

Dear Families,

Over the last few weeks and into the next week, the students have and will continue to have learning experiences beyond the class, with excursions, incursions, camp, book parades, Mass, Father's Day breakfast and Father's Day Stall, Hot Dog and Sports dress up day...just to name a few. These events contribute positively to the wellbeing of each child as well as bringing a sense of joy and fun to learning. I thank each of you for your contribution and participation, including the staff, for the continued commitment to our children, and for the positive culture that exists here as a school community. We have much to be grateful for.

Last week we also had a visit from Nick Scully, MACS (Melbourne Archdiocese for Catholic Schools) Regional Manager for the Western Zone of Melbourne. We gave Nick a tour of the school, highlighting the learning and teaching and faith formation of the students, as well as showing him the enhancements made across the school, in the learning spaces (painting, furnishing etc) and on the playgrounds. He was inspired by our work in the Science of Learning space, and wanted to pass on his CONGRATULATIONS to all of the community for their contributions.

Our Father's Day breakfast will be held tomorrow, **Thursday 29th August at 7:45am**. All fathers and/or significant males in student's lives are invited. We look forward to seeing as many fathers and their children tomorrow morning and wish all our fathers or significant male figures in the student's lives a Happy Father's Day on Sunday.

Our next SRC event is our Sports and Hot Dog Day on Thursday 5th September. This event is set by the SRC to continue to build positive wellbeing and connection throughout the school. On this day students wear sports clothing symbolising their favourite team or sport. Students will also partake in a hot dog and drink. These orders have now been completed.

At the conclusion of last term, a teacher in a Catholic School fell through the roof while endeavouring to retrieve balls. The injuries sustained were fatal and as a consequence MACS (Melbourne Archdiocese Catholic Schools) have given a clear direction that NO school staff, including Maintenance are to retrieve balls or get on roofs. Please understand if your child's ball goes on the roof, at this point in time we are unable to retrieve them. I thank you for your understanding with this matter.

Thank you for your contribution to our Book Fair. The School receives 30% of the money made in books for our library. Last year this was around \$600.00 worth of books for our library. Currently, it looks like it may be closer to \$1,000.00 worth of books for our students to enjoy in the library.

MACSSIS surveys will be distributed to selected families on Monday 2nd September. The surveys give feedback to the school, to assist us to continue to enhance all we do for the children. If you receive this, we ask you to take the time to complete as this gives you a voice in supporting the school to provide the best education for your child.

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

Joanne Webster
Principal

A Prayer

We wish all our fathers or father like figures on staff a Happy Father's Day next Sunday and pray this prayer for all in our school community.

We give our thanks, Creator God, for the fathers in our lives.

Fatherhood does not come with a manual, and reality teaches us that some fathers excel while others fail.

We ask for Your blessings for them all and forgiveness where it is needed.

This Father's Day we remember the many sacrifices fathers make for their children and families, and the ways--both big and small--they lift children to achieve dreams thought beyond reach. So too, we remember all those who have helped fill the void when fathers pass early or are absent; grandfathers and uncles, brothers and cousins, teachers and coaches and the women of our families.

For those who are fathers, we ask for wisdom and humility in the face of the task of parenting.

Give them the strength to do well by their children and by You.

In Your Holy name, O God, we pray.

Amen.

School News

Inform and Empower

It has come to our attention that some students engage with the platform Tik Tok. As part of our Inform & Empower program we educate students about cyber safety and digital wellbeing.



We feel it is our Duty of Care to inform you of the following about Tik Tok and that it does have a minimum age of 13+

13+ Minimum age according to TikTok

As TikTok continues to capture the attention of children and teens around the world, it's essential to understand the platform's age restrictions and the implications for younger users. With nearly 40% of TikTok's users between the ages of 10 and 19, it's clear that the app's popularity extends to younger audiences, however, that doesn't make it right.

What is TikTok? TikTok is a social media platform that allows users to create, share, and watch short videos set to music. It's known for its viral challenges, trends, and creative content, which can be highly engaging for users of all ages.

Age Requirement: According to TikTok's terms of service, **users must be at least 13 years old** to create an account. This age restriction is in place to ensure that users are mature enough to handle the platform's content and interactions responsibly. While the app's minimum age requirement is clearly stated, younger children often find ways to access the platform, making it important for parents to stay vigilant.

