Hi everyone

We are off to swimming tomorrow and then each day for the remainder of the week so please make sure that your green note is returned by tomorrow. All the details regarding swimming were sent home last week. If you have any queries, please phone us.

Our Calcutta will be held at the Recreation Reserve on Monday 3rd November beginning at 6.30. A basic sausage sizzle will be held from 6.pm. Please fill out the slip if you intend coming for the sausage sizzle so we can make sure that we order enough sausages. PLEASE ALSO REMEMBER THAT THE FOLLOWING DAY IS MELBOURNE CUP HOLIDAY SO THERE WILL BE NO SCHOOL!

Happy kids enjoying our happy yard (in colour this week.)

We have just set our date for our school concert which will be held on Wednesday 17th December. Please put this in your diaries.

Have a lovely week!

Cheers
MELBOURNE CUP CALCUTTA will be held at the Bethanga Recreation Reserve on Monday 3rd November 2014 commencing at 6.00 pm. Entry is by donation. Raffle tickets were sent home last week and must be returned by Monday 3rd November. Tickets are $2 each.

We are hoping to see lots of people and would greatly appreciate you booking a table via the office (please leave a message if unattended.)

😊 BANK DAY this Wednesday!

😊 Ambulance Policy. It is vital to note that school does not have ambulance cover for students and if a trip to hospital is necessary, then this cost will be borne by parents. This cost could be between $2000 and $3000!!!!!! Please make sure that you are covered. Our student insurance (taken out at the beginning of the year by some families) does not cover ambulance.

VERY IMPORTANT DATES:

Graduation will be held on Thursday 11th December.

School concert will be held on Wednesday 17th December

HATS:

All students and staff will be wearing hats for the remainder of the year. There will be no exceptions and students without hats will be able to complete activities under the shaded area. Please also encourage the application of sunscreen prior to leaving home. Sunscreen will be available each break (on the deck) for students to apply as needed.

😊 At the beginning of term, each family received copies of the information we currently hold on CASES (program for saving and updating student information.) From time to time, mobiles, addresses and emergency contacts change and it is important that we keep these up to date. Please carefully check that everything is correct and mark any changes in a blue or red pen (any colour really which stands out.) Jen will then be able to update these details which are extremely important. If everything is correct then please write this at the top of the first page and return to school as well. Thank you!

😊 Bank dates: Please remember that bank days are Wednesday of each even week. Bank books can be brought to school on the Monday or Tuesday and will be kept safely until they are collected.

😊 Head lice checks: We have not forgotten these but our plans to have Al do the checks are obviously now not possible so Sue Reid will help us. We do need all head lice check forms returned ASAP please

DON’T FORGET THAT OUR SCHOOL IS NUT FREE! No nuts here!!!
WORKING BEE JOB LIST

Over the next few weeks this list will grow as we organise tasks to be completed on Sunday 23rd of November from 9-11am. Many hands make light work and we want to take some of the pressure off those parents who always come along to every single working bee we hold.

WORKING BEE JOBS:

- Remove and replace the barge boards (eaten by white ants). If anyone has time to come in prior and remove a selection of boards to double check that the termites haven’t come back that would be fantastic.
- Placement of our mosaics
- Whipper snipping (please bring whipper snippers)
- Blowing leaves etc off the deck/concrete

RIBBON OF PEACE EVENT ON MONDAY 10TH NOVEMBER:

You will remember that we received a Peace Flame (donated by Rotary Club of Wodonga West) in March of this year. The Albury Wodonga Peace Committee have organised a special joining of the ribbons in front of the Porta Sculpture on the Lincoln Causeway and all schools who received a flame have been invited to attend. Victorian students will walk via one path and meet their NSW peers (who have taken another path) at the sculpture. All schools have been invited to perform a short song, message of peace or poem. Each child will also attach a 30cm piece of ribbon (containing a written message of peace) to a special sculpture which has been made for the ceremony. Parents and community members are very welcome to attend.

This event was not when we set our excursion levy and therefore there will be a one off cost of $5 per child to cover the bus. If you have two or more students the cost will be $10 per family.

Can you please have a look through your cupboard to see if you have any pieces of ribbon (approximately 30cm long) which we may be able to use to ensure that all students have a piece to attach on the day. It needs to be wide enough to write words upon it.

It will be a lovely ceremony and our whole school will then have lunch together in Albury.
NAVIGATING THE PITFALLS OF LIFE/BOUNCING BACK/BEING
ABLE TO MAKE LEMONADE WHEN YOU ARE THROWN LEMONS:
This is what we want for our children!

