Principal News:

I hope everyone had a chance to stop and enjoy the sunshine on the weekend… it was just glorious!! It’s hard to believe we are already into week 3! I have a sneaking suspicion that this term is going to go very fast! For the month of October, I have been meeting the bus down at the reserve so that the kids can walk to school as part of ‘Walk to School Month’. Not only has it been great to get active but it has also been lovely to engage students in conversation as we walk – I am really enjoying starting each day this way!

Don’t forget about our walkathon this Friday! Families are welcome to join us for this event (see details further on in the newsletter). Students have been enthusiastic about seeking sponsorship for the walkathon - all funds will go towards the development of our school library. Our rough estimate for the tally so far is $1000... a great effort but a fair way off our goal of $1,500! If your child/ren have not sought sponsorship yet - please encourage them to do so... every little bit helps! The kids came up with the goal based on every student raising $50 - some have gone well beyond this and I thank them and their families for being so supportive. All forms and money are due back this Thursday so that we can award prizes at the event - there is a $50 voucher for the student who raises the most money as well as the student who has the highest number of sponsors.

As the weather warms up, please ensure students come to school each day with a school hat and water bottle. Also, many students are shedding jumpers during the day - please ensure they are clearly marked with your child’s name so that it finds its way back home.

Over the weekend, I came across an interesting article with tips for helping children with emotional intelligence. I myself as a parent and educator was particularly drawn to tips 12, 13 & 14. It reminded me that we need to acknowledge the times when our children are demonstrating skills of self-regulation - it is so hard (we know this as adults!) to think, pause and then act in a way that communicates our stress or worry without acting in ways that could have a negative impact on others. We are the strongest role models for our children - when we acknowledge our feelings, talk about them and demonstrate different strategies for dealing with them... our children will blossom with self-assurance and security.
14 tips for Helping Children with Emotional Intelligence

1. Accept our children’s emotions and emotional responses
   ‘That must have been really frustrating’ ‘Wow, you are showing me how angry you feel’
   ‘That’s great, I can tell how excited you are’ ‘It can be tough when friends let you down like that.’ ‘You look pretty upset. Something must have happened’

2. Help them label their emotions.
   ‘You sound upset’, ‘you look really down’, ‘I’m guessing you’re feeling really sad about that’
   ‘You’re looking a bit worried’. I imagine you must be feeling…. ‘That must have hurt’

3. Encourage children to talk about their feelings
   ‘Hey, you sound really fed up about that. Do you want to talk about it? ’ ‘How did that make you feel?’

4. Help them to recognise cues as to how other people may be feeling
   ‘How do you think that made him feel?’ ‘What do you think was going on for her?’ ‘How would you feel if that happened to you?’

5. Help children be aware when their tension is building and what creates stress for them.
   ‘Are you finding this stressful?’ ‘There seems to be a lot going on for you at the moment – are you feeling tense?’ ‘I can see from the way you are clenching your jaw that you are feeling angry’

6. Teach them how to calm themselves down.
   ‘Do you think a bit of time to calm down would help?’ ‘Would it help if you took some deep breaths?’ “When that happens again could you say to yourself: I can stay calm” “Everyone makes mistakes” or “It was an accident” ‘Shall we sit down later when you’ve had a chance to cool off and have a chat about it?’

7. Teach children alternative ways of expressing their frustrations
   ‘How could you explain how you feel using your words rather than hitting?’ ‘Can you think of a different way to let him know how angry you are?’ ‘I don’t like feeling blamed. If you want something you will need to tell me in another way.’ ‘Could tell your friend how that made you feel?’ ‘What do you think you will do next time you feel like that?’

8. Teach them how to problem solve
   ‘Shall we write down a whole list of things that could help, and then you could choose which you want to try first’ ‘What do you think would happen if you did that?’ ‘How do you think he’d respond to that?’

