Dear students, parents and extended community members,

What a cold shivery week we had for the start of term!

Today we have planted trees at the Apex Park (old Pines area at the weir) in conjunction with Albury City Council. You will hear more about this next week. Please also remember our tree planting coming up in Martins Road on August 7th. A flyer is included today.

Interviews are being held this week—thank you to those parents who have booked a time.

Please make sure that you have put our casserole night into your diary. It will be held at the Bethanga Golf Club this Saturday 25th of July. Please let friends and extended family know that the night is open to everyone! It begins around 6.00pm

A big thanks to David Elder who brought his backhoe to school and dug some trenches to re-direct some of the water which has been running onto our oval. We do plan to organise better drainage and top dress the oval. If you have a particular passion for grounds and ovals please come and see us to share your ideas on how to improve this area of our school.

Last Monday we welcomed Bethanga Bear (take two) to our school. Bethanga has come from “Build a Bear,” and is a little more reinforced than his predecessor! Our children are currently providing Bethanga with some tools for his backpack which symbolise what it means to be a Bethanga student. Ask your child what is in his backpack already and why we have chosen these tool for him! Last Monday we re-visited all the concepts from Wilson McCaskill’s “Life Raft,” which we have worked on during semester one this year. We will continue to embed these concepts into our language and actions at school. There is a laminated summary of these coming home today—Bethanga Bear has been built on these concepts as well as language from Blueearth which fits with our emotional intelligence focus beautifully!

On page three, I've included some information on gratitude and a brilliant book that I started reading last week! I am sure you will love it too if you are looking for your next book to get stuck into.

On the front of the newsletter is an opportunity to attend a consultation meeting about how to make Victoria the Education State. If you would like a copy of the paper contact the office and if you would like to come with me to the meeting, I will drive anyone who is interested. Please let me know.

Finally... best wishes to Jade and Teagan who are moving to Tallangatta Primary School. We know that Tallangatta will enjoy your presence as much as we have loved having you here with us!

Have a lovely week!
MUSICIAN OF THE WEEK

Our first musician of the week in Term 3 is Gabby Jones. Gabby contributed some great ideas to our class discussion about our upcoming Arts Festival performance. She also knows notes on the keyboard, and was able to play it as we rehearsed.

Bank Days for Term 3: Wednesday 22nd July; Wednesday 5th August; Wednesday 19th August; Wednesday 2nd September; Wednesday 16th September

Head Lice: We had an inspection last Wednesday. Please continue to check your child’s hair regularly. Another check will be held in a few weeks.

Friday 4th December for 2016 planning (PLEASE NOTE CHANGE FROM 10TH DEC. AS THIS DAY FELL DURING OUR SWIMMING WEEK.)

READING HELPERS: We are on a drive for reading helpers—especially in our F/1 class. Reading helpers hear reading during the literacy block when the class is working on individual or small group reading tasks. You do not have to have a child in the class where you hear reading. There will be an induction session prior to beginning and you will require a working with children check (which is free for volunteers.) Grandparents and community members are very welcome! Working With Children checks can now be done online at https://online.justice.vic.gov.au/wwccu/onlineapplication.do

Early Arrivals

From time to time we have children arriving prior to 8.30am. Yard duty does not formally begin until 8.40am. If for some reason you need to drop your child to school prior to 8.30am, please text me the night before on 0419 419 928. Thanks, Deb

REGULAR NIGHTLY READING: The benefits of regular reading each day are huge for your child. Each child who reads 175 nights (signed by an adult) will choose a free book at the end of the year.

WOOLWORTHS EARN AND LEARN: The Woolworths Earn & Learn Program is back. From Wednesday 15th July to Tuesday 8th September we are collecting Woolworths Earn & Learn Stickers. You will get one sticker for every $10 you spend (excluding liquor, tobacco and gift cards.) Place the stickers on a sticker sheet and place the completed sheet in the collection box at school. At the end of the promotion, we will be able to get some new equipment. If you would like to know more, visit woolworths.com.au/earnandlearn. Please note that if you shop elsewhere for your groceries then please continue to do so but if you usually shop at Safeway/Woolworths then please pick up the stickers on the way out.

