



# 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 4 2024

Newsletter published  
Friday 9<sup>th</sup> August 2024

### Upcoming Dates

#### Week 5

Monday 12<sup>th</sup>

**Arts Festival- Galvin Hall  
Wodonga Senior  
Secondary College-  
11:30am**

Tuesday 13<sup>th</sup>

**Year 6 Mental Health &  
Wellbeing Skate Session 4**

Thursday 15<sup>th</sup>

**Talgarno School Production**

#### Week 6

Monday 19<sup>th</sup>

**Books and Breakfast-  
8:30am**

Tuesday 20<sup>th</sup>

**Year 6 Mental Health &  
Wellbeing Skate Session 4**

Thursday 22<sup>nd</sup>

**Scavenger Hunt**

Friday 23<sup>rd</sup>

**Book Week Dress Up**

#### Week 7

Monday 26<sup>th</sup>

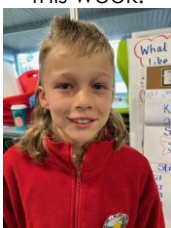
**Year 6 Cluster Transition  
Day- Kiewa Primary School**

Friday 30<sup>th</sup>

**Father's Day Stall**



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



## From the Principal's Pen...

I can't even begin to express my gratitude to everyone who contributed to our 4<sup>th</sup> Art Show over the weekend. To the artists, attendees, auction bidders, Art piece purchasers, parent helpers, community donors, generous businesses that donated - THANK YOU! We raised \$8,500 for our school... an outstanding effort and one not possible without everyone chipping in – whether it be the behind the scenes logistics, hanging pieces, heating food, assisting with catering, setting up Art Stands, selling raffle tickets... it really takes a lot to pull this Art Show off, so thank you to everyone who assisted.

Thank you to the families who have already taken the time to complete this survey, at this stage we have had 12 responses which equates to 55% of our School Community. This is a wonderful achievement in only a week. We are aiming for 100% completion rate so please jump on and complete at your earliest convenience (instructions and links are on uEducateUs), the survey is open until 30<sup>th</sup> August.

Our students F-6 started using the Ripple wellbeing app this week. We kicked off with a whole school EQ session exploring what a 'ripple effect' is and how things like being tired, having worries or being hungry can have a ripple effect on our learning and overall wellbeing. Students will do an individual check-in daily as part of their before school routine (diary, fruit, drink bottle, Ripple!). These quick daily check-ins are completed on an iPad and ask students to rate where they are at on that given day for nine area: food, sleep, safety, friendships, confidence, happiness, calmness, concentration and health. The rating is a sliding scale between 1-8 and has changing emojis to support students to identify how they are feeling about each area.



| Score | Food | Sleep | Safety | Friendships | Confidence | Happiness | Calmness | Concentration | Health |
|-------|------|-------|--------|-------------|------------|-----------|----------|---------------|--------|
| 3.3   | 2    | 3     | 7      | 5           | 3          | 3         | 3        | 5             | 6      |
| 3.5   | 0    | 2     | 8      | 4           | 3          | 5         | 3        | 5             | 4      |
| 4.0   | 2    | 2     | 6      | 6           | 1          | 6         | 6        | 6             | 6      |
| 5     | 1    | 2     | 9      | 8           | 4          | 8         | 8        | 7             | 8      |
| 5.4   | 7    | 4     | 6      | 6           | 6          | 5         | 5        | 5             | 6      |
| 5.5   | 2    | 3     | 9      | 9           | 8          | 3         | 9        | 7             | 8      |
| 5.6   | 4    | 6     | 6      | 7           | 7          | 5         | 4        | 5             | 6      |
| 5.9   | 1    | 4     | 7      | 9           | 6          | 7         | 9        | 9             | 7      |
| 6     | 3    | 8     | 6      | 7           | 3          | 5         | 8        | 6             | 6      |
| 6.3   | 8    | 6     | 8      | 7           | 6          | 6         | 6        | 4             | 6      |

This tool will give us daily feedback (as well as longitudinal trends) on who is requiring additional support as well as common concerns that we can address through our EQ sessions or wellbeing groups. As an example, the heat map below shows us that common issues are food and sleep. Providing easy access to fruit and muesli bars on arrival at school for example, could be a way of addressing concerns around food which are typically evident when kids don't have time, or forget to have breakfast.

Over the last two days I have been lucky enough to be an audience member for both the F-2 and 3-6 dress rehearsals for their Arts Festival performances. I am so impressed with the enthusiasm and effort students have put into this! They will be fabulous on the big stage on Monday, I hope parents are able to come and watch. The concert commences at 11:30am. It takes place at Galvin Hall (part of Wodonga Senior Secondary College), parking and Hall access is from Woodland Street. Entry is \$5

Have a wonderful weekend everyone 😊

**Kind Regards, Rach Saunders**



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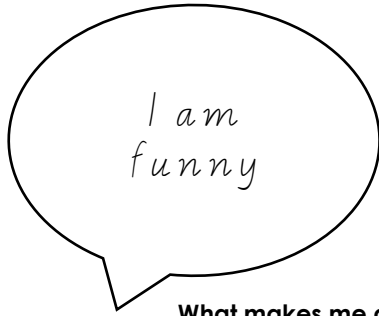


Also find us on Facebook to keep up to date.

