Dear Parents and Caregivers,

**Academic pursuits begin in earnest!**

We are off to a flying start. Students have received their individual timetable and are to be commended on the positive start they have made to the 2014 academic year. Copies of these timetables are always available on the Sentral Student and Parent Portals.

With the 1:1 notebook program in Years 7 to 12, the majority of student learning resources and notices will be distributed in electronic format on our Cloudshare platform (Google sites and drive), including formal assessment tasks. Middle School (7-9) and Senior School (10-12) Assessment Handbooks, which outline the school policy in regards to the completion and submission of assessment tasks, as well as the assessment schedules for each subject (10-12), will soon be available on Student Bethanet. It is a good idea to go through the Assessment Handbook with your daughter and ensure that they are aware of assessment expectations and submission dates for tasks.

This year sees the introduction of the National Curriculum in Years 7 & 9, with students in these year groups undertaking new courses in English, Mathematics, Science and Australian History. To coincide with these changes, all Year 9 students are accessing electronic textbooks for these courses on their laptops. This will provide them with a greater variety of resources, as well as allow teachers to assign homework tasks and assignments to them electronically.

There will be no more changes permitted to student electives in Years 9 and 11. Students were well aware that they had the first three school weeks to see Mr Conroy or their teachers about changes. In the majority of cases, there is no availability in classes but moreover, this impacts on the requirement to study a subject for 200 hours (Stage 5) or 240 hours (Stage 6).

All students should be setting realistic learning goals that they plan to achieve this academic year. This is best done on a semester basis and involves students identifying subject areas where they have experienced past difficulties in and examining ways they can improve and achieve their personal best in. If students do not have good study habits, it will be hard for them to achieve. Trying to implement the 10 study habits below could see students’ learning capacity grow.

- Keep your study desk and materials organised and tidy.
- Schedule in your study time and “stick to it”!
- Set short-term goals for each study session and reward yourself when you meet those goals.
- Read the chapter of information that will be covered the following day. Write down any questions you have that pertain to that subject.
- Make it a point to try and use new terms and concepts in order for them to really sink in.
- Do not study for hours on end. Study for 45 minutes and then take 15 minutes off.
- Try and correspond your class notes and textbook/online information.
- Make sure to cut out all distractions when studying: phones, TV, iPods, surfing the net, loud areas, etc.
- Go to bed after you study. Your brain will mull over what you just learned while you sleep. There will be a good chance you will remember it pretty well when you wake up.
• Keep a positive attitude about your studies. If you find yourself dreading your studies, change your attitude and think how exciting it is to learn something new!

I hope that all students enjoy, participate and succeed in their studies this year.

---

**Resolving Teen Conflicts**

We are into week 4 and we have already seen a minority of students who have had major disagreements with one another. They often report that they are being “bullied” when in fact, the confrontation is neither persistent nor repeated and it is not a situation where dominance is being sought over them. They are just plain, difficult relationship issues and disagreements. We try to intervene so that the girls learn to deal with these matters in a mature way rather than resorting to online confrontations and playground exclusions.

Teens need to learn how to manage conflict in positive ways to prevent dangerous confrontations. You can teach teens about positive and negative conflict, and how to recognize physical and behavioural signs that can trigger anger or negative conflict. You can also teach them about conflict resolution. A person can manage conflict with positive behaviours by identifying the problem and working toward a solution.

To learn to manage conflict, teens need to realize what triggers their anger, or what they do that may trigger anger in others. Triggers are words or actions that immediately cause an angry or other emotional response. A trigger might be a certain expression, stereotype, or phrase. Once teens know their triggers, they can improve their control over their reactions. Before reacting to a trigger, teens should make sure that they are really listening to what the other person is saying. If teens are actively listening, instead of thinking about their response, they can decipher clues such as tone and body language to determine what is actually being said.

Please assist us in reminding teens that in conflict, the problem should be tackled, and not the person with the conflicting opinion. Teens can move toward solving conflict by identifying the problem, stating their needs, and discussing ways to meet needs and solve the problem. However, remind teens that they will need to be flexible and willing to compromise in order to resolve the problem. If teens can’t solve the problem themselves, help them mediate the situation. We would ask that you reinforce with your daughter that if she is asked to participate in a restorative mediation session, that does not mean she is in trouble; rather, it is an opportunity to air their side of a story and work towards a solution.

