



# Bethanga Primary School

PRINCIPAL: Rachel Saunders

Our Purpose We provide all students from Bethanga, Bellbridge and beyond with an inspiring and responsive curriculum to promote thinking and encourage curiosity. We nurture individual talents and needs in our setting underpinned by high expectations, quality opportunities and caring personalized attention in order for our children to reach their full academic and social potential.

School Values **R**APPORT – **R**espect **A**cceptance **P**ersistence **P**ride **O**ptimism **R**esilience **T**ruth

## Term 1 Week 5 2023

Newsletter published  
Friday 3<sup>rd</sup> March 2023

### Upcoming Dates

#### Week 6

Monday 6<sup>th</sup>

**Playgroup 9:30-11:00am**

Tuesday 7<sup>th</sup>

**Rob Gordon Parent Session**

**1:00-2:00pm**

#### Week 7

Monday 13<sup>th</sup>

**Labor Day- PUBLIC HOLIDAY**

**NO SCHOOL**

Wednesday 15<sup>th</sup>

**Year 5/6 Camp**

Thursday 16<sup>th</sup>

**5/6 Camp**

Friday 17<sup>th</sup>

**5/6 Camp**

#### Week 8

Monday 20<sup>th</sup>- Friday 24<sup>th</sup>

**NAPLAN**

#### Week 9

Tuesday 28<sup>th</sup>

**Cluster Day at Bethanga**

#### Week 10

Monday 3<sup>rd</sup> April

**Playgroup 9:30-11:00am**

Thursday 6<sup>th</sup>

**Last Day of Term 1 - 2:30pm**

**finish**

### TERM 2

#### Week 1

Monday 24<sup>th</sup>

**First Day back for Term 2**

Tuesday 25<sup>th</sup>

**ANZAC Day Public Holiday**

### Upcoming Staff Changes

Although staff absences are often unavoidable, we will endeavour where possible to communicate any planned changes in the newsletter each week.

#### Week 6

Miss Sutton in Millewa Mon-Fri

(Mrs Saunders at traininal)

### From the Principal's Pen:

Over the last few weeks, we have noticed that low (or no) resilience is very prominent across the school. This has been evident through separation anxiety, school refusal, task avoidance and anxiety related illness. We are taking steps to address this every day - in the classroom, playground and support groups/wellbeing interventions and check ins. We are explicitly teaching coping skills and strategies to enhance resilience through our regular EQ sessions, partnership with The Resilience Project and identifying incidental teaching/learning opportunities. This week with the newsletter each family will also receive a booklet of prompts/strategies/supports so that conversations regarding resilience can continue at home further strengthening the home/school partnership. In addition, we have a Parent Session with renowned Psychologist Dr Rob Gordon taking place next Tuesday 7<sup>th</sup> March 2023 commencing at 1pm. I highly recommend this session to all parents. (please RSVP via text message ASAP)

### What is resilience?

Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success. Learning to bounce back and to bounce forward.

Examples of challenges some young people may face where resiliency skills are essential: physical illness, change of school, transitioning from primary school to high school, change in family make up (divorce, break up), change of friendship group, conflict with peers, conflict with family. Resilient people are comfortable in talking about and expressing a range of emotions.

### Why is resilience important?

Students experience a tremendous amount of physical and mental growth on a daily basis. Between school, co-curricular activities, work and their social life, children face lots of new experiences and challenges. Being resilient gives them the ability to tackle these head-on, bounce back from any setbacks and have the best chance at succeeding. It allows them to learn and grow in all situations – two skills that are crucial to wellbeing and development. Resilience will also help them to approach new situations, people or experiences with confidence and a positive mindset, which will make them more likely to succeed.

### How can we teach resilience?

We are all innately resilient, but fear, insecurity and doubt can take over in moments of stress or anxiety. These responses can affect our ability to draw on our resilience just when we need it most. Luckily, there are a few ways.

#### 1. Create safe and supportive learning environments

Focus on developing an environment where all students/children feel safe and supported. Encourage them to try new things, and emphasise the growth and learning opportunities they are presented with when they fail or make a mistake. When students/children feel like the outcome won't affect them negatively, they are more likely to try new and more challenging things. Being able to learn from mistakes and challenges in a place where they feel supported and encouraged will build their confidence, self-belief and resilience.

#### 2. Celebrate students/children's progress, not just success

When it comes to building resilience, it really is all about the journey and not just the destination! When we only celebrate the wins, we instil a belief that the only thing that matters is success. In order to build a positive mindset and a willingness to grow, it's important to focus on progress and not just success. This can be done through providing open feedback to students that focuses on their effort rather than the outcome.