## Get to know our community



Ivy



What makes me a good friend?



Jurassic Park

My Favourite Movie



My Hero Academia

My Favourite Book

You are kind to others. Hugo

*You are awesome. I like your smile and I like how you join in games. Chase*

You're really nice and good at maths. Happy Bucket Filler Day. Jacob

*You are kind and funny. Happy Bucket Filler Day. Angus*

You are rally good at drawing and I admire your art works. Quinn

*You put a smile on everyones faces. Hudson*

You're a funny person. Billy Bayliss

*You're very nice and I also like talking to you. Melody*

You're the best friend ever and you are so kind. Reuben

*You are a scientifically proven cool girl. you are so generous and intensely funny! You are so creative and we have lots of the same interests. Ava*

You are a great friend and you are very nice. Olive

*You are a kind person. Billy Blackburne*

You are so kind and I think that frogs are cute and thank you for being my friend. Amelia

*You have a bubbly personality and you are kind. Jude B*

You're the bestest friend ever you are always very happy with a giant smile on your face. Aleysha

*Happy Bucket Filler Day. I hope you have a marvellous day! Whenever I walk past you always have a positive and pleasant smile on your face. Everly*

You are a good sister to Lucy and Quinn. You also have a very big personality. Parker

*You are kind and you are a good sister to Lucy and Quinn. Sylvie*

You are the best sister ever and you have a great sense of style. Lucy

*You're a very good sister to Quinn and Lucy. Olivia T*

You are a great down ball player. Ollie

*You are so funny and you are a great friend to walk with. Jude*

I like you because you take care of me. Ivy V

*Every time I walk past you. you always have a smile on your face. Maggie F*

You're a great sister to Lucy and Quinn. Brianna

*You are a kind friend. You are amazing. Without you the school would be incomplete. Olivia B*

You are the best sister to Lucy and Quinn. Remi

*You are the best sister to Lucy and Quinn. Zach*

You're always nice to me and everyone else. Henry

*You are the greatest student in the school. Happy Bucket Filler Day. Owen*



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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.

**Charlie:** the wonderful ideas you are generating in writing. You have such a creative imagination which is blowing us away in your narratives. We particularly enjoyed your story where a monster shrank you, but you managed to find a witch library containing a potion that made you big again!

**Olivia:** Great practicing our Believer dance. You can really tell that you have practiced and we love to watch you work through the moves.

**Hudson:** Working well with your partner to write a choose your own adventure story all about Shrek. Great job thinking up new endings for a known story.

**Henry:** the outstanding growth you have shown with your letter/sound knowledge. You can almost recognise every letter in the alphabet and have increased your understanding of their main sounds. Keep persisting Henry because you are doing such a great job!



## BOOK WEEK 2024

We will kick off book week at Bethanga Primary School on Monday 19<sup>th</sup> August with Books and Breakfast at 8:30am. Join us on the deck for some yummy brekky and share a book with your family.

Throughout the week we will hold our annual Book Scavenger Hunt and a Book and Buddies session. Our students will explore and read books with their friends and peers.

On Friday 23<sup>rd</sup> we will finish off book week with our Book Week Dress Up Day. Students and staff are encouraged to dress up as their favourite book character or author.

## PARENT OPINION SURVEY



**At the time of publishing, we have had 12 responses to this survey, which is 55% of our school community.**

### OPENED LAST WEEK

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. This Survey is created by the Department of Education and is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and wellbeing. As has been evident in the past, we highly value the opinions of our school community and use survey results to help inform and direct future school planning and improvement strategies. Given the small size of our school, we hope to represent the opinions of ALL families in this survey. All responses to the survey are anonymous. Information regarding the log on details specific to our school will be communicated through uEducateUs. The survey will be open until 30<sup>th</sup> August (end of week 7). The survey is conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones. If you have any questions or queries about this survey – please do not hesitate to contact me.



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## ARTS FESTIVAL

The Wodonga District Arts Festival has been a cherished tradition for many years—some parents might even remember performing at the old Wodonga Civic Centre! This year marks the return to the original format including both Visual Arts and Performing Arts for the first time since 2019. This format will see 8 concerts take place between Monday 12<sup>th</sup> and Thursday 15<sup>th</sup> August at Galvin Hall (part of Wodonga Senior Secondary College). Entry for audience members is \$5, this cost supports the committee with running costs including the hire of equipment and the release of staff to co-ordinate the event which involves over 3,000 students from 20 schools! If you have plans to attend more than one concert, keep hold of your program as this will allow re-entry without paying again.