---

**Student Leadership @ Bethany**

In the last week, our Year 12 students received their senior badge that acknowledges their special role in guiding our student population. At the same time, our Student Representative Council (SRC) leaders were elected in each Year group. We ponder the question: What makes a great leader? There are many different kinds of leader. Good leaders are:

- welcoming
- inspiring
- creative
- good listeners
- encouraging
- team players
- use their own gifts and others’
Good leaders are first and foremost, welcomers. They are people who bring different people together, recognising each person’s unique skills and talents. A leader will look out for the part each person in a group can play to achieve a common goal. This means you need to be able to listen carefully, encourage gently and take care of each member of the group.

To our new, young SRC leaders-elect: Decide what it is you want to achieve. Don’t forget to ask other people. Be creative together. It’s the best way to get ideas. Spend time together and have fun with the people you’re working with. This builds trust and helps people feel more confident about sharing their ideas. Great ideas can lead to great change. Celebrate your success!

---

**Prayer for our SRC leaders**

*Lord, as we discern the meaning of our call to servant leadership, help us recognize the ways you seek to minister through our lives. Inspired by the knowledge of your abiding presence, may we have the courage to reach out and support one another, to stand firm in what is true, to decrease when others should increase, and to lead with vision and compassion, as faithful followers of Jesus, your Son. We make this prayer to you in his name. Amen.*
We have had a very busy start to the year including: a RoSA evening for Year 10, explaining the assessment requirements of the Board of Studies, Teaching and Educational Standards (BOSTES); Motivational Media and Enlighten Education presentations; College photos and Year 7 Camp. Staff have been working collaboratively to implement the College Literacy Plan which focuses on writing across stage 4 and 5 and developing a consistent school wide approach. Once Year 7 have had their laptops rolled out, and have undertaken ‘boot camp’ training we will be launching a school wide study skills program with the aim of developing skills to assist your daughters with the demands of high school assessment by working on their study habits, trialling different techniques to see what works for them and developing academic resilience.

The Pastoral Team have been revising the College Anti Bullying policy in order to ensure that Bethany College is a safe place for all our students. At one time or another, your daughter may be the unfortunate one to experience bullying. It is important to understand what it is and how as a community we can assist her using the principles of restorative justice.

**Types of bullying**

- Physical bullying: hitting, poking, tripping, pushing or damaging someone’s belongings
- Verbal bullying: name calling, insults, homophobic or racist remarks and verbal abuse
- Social (covert) bullying: lying, spreading rumours, playing a nasty joke, mimicking and deliberately excluding someone
- Psychological bullying: threatening, manipulation and stalking
- Cyberbullying: using technology (eg. email, mobile telephones, chat rooms, social networking sites) to bully verbally, socially or psychologically

**Bullying is not:**

- mutual arguments and disagreements
- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation


**Important Parental Do’s and Don’ts**

**DO NOT**
- Tell the young person to ignore the bullying as this often allows the bullying and its impact to become more serious
- Blame the young person or assume that they have done something to provoke the bullying
- Encourage retaliation
- Criticise how your child/teenager dealt with the bullying
- Contact the bully or parents of the bully

**DO**
- Listen carefully - Ask who was involved and what was involved in each episode
- Empathise and reinforce that you are glad your child/teenager has disclosed this
- Ask your child/teenager what they think can be done to help
- Reassure your child/teenager that you will take sensible action
- Contact the teacher or Year Coordinator and take a cooperative approach in finding a solution
Sometimes the situation that your daughter presents to you may be more complex. Out of fear of losing your support, your daughter may not tell you the full story especially if she has acted as a bully as well in the exchanges. People can be both the victim and victimiser. Therefore, a cooperative approach means asserting your child’s position as you understand it, and listening to the teacher/Year Coordinator’s position as they may have more information on the situation than what you are aware of. Your daughter may exhibit behaviour that indicates that she is both the victim of a bully and has become a bully herself or she may be a victim – either way, once detected, a partnership involving the child, the parents, counsellor, teachers and College is more likely to lead to a positive outcome.

**Resources for parents/carers:**

‘What should I do if my child is being bullied?’