PHOTOS: Our school photos will be taken on Friday 14th August. Personalised photo envelopes were attached to last week’s newsletter. Payment can be made online or the correct money can be sent along with the completed photo envelope. Please ensure that your child/children brings their photo envelope with them on the photo day. If you would like a family photo taken of your children, please contact Jenny to obtain a family order form.

PLEASE DON’T FORGET THAT OUR SCHOOL IS NUT FREE!

A reminder to all children to please wash your hands after breakfast to prevent the chance of nut residue coming to school or getting on bus rails/seats. We greatly appreciate your assistance with this!
And more.....

Usually when I unfortunately (but thankfully not often) wake up at 2.am—I tend to check my work emails but on Saturday morning I decided to begin reading a book which had arrived in the post earlier in the week. It is called “Gratitude—A positive new approach to raising thankful kids,” by Dannielle Miller. Once I started reading, I couldn’t put it down.....

Dannielle visits why gratitude is so important;

😊 When it comes to the research on what drives happiness and a healthy mental attitude, the stand out is gratitude

😊 What we focus our attention on has an incredibly powerful effect on our feelings and actions

😊 Children as well as adults get a big happiness boost from cultivating gratitude

😊 When children in 6th and 7th grade were asked to list either five things they were grateful for or five hassles every day for two weeks, the ones who focussed on gratitude ended up with a more positive outlook about school and greater life satisfaction.

😊 If you can encourage your children to feel and show gratitude, their world will become a kinder, more supportive place in which to live. Practicing gratitude strengthens empathy and the social bonds between people.

I can’t do justice to the book in a brief space in our newsletter but if you are interested in finding out more then go to danniellemiller.com. I purchased the book via Booktopia but it is available in hard copy from the website or as an eBook for less than $10 if you are interested.

On page 56, Dannielle suggests a daily gratitude ritual of asking your child at bedtime what their “three good things” are from the day e.g what went well for them, the things that make them happy, the things that fill them with love. A great way to end the land of nod—happy and mindful of all the good in life.

I have also copied an example of a 21 Day Gratitude challenge and have attached it to the back of the summary of Wilson McCaskill’s life raft concepts. You might like to try it with your family.
**Fascinating Find at school:**

An interesting find was made in the school ground last Friday. Campbell Bruton discovered a medallion near the 2/3 classroom and brought it to the attention of staff. An internet search revealed that he had found a 1919 Peace Medal. The medal was struck to commemorate the end of World War One. They were issued to every child in Australia aged 0-14 years, and up to 16 years if parents had enlisted in the armed forces. The inscription reads “Victory, the triumph of liberty and justice.

Perhaps the most interesting part of this story is that the medals were given to Victorian school children on Friday 18th July, 1919. This one was probably dropped that day and never made it home, only to be discovered exactly 96 years later on Friday 17th July 2015. It will be added to the school's history display in the foyer.

**HELP WANTED:**

Bert is at it again! You have seen the beautiful tyres in the garden at the front of the 4/5/6 class and you will have heard about the poppies which have been fashioned from clay awaiting a special place in our garden. What is she planning now???

If anyone has any old wheel hub caps (or see some homeless on the side of the road) can you please send them along to school? Bert has a plan for them!!!!

Also: The shelves in the library are under a lot of pressure and some have actually broken. We need someone who could fix these so we can put our library books back in. They need reinforcing somehow. If you could help, please contact school.
# Coming up at Bethanga Primary...