Students from Bethanga Primary will be performing on **Monday 12<sup>th</sup> at the 11:30am** concert.

We recommend audience members get there at least 15min before the commencement of the concert, not only to find seats, but also to check out the Visual Art display in the foyer.

## MUDGEE F-2

Students in Mudgee will be performing a piece called 'Boom Chicka Boom'. This has been changed since the original plan. Please see the link below  
<https://www.youtube.com/watch?v=69f9sCwhwYk>  
There are different parts for students to play in the act...

### Motorcycle- Nick and Remi

Costume suggestion- Black jeans, black t-shirt and Jacket

### Elvis – Jude and Owen

Costume suggestion- White pants and top, slicked back hair

### Cowboy- Maggie P and Henry

Costume suggestion- Jeans, Flannelette top, Boots and Hat

### Janitor- Brianna and Olivia B

Costume suggestion- Work wear or pants and button up shirt

### Underwater- Maggie F

Costume suggestion- Blue clothes- we will add to these costumes at school

### Baby- Charlie and Zach

Costume suggestion- Onesie or pants and top- we will add to these costumes at school

## MILLEWA 3-6

Students in Millewa will be performing a dance to the song- Believer by Imagine Dragons.

Students are asked to come dressed in BLACK clothing and we will add some FLURO accessories e.g. wrist or headbands, mesh gloves, glasses. If you have any of these items at home can you please bring them in to school by Wednesday week 4 (7<sup>th</sup> August)



**We have had our final rehearsals today, and both Mudgee and Millewa are looking and sounding amazing. Our students are all looking forward to Monday's concert.**



Wodonga District Schools  
Arts Festival – Galvin Hall  
12<sup>th</sup> – 16<sup>th</sup> August 2024  
Connect, Create, Celebrate!



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## Wellbeing at Bethanga Primary School

As part of our commitment to addressing the whole child, at Bethanga Primary School we prioritise the wellbeing needs of our students. This is done through explicit lessons, targeted small group support and regular check-ins. To strengthen the links between home and school, we will regularly include wellbeing information in the newsletter so that you have a deeper understanding of what is happening in regard to your child's wellbeing in addition to opening communication if you have any questions or queries. We will share resources and home activity suggestions with you along with relevant external parent supports and courses we think that you might find interesting.

### What is Healthy Eating?

Healthy eating is essential for your child's good health, growth and development. Healthy eating in childhood means they will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. It will also mean they feel better and enjoy life more.

To stay healthy and maintain a healthy weight, children need to be physically active and eat the right amount of nutrients to balance the energy they use.

The Australian dietary guidelines recommend children should enjoy a wide variety of foods from these 5 food groups:

- fruit
- vegetables, legumes and beans
- grain (cereal) foods, including breads, rice, pasta and noodles, mostly wholegrain or high cereal fibre types
- lean meat, fish, poultry and/or alternatives
- milks, yoghurts, cheeses or alternatives — children under 2 should have full-fat milk, but older children and adolescents should choose mostly reduced-fat varieties

Children should limit their intake of foods that contain saturated fat, added salt or added sugar. They should also be encouraged to choose water to drink.

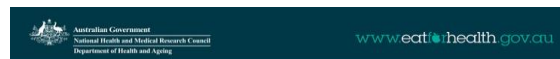
### How can I encourage healthy eating habits?

Teaching your child how to eat healthily now means they will be more likely to make their own healthy choices as they get older. Here are some tips to encourage healthy eating habits:

- Sit together as a family at mealtimes, without any screens.
- Make healthy foods fun, for example by cutting fruit or sandwiches into interesting shapes.
- Stock your pantry and fridge with plenty of healthy, nutritious options, and leave the 'sometimes' food on the supermarket shelves or out of sight in the pantry so it's not the first thing they grab.
- Serve a variety of seasonal fruits and vegetables.
- Learn together about how different foods are grown.
- Let your children help with food shopping and preparation.
- Try new foods and recipes.
- Keep a bowl of fruit handy for snacks.

As the Wellbeing Teacher at Bethanga Primary School, I would love to hear from you if you have suggestions for information that our parent community would find useful. Please don't hesitate to contact me at

[Gennifer.Hamam@education.vic.gov.au](mailto:Gennifer.Hamam@education.vic.gov.au)



### Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



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# Millewa

Such a busy start to term 3! Any spare chance we have, students in Millewa have been learning about chemical changes that take place in states of matter. We have discussed what is a solid, liquid and gas, and what is state of matter and are learning about atoms and molecules. Millewa have had a chance to make oobleck – which we learnt is neither a solid, liquid or gas, but a Non-Newtonian fluid. Here students are changing states of matter – from a liquid (cream) to a solid (butter). We spent many minutes shaking the jar with force to turn the cream into butter. Some jars had no marbles, some jars had several marbles and we hypothesised what would happen to our cream at the end and if the marbles would help us.

We even tried out our butter on some fresh bread and everyone was surprised at how it tastes just like butter.



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