- Cyber(smart:) provides activities, resources and advice to parents and children on using the internet safely: [www.cybersmart.gov.au](http://www.cybersmart.gov.au)
- National Centre Against Bullying: [www.ncab.org.au](http://www.ncab.org.au)
- Reach Out information on mental health and wellbeing resources and services: [http://au.reachout.com/find/articles/kids-help-line](http://au.reachout.com/find/articles/kids-help-line)
- Bully Blocking information and resources, including a newsletter and books in different languages: [www.bullying.com.au](http://www.bullying.com.au)

Source of Information: Michael Carr-Gregg PhD - an Australian adolescent psychologist.

**Resources for Students and Parents:**

[www.angelsgoal.org.au](http://www.angelsgoal.org.au)
[www.au.reachout.com](http://www.au.reachout.com)
[www.youthbeyondblue](http://www.youthbeyondblue)

---

*Jacinta Russo*  
*Assistant Principal*
Year 7 Religious Education classes has been trialling the new draft curriculum for Catholic schools in the Archdiocese of Sydney. The first unit, *What Does It Mean To Be Catholic*, explores the beliefs, teachings and expressions of the Catholic Church.

**The Season of Lent**

Lent is a forty day period of preparation for the celebration of Easter. What preparations will you be making this Lent? Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, grounded in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns.

**Lenten Penance**

Abstinence from meat (for those 14 years and over), and fasting (for those 18 years and over and under 60 years of age) are to be observed on Ash Wednesday and Good Friday.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

- Prayer – for example mass attendance; family prayer; a visit to a Church or a chapel; reading the Bible; making the Stations of the Cross; praying the Rosary.

- Self denial – for example not eating meat; not eating sweets or desserts; giving up some form of entertainment to spend time with the family; limiting food and drink so as to give to the poor.

- Helping others – for example special attention to someone who is poor, sick, elderly, lonely or overburdened.

To support students in their Lenten penance, meat will not be sold at the College Canteen on Ash Wednesday or on Friday’s throughout Lent.

On **Ash Wednesday** (5 March) students will participate in a Liturgy of the Word where they will be invited to receive the ashes. The reception of the ashes is a public display of our acknowledgement to ‘turn away from sin and to be faithful to the Gospel.’
During Lent, each homeroom will have a Project Compassion box to which students are invited to contribute. All money collected will be donated to Caritas Australia’s projects:

Year 7 – Those living in the favelas in Brazil.
Year 8 – Rebuilding lives after the civil war in the Sudan
Year 9 – Living with natural disasters in the Philippines
Year 10 – Living with natural disasters in the Solomon Islands
Year 11 – The Purple House which supports indigenous Australians who have been dislocated from their country and culture.
Year 12 – Families re-establishing their lives after the civil war in Sri Lanka.

Did you ever notice why Lent goes for a period of 40 days, yet runs for 6 weeks and 3 days equalling 45 days? This is because the Sundays in Lent are not counted. Sundays are a celebration of the entire Paschal Mystery including the resurrection of our Lord and we continue to observe our Sunday practice of prayer and rest. So not counting Sundays, we do have 40 days in Lent.

The Bethany Vinnies Conference (St Vincent de Paul) will be selling red lolly pops on Shrove Tuesday (Pancake Day) before school and at recess and lunch to raise money for the St Vincent de Paul Breakfast Van that Bethany College will be ‘manning’ on 8 March 2014. Thank you for your support.

Bethany College will be supplying and running the St Vincent de Paul Brekky Van on Saturday 8 March 2014. Bethany College will purchase the goods for the breakfast (eggs, bacon, sausages, tomatoes, bread, tea, coffee, juice) and then cook and serve the breakfast at Prince Alfred Park, Surry Hills.

The Bethany Vinnies Conference will be making up fruit cups on Friday 7 March 2014 of grapes, strawberries and blueberries that will be distributed at Brekky Van.

Donations of eggs and fruit (tomatoes, strawberries, blueberries or grapes) would be gratefully appreciated. Please contact Miss Kleist before 7 March if you are able to support the Brekky Van supplies.

30 Year 7 students who attended non-Catholic primary school participated in their first lesson of the Being Catholic course.
This program provides opportunity for from non-Catholic primary schools to become familiar with aspects of the Catholic faith and tradition within a Catholic school environment. The focus of the first two meetings was Catholic expressions of faith and the liturgical seasons.
On Sunday 9th February 2014 His Eminence Cardinal George Pell was officiating celebrant at the solemn Mass and installation of the Congregation of St Michael the Archangel and Fr Janusz Bieniek, as Parish Priest of St Michael’s Hurstville and Fr George Gorgrzkowski the new assistant priest.