It is so rewarding when we hear many of our students talk about things which have happened and demonstrate that they can rate them on the catastrophe scale and react accordingly. We want our students to be able to bounce back quickly from things which are not worth wasting the energy worrying about. It often unfortunately takes a major crisis for us to reflect and realise that all the little things we got upset about were in fact, very minor and that we should have focused on smelling the roses when things were going well. As parents and teachers—we have the power to help our students to develop perspective and the ability to filter situations in order to decide the appropriate reaction. If you dwell on the negatives then your children may too! If you are a “glass half full,” parent then you are already a few steps ahead as you will naturally be modelling this to your children.

When we ask your children to place things on the catastrophe scale we are helping them to develop perspective. When we give them strategies to employ when things go wrong, we are equipping them for situations which will arise in the future. Our aim is for them to be able to use these strategies when an adult is not present.

We also need to assist our students to decide if an incident is “bothering” or “bullying?”

Bullying is repeated verbal, physical, social or psychological aggressive behaviour by a person or group directed towards a less powerful person or group that is intended to cause harm, distress or fear.

Bullying will not be tolerated at our school and we have responses to deal with it whether it be sending reflection sheets home, phone calls and meetings with parents, time out of the yard or suspensions. We must be told or made aware of these incidences.

But please remember that some conflicts between children are a normal part of growing up and are to be expected. These conflicts or fights between equals and single incidents are not considered bullying, even though they may be upsetting and need to be resolved. Again our school has processes to manage these!

Today we spoke to our students about bothering and bullying to come up with some examples of each;

Bothering and/or Accidents = Slight worries:

😊 Accidents, tripping, bumping accidentally, being hit by feet dangling from monkey bars, people not swapping bus seats morning and night, people not stopping making noise when asked, people not listening properly, people threatening to tell on you etc, someone not sharing things occasionally, people using loud voices and not stopping when asked to

😊 Bullying: Thankfully, our students were not able to give any examples of ongoing physical bullying but an incidence of name calling is now being investigated!

I have attached an information sheet on emotional intelligence. In our new strategic plan one focus will be on embedding emotional intelligence into our teaching of social skills. More information about this next week! This week we will be setting social/emotional goals with our children and having them reflect on age appropriate emotionally intelligent behaviours.
Bethanga Primary School has signed up for The Achievement Program which is a Healthy Together Victoria initiative. It supports early childhood education and care services, schools and workplaces and workforces to create healthy environments for learning, working and living. A health promoting schools approach is an internationally recognised best practice approach for enhancing health and educational outcomes. The Achievement Program can help schools adopt a health promoting schools approach through coordinating action across six components.

A whole-school approach to health promotion brings together school leaders, staff, students, families and the broader community to promote health and wellbeing. It is a process of continuous improvement, rather than a one-off project implemented only in the curriculum.¹

The diagram illustrates the Victorian Health Promoting Schools and Early Childhood Education and Care Services Framework, which is based on the World Health Organization’s Health Promoting Schools model. It shows how schools can take a whole-school approach to promoting health and wellbeing.

1. **Healthy Policies**
   Policies clearly articulate conditions and practices necessary to create a physical and social environment which promotes health and wellbeing.

2. **Healthy Physical Environment**
   The physical environment facilitates and encourages health choices and lifestyles, complementing the health messages taught in the curriculum.

3. **Healthy Social Environment**
   Respect, fairness and equality is promoted and modelled, and a sense of belonging is fostered.

4. **Learning and Skills**
   Learning opportunities and experiences within the curriculum enable children and young people to gain knowledge and skills and take action to enhance health and wellbeing.

5. **Engaging children, young people, staff and families**
   Structures are established to engage children, young people, families and staff as active participants in the promotion of health and wellbeing.

6. **Community partnerships**
   Partnerships with local health professionals, services and the wider community enhance health promotion capacity and support children, young people and their families’ health and wellbeing needs.

**Healthy students learn better**

The primary school environment can influence children and young people’s health and wellbeing, which has an impact on learning and development, including numeracy and literacy outcomes. The Achievement Program provides a framework and supporting resources to help coordinate existing and new activities using a whole-school approach to promote the health and wellbeing of students.

It’s not just for students; it also supports the health and wellbeing of staff, and engages families and the wider community too.

This program requires a whole school and community approach. We are asking for interested parents to join us on this journey. It involves being on our committee that would meet a few times a term. If you are interested in promoting a healthy school and helping our students be the best they can, please contact the school.

We have the assistance of Sue Reid, Towong Shire’s Community Health Officer, to help us on this journey.

