through The Pushback

Sometimes, parenting can feel like pushing a boulder uphill—especially when it comes to getting kids to do the things we know are good for them: going outside, joining family time, getting off screens, trying something new.

You invite them but they resist.

But here's the truth: children don't always know what's good for them—and it's our job, as parents and caregivers, to gently guide them anyway.

So What Can We Do As Parents And Caregivers?

1. Lead By Example - Our children learn more from what we do than what we say. If you value turning off a screen and going outdoors, they will too. They watch and follow more than we realise.
2. Create Opportunities - invite your child to a 'low-pressure' opportunity that is inviting where they are likely to say "Yes," like a movie night on the couch. Keep it simple and consistent.
3. Extend The Invitation.....REPEATEDLY! - Don't be discouraged by an answer of "No." The continued invitations will communicate that they matter to you and they will eventually say "Yes."
4. Be Firm, Not Forceful - Sometimes our children need a 'nudge' with a small conversation saying "You might not feel like doing this, but it's important. Let's do it together," showing empathy and strength.
5. Celebrate The Good Moments - offer affirmations focussing on the good times - "Wasn't that fun!" It will create a positive memory for the next time you ask!

Model The Life You Want Them To Live

If we want our kids to be active, resilient, connected and emotionally aware, we have to model it. That means stepping away from our own screens. Saying yes when they invite us. Making the time.

The way we live—how we spend our time, how we talk, how we show up—teaches them more than anything else.

Go ahead - make the invite!

Family News

Enrolments for Year 7 2027

Applications close on **Friday 15th August 2025**

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 2027, please observe the following dates.

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

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

Second Hand Uniform – New Process

We would like to notify you that our current second-hand uniform process is being revised, as it has presented a number of challenges.

Over time, we've encountered several difficulties with our existing process - such as inconsistent inventory, volunteer workload, and limited sales opportunities, which have made it less effective than intended.

We will no longer sell uniforms on behalf of families. You are welcome to list and sell your items privately on platforms like Facebook, Marketplace or local school uniform groups.

If you have previously left uniforms with us, you are most welcome to look through the current stock to retrieve your items by Friday 29th August. Any items remaining after 29th August 2025 will be treated as donations and retained by the school.

If in the future you would like to donate any official Rushford's Uniform items that are clean and in good condition, you're most welcome to do so. We will assess them and, on an as-needed basis, offer them for sale at a nominal fee. Any proceeds help us manage ongoing costs and support broader school programs.

Families in need of second-hand school uniform items should now reach out directly via email to Kylie: kylie.scott@bswerribeenth.catholic.edu.au. Simply list your specific uniform requirements—such as size, garment type (jumper, shorts, dress, etc.) and we will review existing stock and let you know if we can help. If items are available, we will explain how you can collect or receive them. If nothing matches, we will keep your request on file in case items come in later.

Thank you for your patience and understanding as we navigate this matter. We look forward to implementing a more efficient second-hand uniform process in the near future.

Matters Financial

Student Levies AND School Fees are now **OVERDUE**

All student levies (\$420.00 per student) and School Fees (1,840.00 per Family) are now overdue. We would appreciate you attending to this matter if you have not already done so. Payment can be made over the phone by credit card or in person between 8:30am – 4:00pm. Should you be experiencing any difficulties finalising these payments please do not hesitate to speak to Joanne Webster.

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.

Important Dates – School Dates for 2025 **NEW**

August 2025

Friday 15th August – Year 5 Parliament incursion
Thursday 21st August – Year Prep, 3, 5 Level Mass
Friday 22nd August – Book Week Parade in the School Hall 9:10am
Monday 25th August – Book Week Treasure Hunt performance
Thursday 28th August – Discovery Centre Flying Bookworm incursion
Thursday 28th August – Prep Excursion – Scienceworks

September 2025

Thursday 4th September – Father's Day Breakfast
Thursday 4th September – Year 2 and 4 Level Mass **TBC**
Friday 5th September – Father's Day stall
Monday 8th September – Prep Earth/Ocean assembly 2:25pm **NEW**
Thursday 11th September – Wyndham Athletics Carnival
Thursday 18th September – Year 3 camp sleepover
Friday 19th September – Last day of Term 3 – 12:30pm finish

October 2025

Monday 6th October – First day of Term 4 – 8:45am start
Monday 13th October – Chisholm/MacKillop assembly 2:25pm
Wednesday 15th October – Reconciliation Family Night – Online 6:45pm
Monday 20th October – Discovery Centre Camp **NEW**
Thursday 23rd October – Pre Prep Visits
Friday 24th October – Year 5 Science works excursion
Monday 27th October – Sky/Star assembly 2:25pm
Wednesday 29th October – Sacrament of Reconciliation at St. Andrew's Church 5pm
Thursday 30th October – Pre Prep Visits

November 2025

Monday 10th November – Leadership Centre Remembrance Day assembly **NEW**
Thursday 13th November – 30th Anniversary Whole School Mass **NEW**
Friday 14th November – 30th Anniversary Celebration **NEW**
Friday November 14th – Colour Run **NEW**
Monday 24th November – Sepik/Murray assembly 2:25pm

December 2025

Monday 1st December – 2026 Planning Day SCHOOL CLOSURE DAY
Thursday 4th December – Bethany Christmas Family Event
Friday 5th December – Orientation Day
Wednesday 10th December – Yr 6 Graduation 6pm
Thursday 11th December – End of Year assembly 2:25pm

Parent in Partnership Dates for 2025

Term 3

Wednesday 20th August – 6:45pm

Term 4

Wednesday 15th October – 1:30pm

Wednesday 12th November – 6:45pm

School Advisory Council Dates 2025

Wednesday 3rd September – 6:45pm
Wednesday 19th November – 6:45pm

School Closures for 2025

The following dates are school closure days for 2025. **PLEASE MARK THESE IN YOUR DIARIES:**

Monday 3rd November – Report Writing Day
Monday 1st December – 2026 Planning Day

Public Holidays for 2025

Tuesday 4th November – Melbourne Cup Public Holiday

Sacrament Dates 2025 PLEASE MARK IN YOUR DIARIES

Confirmation – Year 6 Thursday 7th August at 5:00pm in the Bethany School Hall

First Reconciliation – Year 3 Wednesday 29th October at 5:00pm in St Andrew's Church

Family Nights for Sacraments 2025

Reconciliation Family Night – Year 3 students and parents/carers – Wednesday 15th October 6:45pm **ONLINE**

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

LUNCH ORDER PRICELIST 2025

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