The Congregation of Saint Michael the Archangel also known as the Michaelite Fathers, is a religious order of the Roman Catholic Church founded in 1897 by the Blessed Father Bronislaw Markiewicz, a Polish priest from Miejsce Piastowe, Poland. They run orphanages, schools and youth centres and work with unprivileged, handicapped, abandoned and poor children including missionary work in 15 countries.

Superior General Father Kazimierz Radzik as well as the Provincials of Michaelite Provinces throughout the world, namely from Europe Fr Wladyslaw Suchy and Fr Stanislaw Friede, from North America Fr Andrew Kowalczyk, from South America Fr Kazimierz Lorencoowicz, from Caribbean Fr Jan Kaszuba, and representative from Vatican Fr Mariano Babula con-celebrated the Mass.

A special thank you to the Year 12 Hospitality students were generous and gracious servers of the dinner that followed Mass. It was a wonderful evening to welcome the Michaelite Fathers to Hurstville.

Mary Kleist
Leader of Religious Education and Mission
During week 3, students from years 7-11 have discerned the call to leadership. A number of girls submitted applications and made speeches to their peers outlining why they believed they would be suitable to represent them. These speeches were well thought out and demonstrated the pride that each of these individuals has for their school and their community. I would like to take this opportunity to thank every student who put themselves forward for these positions.

I am delighted to announce that the following girls have been successful in their application and will make a fabulous addition to the SRC for 2014.

<table>
<thead>
<tr>
<th>YEAR 7</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PE202</td>
<td>Alexis Maalouf</td>
</tr>
<tr>
<td>PE203</td>
<td>Carla Kovacic</td>
</tr>
<tr>
<td>PE204</td>
<td>Eve Hudson</td>
</tr>
<tr>
<td>PE205</td>
<td>Kiara Rubic</td>
</tr>
<tr>
<td>PE206</td>
<td>Alana Jones</td>
</tr>
<tr>
<td>PE110</td>
<td>Rebecca Brassington</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 8</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PE103</td>
<td>Ashlee Pasfield</td>
</tr>
<tr>
<td>PE104</td>
<td>Bianca Georgievska</td>
</tr>
<tr>
<td>PE105</td>
<td>Layal Nagi</td>
</tr>
<tr>
<td>PE109</td>
<td>Nicole Karafilis</td>
</tr>
<tr>
<td>CH101</td>
<td>Dominique Kulchar</td>
</tr>
<tr>
<td>CH102</td>
<td>Carissa Hardas and Farah Chalak</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 9</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MC209</td>
<td>Lucia Maalouf</td>
</tr>
<tr>
<td>MC210</td>
<td>Tia Chaanine</td>
</tr>
<tr>
<td>MC212</td>
<td>Taylor Miriklis</td>
</tr>
<tr>
<td>S0102</td>
<td>Sarah Hanna</td>
</tr>
<tr>
<td>S0103</td>
<td>Chloe-Brooke Plazanin</td>
</tr>
<tr>
<td>MC204</td>
<td>Niamh McIntyre</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 10</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MC402</td>
<td>Term 1 – Mira Dropuljic</td>
</tr>
<tr>
<td>MC403</td>
<td>Term 2 – Jacinta Tennet</td>
</tr>
<tr>
<td>MC404</td>
<td>Term 3 - Kristyn Katidis</td>
</tr>
<tr>
<td>MC405</td>
<td>Term 4 - Christina Risteveski</td>
</tr>
<tr>
<td>MC310</td>
<td>Tiffany Tupola</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 11</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SO301</td>
<td>Maria Dimitrakas</td>
</tr>
<tr>
<td>SO302</td>
<td>Katelyn Hoy</td>
</tr>
<tr>
<td>S0308</td>
<td>Sylvia Fadel</td>
</tr>
<tr>
<td>S0305</td>
<td>Sara Carrabs and Sian Loutas</td>
</tr>
<tr>
<td>MC311</td>
<td>Eugenia Simoes</td>
</tr>
<tr>
<td>S0307</td>
<td>Emily McGeown</td>
</tr>
</tbody>
</table>
These girls join the year 12 team that was elected in term 4 last year.