*A meeting will be held with Sue Reid on Tuesday 18th November at 6pm. If you are interested in attending, please contact the school.*
REGISTRATION DAY:

When: Sunday 16th November 2-4 PM
Where: Rowen Park sporting facility

Light afternoon tea, coffee and tea will be available

Cost: $120 membership

Swimming Club involves training 1-2 nights per week on Monday and/or Wednesdays from 6-7pm

If you’d like to compete there are 6 events at pools around our region over the summer.

Open to all ages from about 8 yrs.

If you are unable to attend registration day please contact

For more information or registration forms- call Kelly 0407101347 or Maree 6071 0203

Relay for Life - Thank you to all the families who participated in the Cancer Council Relay for Life last weekend. As you can see, the children all had a fabulous time. Alyson
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<tr>
<th>Week:</th>
<th>Term Four 2014</th>
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<tr>
<td>4</td>
<td><strong>Tuesday 28th—Friday 31st October</strong></td>
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| 5     | **Monday November 3rd**  
**Tuesday Nov. 4th** | Melbourne Cup Calcutta at Bethanga Rec Reserve  
Melbourne Cup Holiday | 6.00pm  
School will be closed. |
| 6     | **Monday 10th November**  
**Tuesday 11th November**  
**Thursday 13th November** | Remembrance Day  
Principal Network Meeting | Peace Ceremony in Wodonga  
Assembly at 10.45am  
Deb out of school |
| 7     | **Tuesday 18th November**  
**Wednesday 19th November**  
**Thursday 20th November** | Transition for 2015 foundation students 12.30-3.30pm  
KANGA CRICKET for 3-6  
Curriculum Day—No 3 (2014) | Held in Wodonga  
Pupil Free—please make alternative child care arrangements |
| 8     | **Tuesday 25th November**  
**Tuesday 25th November**  
**Friday November 28th to Friday December 5th** | Life Education Van  
Transition for 2015 foundation students 12.30-3.30pm  
Head Start Program for children attending Wodonga Middle Years College | On site at school  
4 students from Bethanga off to WMYC |
| 9     | **Tuesday 2nd December** | Transition for 2015 foundation students 12.30-3.30pm | OUR STUDENTS WILL SING!  
MORE DETAILS CLOSER TO DATE. |
|       | **SUNDAY 7TH DECEMBER** | **CAROLS BY CANDLELIGHT AT BELLBRIDGE** | |
| 10    | **Monday 8th December**  
**Tuesday 9th December**  
**Thursday 11th December** | 2015 Planning Day  
Statewide Transition Day  
Year 6 Graduation | Pupil Free  
Foundation students for whole day and Year 6 off to Tallangatta secondary school if enrolled. |
| 11    | **Wednesday 17th December**  
**Wednesday 17th December**  
**Friday 19th December** | SCHOOL Concert  
Reports sent home at latest  
Last day of school | Please put date in your diary  
Break up at 2.30pm |
Smiles on Dials

Disco & MC for all occasions
Albury/Wodonga and surrounding areas

Mark Lee
Tel: 0404 370965
smiles.on.dials@hotmail.com

BETHANGA AUTOMOTIVE
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Vehicle Services and repairs to cars, tractors, trucks, small and stationery engines.
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Workshop facilities
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BETHANGA GENERAL STORE
AND COFFEE SHOP

- Takeaway food
- Coffee, tea, milkshakes
- Cold Drinks
- Groceries
- Papers and magazines
- Gas and Fuel
- EFTPOS available
- Friendly Service

Please ring through all orders on 02 6026 4215
Open: 6.30am-7pm Monday-Saturday
8.00am-7pm Sunday

BETTEMBER 2023

Rumble Tumbles Indoor Play Centre & Café
Unit 1 919 Calimo Street
North Albury
Phone: 6040 4450

Rumble Tumbles entertains the children and allow parents a place to be able to come and sit, read the paper, have a coffee and enjoy a bite to eat while the kids wear themselves out!

Party at Rumble Tumbles....... Rain, Hail or Shine, that peace of mind that your party is organised and hassle free is priceless.

OPENING TIMES:
Tuesday to Friday 9.30am to 3.00pm
Saturday & Sunday 9am to 4.30pm
NSW & VIC School Holidays
Monday to Sunday 9am to 4.30pm
Private parties available outside these hours by arrangement.
For further details Phone 6040 4450.

ADVERTISING SPACES FOR SALE

If you would like to advertise on this page of our newsletter please email your advertisement to bethanga.ps@edumail.vic.gov.au as soon as possible and we will send you an invoice. If you do not have email facilities, please drop your advertisement into the office.