

Dear Families,

I hope you enjoyed the mini break that the Melbourne Cup Public Holiday provides. It gives us time to renew and re-energise as we move towards the end of the year and the beginning of Advent and Christmas.

To celebrate such a successful year and to worship the coming of Jesus Christ- Emmanuel and Christmas, the school will hold a Christmas event on Thursday 5th December from 5-8pm, for the students and families on the school grounds. During this time the students will showcase Christmas carols across the school and a Nativity Play. We hope to also provide a sausage sizzle on this evening. Further details will be available soon. Please mark this in your diaries.

We have a Level Mass next **Thursday 14th November** and a whole school Mass to end the year on **Thursday 28th November**. Both Masses will be held in the school hall at **10:00am**. We look forward to welcoming you all.

We are also selling **Remembrance Day badges on Thursday 7th November for \$1**. Student leaders will visit the learning spaces to sell these.

This **Friday 8th November**, we have **Free Dress Friday for a gold coin donation**. All donations go to the St Vinnies Christmas appeal, where goods are purchased to make Christmas a little easier, for families in our area, finding the cost of living challenging.

On **Saturday 9th November at 6pm** we have the Community Mass led by Bethany. We look forward to seeing you at St. Andrew's Church for this.

Summer uniform is now to be worn daily. Please remember this **means black school shoes not runners with the school dress, and navy shorts**. Please remember when purchasing black school shoes to begin the year, these **MUST** be school shoes **NOT BLACK RUNNERS**. Runners are only to go with the school sports uniform.

We have been celebrating the amazing talent we have here at Bethany, with *Bethany's Got Talent*. This week our Semi-finalists spend time practising their talents in readiness for the Grand Finals. Please feel free to join us on Thursday 14th November from 2-3pm for our Year 3-6 Finals and then on Monday 18th November from 2-3pm for our P-2 Finals. These will be held in the school hall, and all are welcome. Come and see some of our amazing talent showcased!

A reminder to all families using the playground after school. The playground has signage stating your children can only be on it with adult supervision, please ensure you provide this when down there. If your children require the use of a toilet, you will need to accompany them to these as **NO TEACHERS** are on duty at this time. Over the last few weeks, I have found children playing in the toilets or playing in the passive area etc, whilst their parents are at the playground. As it is outside of school hours you are required to provide this supervision. Unfortunately, if this continues, I will have to close the playgrounds after school, as a duty of care issue.

Enjoy the remainder of the week and the week ahead.
Take care. God bless.

Joanne Webster
Principal

Next Monday 11th November, we will have a Remembrance Day Ceremony at 10:50am for all students, commemorating all those who lost their lives to ensure we live a life of freedom in our great country, Australia. And so our prayer this week is a dedication to this.

Prayer

On Remembrance Day, we pay tribute to the heroes who gave their all for our freedom and peace. Their sacrifices remind us that strength, courage and unity can overcome any challenge. Their legacy inspires us to build a world where kindness prevails over conflict and understanding triumphs over division. In their memory, we should find a way to live in unity and peace.

Dear Lord,

We remember the brave souls who sacrificed their lives in war. Grant them eternal peace and inspire us to work toward a world filled with love and harmony where we all 'Love one another as Jesus loved us'.

May their memory be a guiding light for a brighter tomorrow.

Amen

School News

SRC Events for Terms 4 – Bethany's Got Talent

The SRC event for all students for Term 4 is Bethany's Got Talent.

This is an opportunity for students to showcase their talents as performers, be it singing, dancing, playing an instrument, telling jokes or performing magic tricks.

An outline of the timeline for this event is showcased here. All families are invited to our Grand Finals on the following dates in the school Hall.

We look forward to you joining us to celebrate the talent we have here at Bethany!



Talents: Dancing, Singing, Jokes, Magic,
and many more

Individual or Small Groups

Week 2: [Nominate](#) and [rehearse](#) at home

Week 3: [Perform for the hub](#) with teacher and SRC
judging

Week 4: [Semi Final](#) - in your centre



Week 6: [Years 3 - 6 Grand Final](#)
Thursday 14th November 2 - 3pm

Week 7: [Years P - 2 Grand Final](#)
Monday 18th November 2 - 3pm



St Vincent De Paul Christmas Appeal -Gold Coin Donation- Free Dress Friday, November 8th

The cost-of-living increases are pushing tens of thousands of Aussie families over the edge, into poverty and risk of homelessness. They desperately need support to put food on the table, keep the lights on and keep a roof over their heads. Will you please help?

The St Vincent De Paul Society along with St Andrew's Parish have begun preparation for their Christmas appeal.

We are inviting children to wear casual clothes on "Free Dress Friday", November 8th. Please bring a gold coin donation to school on that day to support the Christmas Appeal.