**SRC**
Lora Adzic    Captain
Michaela Mae Garcia    Vice Captain
Claire O’Brien    Sports Captain
Christina Nicholas
Eilis Grainger
Vicaella Ulberg
Bernadette Cofini
Jamy Virly
Tereza Mihaljevic

**Sports Captains**
Franklin    Despina Komninos
Kellerman    Natalie Krstevski
Melba    Mele Tiauli
Oodgeroo    Isabella Doyle

**Prefects**
Debating    Stephanie Soubris
Liturgy    Jemma Essa
Social Justice    Sabrina Bathgate
Transport    Deanna Tran
Maths    Katerina Kammas
Performing Arts    Frances Tsatsoulis
Science    Maxine Manila
Media and Audio-visual    Kellie Stout
Creative Arts    Vanessa King
Hospitality    Simone Lopez
Languages and Culture    Natalie Mastrogiovanni
Humanities    Michaela Manila
ICT    Gillian Mateo
Design Prefect    Jessica Najem

**Transport Monitors**
Bianca Young    Mary Rizk
Sabrina Bathgate    Caitlin Moody
Christina Nicholas    Jennifer Vera
Alyssa Neill    Jasmine Nguyen
Monique Varrica    Michaela Manila
Renee Harris    Stephanie Soubris
Michelle Cassidy    Emily Dupesovski
Amelia Pelosi    Maxine Manila
Jessica Batista    Kellie Stout
Chantel Anderson    Helena Georgiades
Kristen Soutter    Karlie Jersek
Gillian Mateo    Jessica Colussi
Annika Debono    Madeline Tjahjadi
Isabella Pejkovic    Kristina Nikolovska

Laura Mirabello
Youth Ministry and Student Leadership Coordinator
“Luck runs out but safety is good for life.”
Royal Lifesaving Australia

PDHPE NEWS

PDHPE & Sport Policy Reminder

The Bethany College Sports Uniform:

a) Official College PE shirt and shorts
b) Official College Tracksuit (Terms 2 & 3)
c) Sports shoes are to be predominantly white with white laces which must be done up at all times. The selected shoes must provide adequate support and grip for all sporting activities, which means they must be either an athletic runner or a cross trainer shoe, and white ankle socks.
d) College Sports cap

Please note: The school jumper is not to be worn with the PE uniform.

Due to WHS regulations we insist that all laces on shoes be tied up firmly to support the foot during practical lessons.

There are several shoe types that have been identified as not safe for physical activity, and hence will not be accepted as part of the uniform commencing from Week 3 Term 1. These shoes are canvas shoes (i.e. Dunlop Volley & Rabens) and High Tops.

Year 11 PDHPE Senior First Aid

On Tuesday, 25th February, Year 11 PDHPE will participate in the Senior First Aid Certificate Course with the Royal Life Saving Society Australia. On this day, students will learn about the legal aspects of First Aid, how to deal with emergency medical situations and management of medical conditions and injuries. Students will also focus on how to perform CPR on a casualty and learn how to bandage different injuries. This day will be very helpful as not only is it important to the PDHPE course – Option 1: First Aid, but also in everyday life situations. The students gain knowledge and learn new skills on how to preserve a life before medical aid arrives.
Rep Sport

Representative Sport has commenced with some really good results in weeks 1 and 2. The Cricket and Touch Football teams have won in both weeks, with Intermediate Volleyball Team having one victory. Keep up the good work girls!

Congratulations

Congratulations to Kelly Wilson who is going through to State athletics for triple jump as one of the top two automatically qualifiers. Emily Wilson is going for discus and for javelin with her throwing distance being in the top 8 in the State to qualify.

Upcoming Events

25th February CGSSSA Cricket
5th March CGSSSA Touch Football

Wes Guthrie
PDHPE Teacher
SCHOOL FEES

Your Term 1 School Fees have been issued and are due for payment by 7th March. Please contact the Bursar’s Office if you have NOT received your statement.

CAFE BETHANY

Are you free in the mornings for a couple of hours?? Volunteers are needed to help out in our friendly school run canteen.

If you can manage a few spare hours on a weekly, fortnightly or monthly basis, we would love to have your presence. A great opportunity to get involved with the school. Please contact Gill in the canteen on 8566 0711.

UNIFORMS FOR SALE

Physiopak $55
V neck cardigan (size 12) $60
Senior Girl’s Skirt (size 12) $45
Senior Girl’s Shirt (size 12) $20
Tracksuit Pants (size 12) $25
Track Jacket (size 12) $40
Sport Shorts (size 12) $15
Sport Cap $5
All in good condition. Contact details: Natalia mob. 0406 422 202