From The Principal’s Desk

WALK-A-THON
A very successful school Walk-A-Thon took place last Friday November 13th, using a new course along the Geelong Waterfront finishing at Rippleside Park. Well done to all students, teachers, parents and community members who participated.

- A big thank you to the Parents and Friends group for the great job they did catering with the BBQ, fruit and drinks.
- Thanks to Miss Buxton for all her work co-ordinating this activity.

SPONSORSHIP:
A reminder that sponsorship (either online or on sheet provided) is due back to the office Tomorrow Friday 20th November 2015.

2016 PREP TRANSITION PROGRAM
Our 2016 prep students enjoyed their 2nd visit to school this morning and again impressed Miss Buxton and Mrs Murray with their readiness and eagerness for school.

The final school visit is next Thursday 26th November.

GRADE 6 WINDCHEATERS 2016
Grade 5 students now have the opportunity to order a special year 6 top for 2016.

Samples are available at the office to confirm size and a $20 deposit is required to confirm your order. The full cost of the windcheater is $44 for child sizes, and $46 for adult sizes. The balance will be due on delivery in 2016.

BALL SPORTS
Our grades 3-6 students participated in House Ball Sports here at school yesterday in preparation for the Interschool Ball Sports to be staged here next Friday 27th November.

Grade 3/4s 9:30am-11am
Grade 5/6s 11:30am-1pm

Participating schools are Mandalong Heights, Newtown and Chilwell.

PREP-2 TABLOID SPORTS
All prep-2 students will participate in Tabloid Sports on Friday 4th December 11:30am to 1pm.

YOUNG READERS CHALLENGE
Good luck to the 5/6 students participating in the “Young Readers Challenge” at Western Heights College tomorrow, reports next week.

END OF YEAR CLASS BREAK UP’S

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BETHANY GIVING TREE APPEAL

The Bethany Giving Tree is now setup at the office. If you would like to donate please leave under the tree.

- Unwrapped presents or gift cards.
- For ages 0-18 Boys & Girls
Facebook & Instagram is not for Primary School Age Children

We would like to remind parents and students that children under the age of 13 cannot use Facebook and Instagram. Both of these social media sites have strict Terms Of Use and Community Guidelines which should be adhered to. These rules are in place to protect our children. Primary school age children are too young and do not have the fully developed cognitive structures to engage in ethical thinking nor can they fully grasp the impact of their actions on others, online or otherwise.

End of Year Family BBQ/Carols

This special opportunity for our school community to come together and celebrate the end of the year has been scheduled for Monday 7th December 5.30-7.00pm.

* More details to follow.

Thank You

Thank you to ALDI Geelong West and Brumby’s Bakery for supporting our Walk-A-Thon.

Byron’s Quilt

Take a look at the beautiful quilt that was made by Miss Sewell’s Grade 1 students for their friend and classmate, Byron. It was a three month work in progress and they all had to keep it a secret.

Each student drew a picture based on Byron’s interests (two of which are letters and numbers) on each of the quilt squares. They spent time perfecting their designs and practised drawing with crayons on fabric before they started on the real thing.

Then Madison Meara’s mum, Simone constructed the quilt by joining all the squares with colourful alphabet fabric. Simone backed the quilt with lovely, soft fox printed fabric which was also used for a pillowcase and bag to carry the quilt between home and hospital. Simone also made a large bag out of the left over alphabet fabric so that Byron could carry his favourite number jacks in.

Art Activities

Preps had fun collecting sticks and leaves from the natural garden and constructing a wind chime. The students independently threading natural objects onto a string.

1/2s

Batik Painting - Learning about symmetry and the process of Batik Painting.
Talking to Children about Traumatic Events

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

It is wise for you to monitor your child’s exposure to television coverage, print media and social media. Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard. Other children will avoid any discussion around the events and will be reassured by routine and normality. Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

- Acknowledge that the event was distressing
- Telling stories about how people manage during difficult times can be helpful.
- Look for signs of distress (e.g. some children/young people might be scared)
- Normalise responses - typical response will range from anger to general upset or sadness
- Maintain a normal routine - keeping the structure at home or at school in place
- Separate fact from fiction e.g. children may express fears about unrelated events.
- Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).
- Speak in hopeful terms – children and young people will often take their cues from their parents’ reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.
- Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.

- Reassure children that they are safe
- Allow children to express feelings as they arise