Developing Resilience

A great thing about sending our children off to Kalgoorlie camp or any camp, is the opportunity it gives them to develop resilience. Resilience is described as; the capacity to recover quickly from difficulties, toughness and the ability to spring back into shape, elasticity. Camp is a great opportunity for children to develop some coping strategies, flexibility, capacity to cope and other things that might not be needed in the comfort of home.

Michael Grose from Parenting Ideas writes this about resilience. “Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature - their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience. Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.”

The book of James also outlines the importance of trials in developing resilience. In James 1:2-4 “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.”

When talking to students about resilience I often realise that all they need are simple strategies to help them spring back into shape.

Blessings, Mim Butler (Principal)
SECONDARY HOMEWORK HELP

Monday 25th August  Mr Diaz
Thursday 28th August  Mrs Keymer

MARKET DAY

Market Day was a fantastic success with funds raised totalling $1982.75. Mr Puzey will take $400 to Uganda to purchase 50 chairs, 4 mattresses and a teachers desk. The rest of the funds raised will go to support our Compassion children. See page four of the newsletter for an update on Esti and Pritam.

YP AND MARTURIA

Friday 22nd August
YP: YP's Got Talent
Marturia: Sumo Sized

VACSWIM Holiday Swimming Programs

Enrolments for October programs opened on 1st August 2014. Swimming pools and beaches are a vital part of our Western Australian lifestyle. It is important for every child to learn to swim and develop essential water safety skills. VacSwim's school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. For further information and online enrolment please visit education.wa.edu.au/swimming.

CANTEEN NEWS

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

HELP ROSTER

Thursday 21st August: T Webb
Friday 22nd August: Help required
Thursday 28th August: Help required
Friday 29th August: Help required

The canteen menu is now available on the Bethel website, www.bethel.wa.edu.au
Dear Parents,

Reading takes children further by engaging their imaginations. Our Book Fair will be a great way for you to:

• View the best selection of affordable picture and board books.

• Encourage your child to explore new books.

The more children know about reading, writing, listening and speaking before they arrive at school, the better prepared they are to become successful readers.

Date: 1st - 5th September 2014
Time: Before school, lunch and after school until 3.30pm
Place: School library

Did you know?
Every purchase you make from our Fair earns Rewards from Scholastic to help us obtain more learning and literacy resources!

LET’S GROW READERS!