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Encourage your students/children to set goals for themselves that provide challenges and stimulation. Celebrate every time they overcome a hurdle along the way and move closer to achieving their goal. This could focus on something academic (such as a challenge to read a certain number of books over the term) or relate to an area a student finds challenging (such as encouraging a shy student to participate in a school performance). Help them to celebrate the small milestones along the way.

### 3. Provide opportunities for goal setting and reflection

Building resilience is all about maintaining a positive mindset, a willingness to grow and an ability to learn from setbacks. Setting goals and making time for reflection have been shown to help maintain focus and create momentum in times of growth and change. Breaking down situations, issues or even assessments into smaller, less intimidating chunks can make it easier for students to stay in a positive mindset so that they are less likely to be deterred by setbacks. Creating environments where students feel confident to discuss what they want to achieve and their strategies for doing it is important in helping them to build resilience.

### 4. Develop a sense of belonging within the school community

Research shows that a great way to build resilience in young people is to help them feel a part of something bigger than themselves. When children feel that what they do or contribute matters on a larger scale, they are more likely to push through setbacks and to remain optimistic about the outcome. Encourage your students/children to engage with the school and community beyond their social groups. Being involved in what's happening with their peers, the school and wider community instils in them a belief that their involvement can and will have a positive effect on others as well as themselves.

<https://schools.au.reachout.com/>

*Kind Regards,  
Rach Saunders*

## OSHC

Having an Out of School Hours Care Program is an asset at any school. It provides flexibility and support for working families as well as providing supported social interactions out of school hours for our students. This service is being provided as part of a 3 year OSHC Establishment Grant. This grant covers the \$75,000 annual costs of providing this service and gives us an extended period of time to analyse the viability of such a program running beyond the funding period. We are now in our second year of having Big Childcare provide this service for us. However, with low enrolment numbers and staff shortages across all industries, there have been many times that this service has not run (including over the Christmas holiday period). Currently we have only 2-3 families utilising this service and usually only have 2 students at time (many mornings/afternoons there are no enrolments). The reality is, if enrolments do not improve over the Grant period, there is no way this service will run at it's conclusion. This week, families will receive the program for the term 1 holiday program. It is highly likely that if there are not 5 enrolments each day, the program will not run. Please see the flyer for Kaitlin's details and contact her to discuss rebates and actual out of pocket costs... let's work together to make this program a success and something we can continue into the future!

## 5/6 Camp



**PACER**  
Parliament and Civics Education Rebate



5/6 Canberra Camp Wed 15th – Fri 17th March 2023

We will head off to Canberra on the 5/6 Cluster Camp in 12 sleeps! Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the National Capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion (this amount is taken off the amount owing).

Please ensure all payments, permission forms and medical forms are returned before the end of next week. Please remember that if your child has asthma, you will need to provide an updated asthma plan from your doctor.

**In addition to the items on the 'what to pack' list, students are required to pack their full school uniform to wear when we visit Parliament House (including hat) on Thursday 16th March. Touring Parliament House in full uniform is a gesture of respect and is a way to clearly represent Bethanga Primary with pride.**



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# Millewa

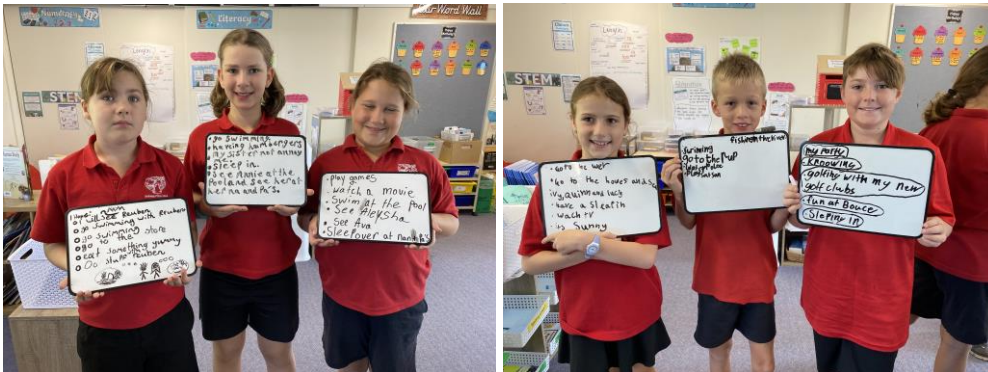
## MARVELLOUS MILLEWA LOVE TO READ!

It was wonderful to see such excitement during borrowing time last Friday when Amy visited with the library on wheels! We prioritise reading on a daily basis and encourage our students to read two types of books daily. Parents are great role models too when reading to their child. Please find your childhood books that you loved to read and read them to your younger ones.