Positive Behaviour for Learning

The Year 1 and 2 students have recently applied their learning of what it means to '**Be Safe, Be Respectful** and **Be Responsible**' outside of Bethany, while on their excursion to the Werribee Mansion.

The students were able to action '**Be safe**' by being aware of their surroundings in a new environment. Students did a great job of staying on the footpaths, close to their group leader and being aware of cars, vehicles and other people moving around them.



The Year 1 and 2 students used whole body listening when engaging in the '*Step Back in Time*' interactive session showing that they could '**Be Respectful**'. Students enjoyed this hands-on experience and listened to all instructions given by the governess as they stepped back in time and explored what schooling and toys were like 150 years ago.

The Year 1 and 2 students followed expectations set by the Mansion, such as moving quietly through the space and staying on the footpaths to move around the park, showing they could '**Be Responsible**'. It was amazing to see students transfer our school PBL expectations outside of our school grounds and into a new environment. Well done to all the Year 1 and 2 students who attended this excursion.



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 - Supporting Children When Plans Don't Go as Expected

Life is full of unexpected moments, and sometimes, plans change in ways that can leave children feeling disappointed or upset. As parents, it's important to support them during these times by helping them manage their emotions in a healthy way. One powerful approach is co-regulation - when we regulate our own emotions to help children calm down. By staying calm, we model how to handle stress and teach children that their emotions are valid, but manageable.

Actively listening to how your child is feeling is also essential. When a plan changes, take the time to ask them how they feel about it and truly listen without jumping in to "fix" things. Acknowledge their disappointment or frustration, and remind them that it's okay to feel upset. This creates a safe space for them to express themselves and learn to process their feelings.

Here are some strategies to support your family when things don't go as expected:

- **Deep Breathing:** Teach your child deep breathing exercises to calm their body and mind.
- **Problem-Solving Together:** Work with your child to come up with new plans or alternative solutions. This helps them feel in control and builds resilience.
- **Positive Reframing:** Encourage your child to see the silver lining in the situation. Talk about what's still good, or how the change could lead to new opportunities.
- **Create a Routine:** Predictability helps children feel secure, so having some consistent routines can make unexpected changes less stressful.

By offering co-regulation, listening, and guidance, we can help children navigate the ups and downs of life with confidence.

Happy Families

In the latest resource from Dr. Justin Coulson, "Brain Chemistry Hacks for Better Learning," parents can learn how to use brain science to support their children's motivation and love for learning. By understanding key neurochemicals like dopamine, serotonin, endorphins, and oxytocin,

parents can help create an environment that enhances learning. Practical tips include breaking tasks into smaller steps, promoting outdoor play, fostering positive social connections, and encouraging laughter. Parents are encouraged to read the full article to discover more strategies for supporting their child's education.

You can access the website at <https://schools.happyfamilies.com.au/login/bethanycps> and the password is **happybcps**

Child Safety Update



At Bethany Catholic Primary School, we ensure child safety by regularly reviewing and improving our practices. We listen to feedback from parents, students, and staff to make sure our policies work well and are up to date (10.1). If any concerns or incidents arise, we carefully look into what went wrong to prevent similar issues in the future (10.2). We also keep everyone informed by sharing important updates with staff, families, and students so that our community is always aware of how we're keeping children safe (10.3).

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 9th November 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 2027, 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.

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 13th November – 6:00pm

School Advisory Council Meetings will be held on:

Wednesday 6th November – 6:00pm

Important Dates –

November

Wednesday 6th November – Yr 6 MacKillop Visit

Friday 8th November – Exploration Centre, Fairy Tale Fiasco Incursion

Friday 8th November – Free Dress Friday gold coin donation for St Vincent De Paul **New**

Saturday 9th November – Community Mass at St Andrew's 6:00pm

Monday 11th November – Assembly 2:25pm (Leadership Centre)

Monday 11th November – Thursday 14th 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 Grand Final 2:00pm **Updated**

Friday 15th November – Leadership Centre Maps and Mayhem Incursion

Monday 18th November – Prep -2 Bethany's Got Talent Grand Final 2:00pm **Updated**

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 5:00pm – 8:00pm **Information to follow soon**

Wednesday 11th December – Year 6 Graduation 6:00pm – 7:30pm

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

Thursday 12th December – Final School Assembly

Monday 16th December – Year 6 Graduation Excursion and **last day for Year 6 students** Updated

Tuesday 17th December – **Last Day Prep to Year 5** – 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 2nd December – 2025 Planning Day

School Dates for 2025 **NEW**

January 2025

Tuesday 28th January – Professional Learning Teachers

Wednesday 29th January – Professional Learning Teachers

Thursday 30th January – Year 1-6 students return to school

Friday 31st January – Prep 2025 students begin school

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