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<thead>
<tr>
<th>WEEK</th>
<th>2015</th>
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<tbody>
<tr>
<td><strong>Term 3</strong></td>
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<td>2</td>
<td>Tuesday 21st July</td>
<td>Tree planting and information at Apex Park (weir) from 10am-12pm</td>
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<td>Wednesday 22nd July</td>
<td>School Banking</td>
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<td>Saturday 25th July</td>
<td>Casserole Night at Bethanga Golf Club</td>
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<td>Please make sure the permission note has been returned</td>
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<td>Tuesday 21st July</td>
<td>Commencing at 6pm</td>
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<td>Saturday 25th July</td>
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<td>Monday 27th July</td>
<td>School Council Governance Training</td>
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<td>Wednesday 29th July</td>
<td>Education State consultation</td>
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<td>Thursday 30th July</td>
<td>Eisteddfod (choir to perform)</td>
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<td>Friday 31st July</td>
<td>Winter Sports Carnival for years 3-6</td>
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<td>6pm-8pm</td>
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<td>Tallangatta Sports Complex—Rowen Park 6pm</td>
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<td>4</td>
<td>Wednesday 5th August</td>
<td>School Banking</td>
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<td>Friday 7th August</td>
<td>Tree planting along Martins Road with the Towong Shire</td>
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<td>Friday 14th August</td>
<td>School Photos</td>
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<td>Please return envelope on the day of photos.</td>
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<td><strong>Term 4</strong></td>
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<tr>
<td>Wk. 1</td>
<td>Tuesday 6th to Friday 9th October</td>
<td>Canberra Excursion for years 5/6</td>
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<td>Please feel free to make regular payments at the office or via direct debit to save all the cost at the last minute. Payments will need to be finalised by the last week of term three.</td>
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<tr>
<td>Wk.3</td>
<td>Tuesday October 20th to Friday 23rd October</td>
<td>Year 3/4 camp to 15 Mile Creek</td>
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<td>Cost is $150 for three nights!</td>
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<td>This camp is amazing value!</td>
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<td>Information has been sent home. As for the 5/6 camp—regular payments can be made at the office or via direct debit.</td>
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### Lunchbox Ideas:

**VEGGIE RICE SLICE**

**Ingredients (serves 8)**
- 1 1/2 cups cooked brown rice
- 1 cup grated reduced fat cheddar cheese
- 1 large zucchini, grated
- 1 large carrot, grated
- 1/2 cup pitted black olives, chopped
- 125g tin sweet corn kernels
- 1/2 cup self-raising flour
- 4 eggs
- 1/2 cup reduced fat milk

**Method:**
1. Preheat oven to 180°C
2. Grease a loaf pan and line with baking paper
3. Combine rice, carrot, zucchini, corn, olives, cheese and flour in a bowl
4. Whisk eggs and milk together in a jug. Add to rice mixture. Stir to combine
5. Spread into prepared pan. Bake for 35 minutes or until lightly browned and cooked through. Stand in pan for 20 minutes

**Variations:**
Try adding tinned tuna (drain well), feta or some sundried tomato

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<tr>
<td>Term 4</td>
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<tr>
<td>Wk 9</td>
<td>Thursday 3rd December</td>
<td>Year 6 Graduation at Café Borella's</td>
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<td>Friday 4th December</td>
<td>Curriculum Day—2016 PLANNING PUPIL FREE</td>
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<tr>
<td>Wk 11</td>
<td>Friday 18th December</td>
<td>Last day of school for 2015</td>
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BETHANGA AUTOMOTIVE
& SMALL ENGINE REPAIRS
Mick Childs
Ph: 6026 4881  Mob: 0414 425 413
(Please leave message if not answered—landline preferred)
bethangaauto@bigpond.com
mazz.mick@bigpond.com

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Onsite repairs (when viable)
Competitive rates.

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

ADVERTISING SPACES FOR SALE
If you would like to advertise on this page of our newsletter for a cost of $70.00 per year, 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.

With Jenny’s personalised consultants, tailored programs and new menus, we can help you reach your weight loss goal.
Call the team at Jenny Craig Albury, Ph: 6021 8511, to find out more.