## A MORNING QUESTION IN OUR MORNING ROUTINES....

Our mornings begin with unpacking our bags and bringing things into the classroom ready for our day ahead including fruit break, a water bottle and diary before embarking on the morning message. Sometimes we have a 'would you rather' question where we write and share our thoughts. We recently had this question 'Would you rather be a captain of a ship or a pilot of a plane?'. These are great conversation starters for around the dinner table that you might try with your family. Every Friday, our morning message relates to our weekend ahead. Sometimes we write about 5 things we hope that might happen on our weekend and 3 things that we know that will happen on our weekend. What are 5 things you hope that will happen this coming weekend?



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**RECOVERY AND RESILIENCE TEAM**

# DR. ROB GORDON ROADSHOWS 2023

**Bethanga Primary School**  
**Staff and community session**  
**Tuesday, March 7th. 1.00pm - 2.00pm**

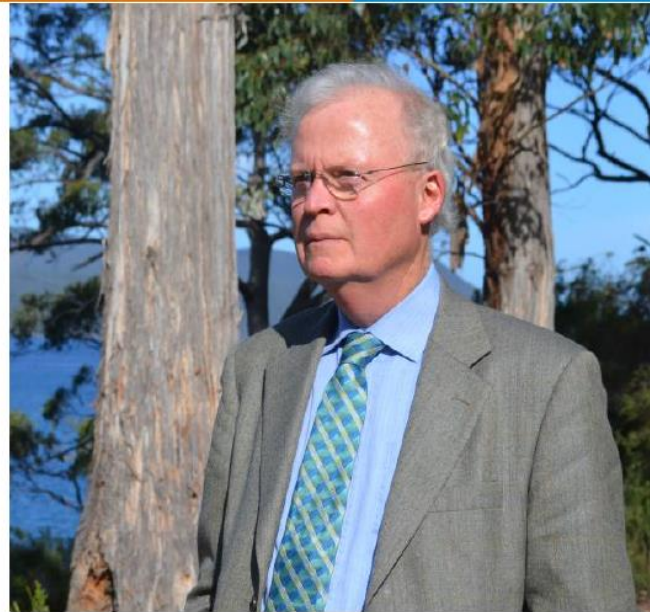
Connect with Rob who has extensive experience in trauma and disaster recovery to discuss the impacts of COVID-19 and bushfires on staff, children and families. These sessions are designed to support your staff, students and parents to increase their understanding of:

- prolonged stress, disruption and uncertainty on health and wellbeing
- self-care strategies to support yourself and others during this time
- the impact on children and practical ways to support them
- post-traumatic growth, hope and optimism

Each session is tailored to suit your school's context and needs.

For any inquiries or specific questions, please contact:

**Kate Dale**  
Recovery and Resilience Senior Project Officer  
kate.dale@education.vic.gov.au



**About Dr. Rob Gordon OAM, PHD, FAPS, FCCLP**

Rob Gordon, Ph D. is a Clinical Psychologist and has been Psychological Consultant to the Emergency Management Branch of the Victorian Department of Health and Human Services (DHHS), Emergency Management Victoria and Australian Red Cross for Emergency operations. He has worked with communities and individuals affected by emergencies, trauma, critical incidents and work-related stress throughout Australia and New Zealand for 35 years and provides training and workshops to government and non-government agencies. He has published articles and book chapters on recovery from trauma and emergency. He conducts a psychotherapy practice in Box Hill and is engaged by the Recovery and Resilience Team to provide support to education communities.

## Parenting Programs - Term 1 2023

\*There is no cost to attend these programs



Location	Program	Duration	When	Where	Register
Wangaratta	Tuning in to Kids Emotionally intelligent parenting (2 - 10 years)	5 weeks	Wednesdays 1st - 29th March 10am - 12pm	Wangaratta Library 21 Docker Street Wangaratta	Phone 02 6022 8888
Wodonga	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	5 weeks	Mondays 27th February - 3rd April 6pm - 8pm	Gateway Health 155 High Street F11A & B	Phone 02 6022 8888
Wodonga	Bring Up Great Kids (2-12 years)	6 weeks	Tuesdays 28th February - 4th April 10am - 12pm	Gateway Health 155 High Street F11A & B	Phone 02 6022 8888
Wodonga	Tuning into Kids Emotional intelligent parenting (2-10 years)	5 weeks	Fridays 3rd - 31st March 10am - 12pm	Gateway Health 155 High Street F11A & B	Phone 02 6022 8888
Wodonga	Mother Goose (0 - 2 years)	Full term	Wednesdays 8th February - 5th April 10.30am to 11.30am	Gateway Health 155 High Street F11A & B	Phone 02 6022 8888
Lavington	Mother Goose (0 - 2 years)	Full term	Fridays 3rd February - 7th April 10.30am to 11.30am	Orana Community Centre 40 Cardo Drive Springdale Heights	Phone 02 6025 3988

For more information on our programs phone 02 6022 8888

[gatewayhealth.org.au](http://gatewayhealth.org.au)

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## Student Achievement

Congratulations to the students who were acknowledged at assembly this week for being active learners and making positive contributions to the Bethanga Primary School community.