Safety and Privacy: Children under the age of 13 may not fully understand the implications of sharing personal information or interacting with strangers online. Age restrictions help protect younger users from potential risks such as inappropriate content, online predators, and privacy issues.

Content Exposure: TikTok's vast array of content includes both entertaining and potentially harmful material. While many videos are fun and age-appropriate, others may not be suitable

for younger viewers. By adhering to age limits, parents can help minimize their child's exposure to inappropriate content and ensure they are engaging with the platform in a safer manner.

How to manage your child's Tik Tok use when they are OVER the age of 13:

1. Understand the Platform

- **Explore Together:** Spend time with your child on TikTok to understand how they use the app and the type of content they're engaging with.
- **Privacy Settings:** Assist your child in setting their account to "Private" so only approved followers can view their videos and interact with their content.

2. Be Aware of Age Restrictions 13+

- **Age Requirement:** TikTok's terms of service specify that users must be **at least 13 years old**. If your child is younger, consider alternative apps designed specifically for their age group or monitor their usage closely.
- **Verify Age:** Ensure that your child's use of TikTok complies with its age policies and discuss why age limits are important for online safety.

3. Set Clear Guidelines

- **Content Restrictions:** Discuss what types of videos are appropriate to watch and share. Emphasise that they should avoid interacting with content that is inappropriate or harmful.
- **Engagement Rules:** Teach your child to be cautious when interacting with others. They should never share personal information or accept friend requests from strangers.

4. Monitor Activity

- **Regular Check-Ins:** Regularly review your child's activity on TikTok, including their posts, messages, and the accounts they follow.
- **Use Parental Controls:** TikTok offers features to restrict certain types of content and manage screen time. Utilise these tools to help regulate your child's use of the app.

5. Promote Digital Citizenship

- **Respect and Kindness:** Encourage your child to be respectful and kind online. Explain that their words and actions can impact others and that they should report any bullying or inappropriate behaviour.
- **Critical Thinking:** Teach your child to critically evaluate the content they see and to question the accuracy of information before sharing it.

6. Balance Screen Time

- **Set Limits:** Establish daily or weekly limits for TikTok usage to ensure it doesn't interfere with school, physical activity, or family time.
- **Encourage Alternatives:** Promote offline activities and hobbies to maintain a balanced lifestyle and prevent over-reliance on digital entertainment.

7. Foster Open Communication

- **Create a Safe Space:** Make sure your child feels comfortable coming to you with any questions or concerns about their TikTok experience.
- **Discuss Safety:** Have ongoing conversations about online safety, including what to do if they encounter something uncomfortable or troubling.

SRC Events for Terms 3 and 4

| Term | Event | Date |
|--------|---|--|
| Term 3 | Sports Day and Hot Dog Day-students and staff wear the colours of their favourite sports day and enjoy a hot dog lunch. | Thursday 5 th September |
| 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 Week 7 Monday 18 th November- Finals Years 3-6 Thursday 21 st November – Finals Years Prep -2 Week 8 Monday 25 th November Finals Years P-2 |

Positive Behaviour for Learning

The Prep students have continued to implement their learning of what it means to **'Be Safe, Be Respectful and Be Responsible'** at Bethany. The students were able to demonstrate their understanding of **'being respectful'** during their mini-Olympic experience, displaying good sportsmanship. Cheering each other encouragingly, using kind words and actions.



The students applied their learning of how to **'Be Safe'** during each of the heats, keeping their hands, feet and objects to themselves to ensure safety for all throughout the day.



The Prep students are to be congratulated on demonstrating their understanding of **'being responsible'** during each of the heats, using the equipment safely. The students' knowledge of PBL expectations resulted in a successful day for all!
Well done Preps.

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 Interception

In uncertain times, many young people experience anxiety and other large emotions. Our bodies send us signals about our emotions all the time through physical changes like our heartbeat slowing down or speeding up, our muscles tensing and our breath changing. Tapping into these changing signals and learning to understand them as emotions and/or feelings is called interception or 'mindful body awareness'. Everybody's natural interception is different. Without good interoceptive awareness, children and young people might find it hard to notice a big emotion building up inside until it becomes overwhelming or distracts them from learning.

