



# 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 3 Week 2 2023

Newsletter published  
Friday 21<sup>st</sup> July 2023

### Upcoming Dates

#### **Week 2**

Friday 21<sup>st</sup>

**VSSS23 Rehearsal 10:00-2:30pm**

#### **Week 3**

Wednesday 26<sup>th</sup>

**National Tree Planting Day**

Thursday 27<sup>th</sup>

**Cluster Day Wellbeing-Tallangatta**

Friday 28<sup>th</sup>

**100 Day Celebration-  
-Dress up Day  
-Dinner & Movie Night  
(Mudgee)**

#### **Week 4**

Friday 4<sup>th</sup>

**Principal's Day**

**ART Show Opening Night**

#### **Week 5**

Monday 7<sup>th</sup>

**School Photos**



Happy Birthday to Hudson who is celebrating his birthday this week.



### **From the Principal's Pen:**

Earlier this week, Mrs Hamam and myself attended a fabulous Professional Development Day on 'Helping Children with Anxiety' presented by Karen Young. So many aspects of Karen's presentation resonated with me but my key 'take-aways' were that everyone has anxiety. Anxiety is not a disorder but something that keeps us safe. It's something we all feel when challenged. Even as adults, when we accomplish something that is challenging, new or difficult, we have a great sense of pride. If we reflect on how we felt leading up to this achievement – there would have been anxiety (we all experience this to varying degrees). Karen introduced me to new vocabulary which I think students will respond well to – 'scary-safe' and 'scary-dangerous'.

Any new or challenging experience is scary (no matter how old you are!). Our brain (specifically our amygdala) cannot differentiate between 'scary-safe' and 'scary-dangerous' – we have the same physiological reactions to both. For example: our brain (and body) can react the same to anxiety about going to school (scary-safe) and anxiety about a cliff edge (scary-dangerous). A wonderful analogy Karen shared to illustrate this was a smoke detector – a smoke detector cannot tell the difference between burning toast (scary-safe) and a house fire (scary-dangerous)... it reacts the same. It is us that is in control of the smoke detector – we investigate the situation, determine that it is 'scary-safe' and hit the button on the smoke detector to switch it off... just because the smoke detector has had a big reaction to this situation, it doesn't mean that we wouldn't want a smoke detector – we just have to work with it and through it.

We need to be teaching our children (and ourselves) the same thing in relation to anxiety – we need these feelings to keep us safe, but if there is no danger, we need to push through and be brave – not always easy. To support students with this, we will develop lessons this term in EQ to teach students (even our foundation students can grasp this concept if taught appropriately) how their brain works, what anxiety is, how to work with the anxiety and how to push through and be brave – the worst thing for anxiety is avoidance. As we roll out these lessons, we'll include parent information in the newsletter so that conversations can occur at home and school around anxiety with shared vocabulary and knowledge.

#### Upcoming changes to NAPLAN reporting

Ahead of NAPLAN results for students being released from next week, I'm writing to inform you of some changes to this year's reporting. These are changes being introduced nationally by the Australian Curriculum Assessment and Reporting Authority (ACARA).

NAPLAN will continue to measure student achievement in numeracy, reading, writing, spelling, and grammar and punctuation but the results will now be presented in 4 proficiency levels:

These are:

- exceeding
- strong
- developing
- needs additional support

This change will give schools, parents and carers clearer information that details student achievement against new proficiency levels. Students' NAPLAN reports will continue to show how they are tracking against their peers and provide an indication of their skill levels against national averages and where we would expect them to be in order to get the most out of schooling. This provides valuable information to teachers about how we can continue to support your child. Each set of NAPLAN results is an important milestone but it's also important that students know that one result does not define them – these results are about making sure every student gets the support they need so they can continue to get the best from their learning. When we provide you with your child's results, you will also receive information about what the new proficiency levels mean. As always, you're welcome to speak to me if you have any questions about these changes. I anticipate that NAPLAN reports will be delivered to school next week, they will be distributed as soon as possible.

**Regards, Rach Saunders**



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Also find us on Facebook to keep up to date.



## 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.

**Billy:** for amazing commitment to his team at Hockey at the Winter Sports Carnival, not only being an active contributor but encouraging others and demonstrating outstanding sportsmanship.

**Sylvie:** for continuing your literacy learning throughout the school holidays. It was amazing to see the effort you put into your daily diary to record all of the wonderful things you got up to. Great work, Sylvie!

## 100 Days of School




On Friday the 28<sup>th</sup> of July, Mudgee will be celebrating Olivia and Remi's 100<sup>th</sup> day of school.

Everything you need to know about the day is below. If you have any further questions, please feel free to touch base with Mrs Grove.