**Everly:** for the amazing effort you put into your character description after reading the 'Three Billy Goats Gruff'. He certainly was a great, big, hairy green troll!

**Aleysha:** for always demonstrating your best self in and out of the classroom. Your enthusiasm is amazing, and you strive to achieve your best in all that you do! Well done, Aleysha

**Jacob:** for your outstanding problem solving skills during Maths last week. You have demonstrated precise skills when articulating how you have solved the answers. Keep up the great work, Jacob!

## Movie night – Regent Cinema Albury

**SAVE THE DATE**

THE VICTORIAN STATE SCHOOLS

**SPECTACULAR**

**Friday 12th May**

This movie night and a corresponding Mother's Day raffle (the Movie Night is booked for the Friday night before Mother's Day) will raise funds to support our students participating in the Victorian State School Spectacular (VSS23) this year.

Further information will come out closer to the date regarding the Movie (sure to be a rom/com at that time of year!) and raffle details. POP IT ON YOUR CALENDAR NOW! Our goal will be to have a private screening (minimum of 70 tickets sold) with 100 people in attendance. Our fundraising goal is \$1,500!

## Warm it up Wednesdays

With an increasing number of students bringing in lunch to be heated or toasted, we need to remind students of the rules when coming into the Art room.

- Students must come in, take a seat, and wait to be called.
- When students are finished their lunch, they must wash up their own plate, fork or spoon.
- Students must ensure they are adhering to our school values while in the Art room.



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# GET TO KNOW OUR COMMUNITY



Ivy



What makes me a good friend?



Cookies and Cream

My favourite Ice cream flavour

My favourite game



Minecraft

You are very beautiful. Olivia Bryant  
*I like you and green too. Jude*

I like that you are very nice to everyone. Everly  
*I like you. Thank you. You are kind. Nick*

I like how you have so much energy. Ollie

*You are a good learner. I hope you have a good time without me. I will miss you when I'm in Sydney. Parker*

I like how you play with me and others. Brianna

*I think you are amazing. And I still don't know a lot about you. Maggie*

You are a very kind person. Ivy

*You are so friendly to me all of the time. Evie*

You are a good friend to me. Olivia T

*I like the good job you do at assembly. You are so nice. Remi*

When I am at home, I feel like you should be in high school. Lucy.

*Thank you for being kind to me. You are so smart and a great sister to Lucy. Sylvie*

I love playing with you and your sister. You always have a happy heart. Olivia Barrow

*You are so fun to talk to and an awesome friend. Reuben*

You are amazing. Bree

*You always have a smile on your face. you are amazing at everything. Chase*

You are a kind person. Billy Blackburne

*I think you are so kind. and you have a really bubbly personality. You are so kind to me. Amelia*

You are a nice and kind person to work with. Jacob

*You are so intelligent and caring. You are always welcoming. and you are very funny. Annie*

You're super nice and I really enjoy sitting next to you. You are so funny and a great friend. Olive

*You're very kind and smart. It's fun playing in the sandpit with you. Billy Bayliss*

I like how you are kind to me and others. Hudson

*I think you are a good friend. Denver*

I love you have a taste in horror, me too! Brooke

*You are very kind and I enjoy playing in the sandpit with you. I am also looking forward to being your neighbour. Melody*

You are a great sister to me, and you are really good at playing Minecraft and Stardew Valley. Quinn

*You are a great friend: you make me laugh and you are a superstar! Ava*

I love you x 3. Hugo

*You are the best friend ever. I love how intelligent you are. You're great! Aleysha*

You are a good drawer. Angus

*You are such a kind, caring member of our school. Ivy. I love how you are always willing to lend a hand whenever it's needed. Jaymee*

You are always so focused and committed to learning- you set a great example for those around you. Mrs Saunders

*You shine in our classroom. I love how you love school and your kindness to others. Miss Sutton*

I really like how you are so eager to learn. You are kind and generous and I like who YOU are. Mrs Hamam



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