9. Teach children positive self-talk
   “When you are feeling like that what could you say? : ‘I can handle this’ ‘I do it’ ‘I just need to do my best’ ‘every day I am getting better and better’ ‘I deserve to be happy’ ‘I love a challenge’ ‘This is going to need my best effort’”

10. Recognise what motivates them to perform at their best
    ‘What do you think you could say at the start of the day that would help you feel more positive?’ I’ve noticed that when things get difficult you just keep trying’ ‘I can see that once you have a goal, you don’t give up until you’ve reached it’ ‘You said you would do it….and you did’ ‘I like the way you have planned everything you need to revise for your exam’

11. Teach children to listen and talk in ways that enables them to resolve conflicts and negotiate win-win solutions
    ‘How can we sort this out so that we are both happy?’ ‘What do you think she wants?’ ‘What would be a good solution so you can both get what you need?’ ‘How could you explain that in a way she could hear?’ ‘I like it when you use ‘I messages’ rather than blaming me’

12. Comment when our children show self-control
    ‘You handled yourself really well just now’ ‘I like the way you stayed calm when he was raising his voice ’ ‘That showed a lot of self-control’ ‘I was impressed with the way you used your words and kept your hands to yourself!’ ‘you really stayed calm when you were doing that puzzle, even when you couldn’t find the right piece –you just kept on trying –that was impressive’

13. Talk about our own feelings
    ‘I’m feeling really fed up about all the mess around the house’ ‘I feel so frustrated when I start to say something and you interrupt’ ‘I get really worried when you don’t come home from school at the normal time’ ‘I love it when I come home to a tidy kitchen.’ ‘I’m feeling a bit low… I think I’ll organise a night out with my friends’

14. Model how to remain calm and in control when we are angry
    ‘I’ve had a rough day at work – can we talk about this later when I’ve had a chance to cool off?’ ‘I don’t like the way you’re talking, and I’m not prepared to sit here and listen to comments like that’. ‘Hey, there’s something I’d like to talk about, is now a good time to talk?’ ‘I can feel myself getting angry; maybe we’d better go home’

Athletics

On Friday, we had a representative group head off to the Hume Primary Region Track and Field Championships at Alexander Park Albury. To put this achievement into perspective, this meet included students from all over, including Shepparton, Benalla, Wangaratta, Benalla and Seymour. The students who competed at this high level – Alex Waldron, Alex Swinnerton and Casey Mitchell should be commended for their enthusiasm, effort and sportsmanship! They have all done us very proud.

Congratulations must go to Casey who blitzed the field to finish first in the 800m! Casey is one of only two students who will go on to represent this whole region in this event at the next level. Casey will now go on to compete at the School Sport Victoria State Finals on Monday 24th October at Lakeside Stadium Albert Park, Melbourne… we wish Casey the very, very best and will all be cheering her on in spirit!!!

walk-a-thon Fundraiser

This Friday we will hold our inaugural Bethanga Primary Walkathon. We have scheduled it towards the end of October as a celebration of ‘Walk to School Month’. All funds raised will go towards the development of our school library. Families are welcome to join us – we will head down to the Bethanga Recreational Reserve at 10am (after fruit snack) to commence our laps - students will collect a bead for every lap completed (an acknowledgement/keepsake of their achievement). The event will conclude at 11:30am with a BBQ lunch. Sausages in bread will be available for purchase for $2 each (there will be no hot lunches on this day). At this stage, the weather prediction is 20 degrees with possible showers. If we are required to cancel due to weather - the event will be rescheduled for another day in the following fortnight. Students are required to return their sponsorship notes and money to school on Thursday 20th October. This will allow us to announce the final tally at the event, as well as award prizes ($50 voucher) for the student who raises the most money as well as the student who has the highest amount of sponsors.

A community event also incorporating walking will take place this weekend. Walk Together 2016 will be a huge celebration of diversity and a loud declaration that thousands of Australians believe we can become a nation known for our compassion, generosity and welcome.

Our local event will start and finish at Gateway Village, Lincoln Causeway 9:30-11:30am. Due to heavy rain recently, the walk route may be adapted enquiries 60246895 or contact@awecc.org.au

Whole School Production

Our whole School Production is beginning to take shape! This term we will be super busy not only continuing with lines, but also learning songs, co-ordinating costumes and designing and producing sets and props. If there are any parents who could assist with set production and costume co-ordination - your help would be greatly appreciated as this will allow teaching staff to continue with rehearsals with students. The big show will take place at the Bethanga Town Hall in mid-December (date has been published as 10th Dec however this may change after the School Council Meeting tonight).
Musician of the Week

Week 2
Our musician of the week was Lachlan Medwell. Lachlan has improved skills and understanding in many ways recently. He has demonstrated his ability to recall prior knowledge. This has helped him develop his ability to read notes on the slave and play them on the Glockenspiel. Keep it up!

Week 3
In week 3 our musician of the week was Ella Medwell. Ella demonstrated her amazing ability to quickly memorise and accurately perform new tongue twisters in a production song “We Go Together”. Well done!
PIANO TEACHER
available in
BELLBRIDGE.

All stages welcome.
Phone Nicola on
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