Helping our Children through Anxious Moments

All we have to do is have the world news playing in the home and our children are bound to become anxious about things. Other things that happen at school or home can also add to their anxiousness.

These times are a great opportunity to support, help and train our students, inputting life long skills that will help them in to adulthood.

When our children are anxious it is also a good time to input God's word into them. Philippians 4:6 reminds us not to be anxious about anything but by prayer, petition and thanksgiving present our requests to God. This is a great strategy to teach our children. As we start to give thanks for the good things that are happening sometimes this can reduce anxiety. Listening to our children is a very important part of helping reduce anxiety, knowing they have someone safe to talk to. One good thing is to make sure we don’t get anxious about their anxiety as this can increase the way they are feeling. Stay calm, don’t react (especially with anger towards the situation), give good adult advice and remind them of God’s word during times of anxiety. Teaching our children to pray is also a great strategy as it can bring the calming presence of the Holy Spirit into the situation.

If you have any issues arising at school that are causing anxiety please let your child’s teacher or myself know so we can partner together to strengthen your child.

Blessings, Mim Butler (Principal)
**KOORONG KIDS**
Koorong Kids orders are due back this Wednesday 20th August.

**SCHOOL PHOTOS**
School photos are arranged for Thursday 11th September.

**ASSEMBLY**
Assembly this week, Friday 15th August, will be led by the Year 3s.

**SWIM CLUB**
Swim Club will not be held this term, but will hopefully return in term four.

**YP AND MARTURIA**
Friday 15th August
YP: Pizza Parlour of Encouragement
Marturia: Tennis Ball Night

**SECONDARY HOMEWORK HELP**
Thursday 14th Aug  Mr Eaves
Monday 18th Aug  Mrs Wesson
Tuesday 19th Aug  Mr Cameron

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**KALGOORLIE CAMP**
Don’t forget:
- Medications and forms to Mrs Overheu **before** Friday.
- The bus leaves at 7.00am on **Sunday** morning, so please be at school no later than **6.30am**.
- A packed lunch with **NO** fizzy/milk drinks.
- It will be cold in Kalgoorlie, don’t just pack shorts and t-shirts.
- A top and bottom sheet and pillow case.
- 1 small pack of lollies only.

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**MUSIC NEWS**
**WA SYMPHONY ORCHESTRA VISIT**
A number of students have been selected to watch the WA Symphony Orchestra Rehearsal on Friday 15th August following a talk with a WASO musician at 12.30. This is an exciting opportunity for older Bethel students who participate in the school orchestra or who undertake private piano lessons. Please return your permission slips to me asap.

Thank you Mrs Ward

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**CANTEEN NEWS**
Hawaiian or Meat Lovers Gourmet Pizza, $3.00 Monday and Friday.

**SOUP MENU:**
- Thursday - Pumpkin
- Tuesday - Chicken and Corn $3.50

**DRINKS:**
- NEW Apple and Blackcurrant Juice $1.50
- Chills (milk) $1.80
- Nudies (fruit juice) $1.50
- Water $1.00

**HELP ROSTER:**
- Thursday 14th August Helper required
- Friday 15th August S. Loynes
- Thursday 21st August Helper required
- Friday 22nd August Helper required
Come to our
Book Fair Garden
Catch the reading bug!

Start saving your pocket money, the Book Fair will be held from the 1st to 5th September in the Library.

There will be a fancy dress day, so start planning a garden or bug costume. Prize will be given to each year level.

More information to come.