- Students can come to school on Friday dressed up as either someone from 100 years ago (1920) or a 100 year old person.
- Can each student please bring a small collection of 100 things (eg paperclips, pasta etc) prior to next Friday that we can use for maths activities on the day
- We will be having a movie and dinner night at school from 5pm – 9pm
- We will supply dinner and dessert for students
- Students will vote on a movie they would like to watch
- Students can come to the movie night dressed in their PJ's with oodies, pillows, blankets and one teddy to cuddle up with during the movie.

**100**  
**DAYS OF**  
**SCHOOL!**



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# ART SHOW

**Bethanga  
Primary  
School**

**Opening Night Ticket \$30**

Friday 4<sup>th</sup> August 2023 from 7pm  
BETHANGA MEMORIAL HALL

Ticket includes entry, drinks and nibbles.

Opening Night tickets can be purchased from the Bethanga Store or by contacting Bethanga Primary School on 60264263

All works will be for sale on Opening Night (students works are reserved for family). Works will remain on display for the exhibit on Saturday 5<sup>th</sup> August 10am-4pm (sales will continue on Saturday for available pieces)

## ONLINE BOOKING

Your school has decided school photos will only be available to order online this year.

Choose your own **FREE** background



### The benefits of being online...

- No need for envelopes to be returned to the school office
- No cash on school grounds or children's bags
- Easy order tracking and record keeping
- 18 different backgrounds to choose from - no additional cost

[www.leadingimage.com.au](http://www.leadingimage.com.au)

### Bethanga Primary School

Access Key **49WC82J7**

INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos:

- 1 Go to [www.leadingimage.com.au](http://www.leadingimage.com.au)
- 2 Click on Order Your School Photos
- 3 Select your State
- 4 Enter your Access Key

**!** Family photographs must be ordered before 4.30pm the night before photo day. Please ensure your orders are placed before this time.



## Bethanga Hotel Meat Raffle

We will be holding a meat raffle **TONIGHT** Friday 21<sup>st</sup> July at Bethanga Hotel to help raise money to subsidise school arranged student activities. We would love to see many of our families down at the Hotel to support our students in these extra-curricular activities.

If you are able to help sell raffle tickets on the night, please let me know.

Tickets will be on sale from approx. 5:30-7:30pm  
**\$2 a ticket, 3 for \$5 or 7 for \$10**

There will be 3 Meat Trays from Jones Street Butchery up for grabs!



- Quality Meat
- Small Goods
- Gluten Free Products
- Catering

**SCOTT MUTSCH**  
Phone: (02) 6023 4904  
629 Jones Street,  
Albury NSW 2640

## Diaries

We are asking all students in both Millewa and Mudgee to **bring their diaries in each school day**. We will be using the diaries to record daily reading and to keep communication open between school and home.



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# Millewa

## Winter Sports Carnival


I was really proud of myself when I scored 5 goals in a game of Netball. **Olive**

I really liked being able to tackle and kicking the ball. I loved playing footy. My favourite part of the day was having so much fun. **Chase**

I enjoyed playing against the other teams. It was a bit challenging, but I liked that challenge. I had lots of fun playing Hockey. **Melody**

I like how we versed a bunch of different teams. It was a lot more fun when I was in GA. **Ivy**



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## Get to know our community



Olivia Bryant



What makes me a good friend?



Strawberry

My favourite Ice cream flavour

My favourite game



Go Fish

*You are super kind and respectful to everyone all of the time. Denver*

*I like how you are always kind and respectful. You look after you friends very well. Brooke*

*I like that you are really kind and generous. Amelia*

*You are so kind to me, you are an amazing person. Chase*

*You are a kind person. You have a bubbly personality. Angus*

*You are a bubbly person filled with sunshine and rainbows. Annie*

*Have a great and wonderful day. Jacob*

*I love how you are kind to everyone. Billy Bayliss*

*Your bubbly personality brightens my day. I would love to get to know you more. Olive*

*Happy Bucket Filler Day! You're the best little buddy anyone could ever want. Aleysa*

*You are sweet and kind. I love your personality. It is brighter than the sun. You shine in your schoolwork. Ivy L*

*You are a really kind person. Billy Blackburne*

*You are so sweet and bubbly. I love your kind personality. Happy Bucket Filler Day. Ava*

*You are so kind. Hudson*

*You are a very sweet person. I love that you're always smiling. Quinn*

*You are a lovely little girl. Melody*

*You are so bright and ready for anything. Reuben*

*You are so kind to me and others. Bree*

*I look forward to getting to know you. Danni*

*I love you x 1200. Hugo*

*Thank you for coming to this school. Olivia T*

*You are kind. Ollie*

*You are so nice. I love you x 810000 and sixty nine. Jude*

*Your personality is great. Parker*

*I love you so much because you care about others. Ivy V*

*You are so polite to me. Sylvie*

*Every time I play with you, you smile. Maggie*

*Thank you for being my best friend. Olivia Barrow*

*You are a great friend because you are very friendly. Remi*

*I love your cute little smile. Lucy*

*I love it when you play with me. I love it! Everly*



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