Interception is a vital skill for self-management and self-regulation. It helps us understand and control our emotional reactions by tuning into the internal physical and emotional states of our bodies.

There are many benefits from participating in mindfulness and building interception skills. Some of these benefits include:

- self-regulate their emotions and feelings,
- be calm and engage with learning,
- have positive well-being, and
- improve their academic performance.

What are some of the practices that you and your family engage in to develop your interception skills?

Source:

Student Wellbeing Hub (2023). *Introduction to interception for families and caregivers.*

https://studentwellbeinghub.edu.au/media/kxlonfy/esa-interoception-self-regulation_families-infosheet.pdf

Happy Families

Parenting with Influence is not control but actually having patience, empathy and understanding of children's perspectives. Find out more about the three E's: explore, explain and empower as you read the attached Happy Families article **Parenting with Influence**. We are sure this may encourage you to rethink your parenting style!

A second article **The Power of Perspective** is also attached. This is especially important to read if you are a diligent 'ironer' of your weekly washing! Grab a cuppa and enjoy both reads, you are bound to smile. ☺

Child Safety Update



Here at Bethany, we undergo many procedures and processes to ensure that our students only work with people who are suitable and who reflect Child Safety and Wellbeing values. We do this by:

- Having our Code of Conduct and Child Safety & Well Being Policy available on our website and part of the sign In process at the front office
- Always checking references in relation to Child Safety when new staff are employed
- Volunteers, including you as parents provide a current WWCC that is endorsed with a Department of Government Services letter
- Staff and volunteers are inducted and are made aware of their responsibilities to young children in relation to Child Safety
- Our ongoing supervision of students is always focused on Child Safety and Wellbeing

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 3 and 4.

| Term 3 | Term 4 |
|--|---|
| Friday 26th July at 10 am Whole School Mass: Sts Mary, Martha and Lazarus (Feast on Mon 29/7) | Saturday 19th October 6pm Community Mass St Andrew's |
| Thursday 22nd August at 10am Level Mass: Years 3 and Years 5 | Thursday 14th November at 10am Level Mass: Years 2 and Years 4 |
| Thursday 12th September at 10am Level Mass: Preps | Thursday 28th November at 10am Whole School Mass |

Family News

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. The next Assembly is on 2nd September for Earth and Star Hubs.

| TERM 3 | | TERM 4 | |
|--------------|----------------------------------|----------------------|---------------------------------------|
| DATE | HUBS | DATE | HUBS |
| 15 JULY | | 7 OCTOBER | |
| 22 JULY | Year 5 Chisholm/Mac Killop | 14 OCTOBER | Year 6 Teresa/Little (Art) |
| 29 JULY | | 21 OCTOBER | |
| 5 AUGUST | | 28 OCTOBER | Prep Sky/Ocean |
| 12 AUGUST | Year 2 Indigo/Blue | 4 NOVEMBER | |
| 19 AUGUST | Year 4 Jordan/Sepik | 11 NOVEMBER | REMEMBRANCE DAY- Leadership Centre |
| 26 AUGUST | | 18 NOVEMBER | |
| 2 SEPTEMBER | Prep Earth/Star | 25 NOVEMBER | Year 3/4 Todd/Murray |
| 10 SEPTEMBER | | 2 DECEMBER | PP DAY |
| 16 SEPTEMBER | BOITE/Italian | 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 –

August

Thursday 29th August – 7:45am Father's Day Breakfast
Friday 30th August – Father's Day Stall

September

Sunday 1st September – Father's Day
Monday 2nd September – Assembly 2:25pm (Earth & Star Hubs)
Thursday 5th September – Sports Day and Hot Dog Day
Tuesday 10th September – Division Athletics
Thursday 12th September – Year Prep Level Mass 10:00am School Hall
Monday 16th September – Assembly 2:25pm (Italian)
Thursday 19th September – Year 3 Camp: Sleep over at school
Friday 20th September – **Last Day Term 3** – students finish at **12:30pm**

October

Monday 7th October – Term 4 begins **8:45am start**
Monday 14th October – Assembly 2:25pm (Teresa & Little)
Wednesday 16th October – Parents 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
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 **New**

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 3 – Thursday 19th September – School Sleep Over

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 |