



Values Topic Term 2: Relationships
Next Week:
ACCEPTING OF DIFFERENCES

What is it?

Accepting people's differences means understanding that even though we might look different, speak differently or have different interests or abilities every single person is created by God to be special and unique. Because of this, everyone deserves kindness and respect.

Sometimes people have a different colour skin, or a disability or a brain that works differently from you. That's ok. We are all different and we can be friends with everyone. Teasing or excluding people because they are different from you is never ok. As God's people we are called to love everyone.

*Romans 15:7 'Christ accepted you so you should accept each other.
This will bring glory to God.'*



Newsletter
Term 2—Week 7
Friday 9th June 2017

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Here's a little secret: Everybody is looking for affirmation.
Have you noticed that?

People will do almost anything to get it. If you don't believe that, just watch some of the reality shows. Look at what people do to get on TV, just so people will applaud them.

God is an incredibly affirming and loving Father. When you affirm other people, you are showing love and representing Christ. Jesus affirmed people as he ministered, so you are ministering like Jesus did. You're showing the world a little bit more about what God is like.

One of the best ways to affirm people in everyday life is to show them acceptance. Romans 15:7 says, "Accept one another, then, just as Christ accepted you" (NIV).

The easy choice sometimes is to snub and belittle and demean people, especially when they don't measure up to our standards. We all have a tendency to take our strengths and project them on other people, and then put them down when they don't meet our expectations. For instance, you may be someone who is always punctual, and when other people are late, you tend to look down your nose at them. At the same time, it makes you feel good about yourself because you're better at being on time. Or maybe you're a very tidy person who can't help but notice when you go to other people's houses how messy everything is, and it makes you feel better about yourself. We tend to project our strengths on other people, forgetting that we have weaknesses in other areas.

Let me tell you a better way to feel better about yourself. Instead of doing it by putting other people down, why not try lifting other people up? It gives you a thrill like nothing else.

The Bible says in Romans 12:10, "Love one another with brotherly affection [as members of one family], giving precedence and showing honor to one another" (AMP).

In order to do the work of God, you and I have to value the God given differences among us and the way we are uniquely shaped. Here's how you know when you've accepted someone: You stop insisting that they be just like you. You realize and rejoice in the fact that they're different. The truth of the matter is, the world would be a boring place if everyone were just like you. So God has made us in all different kinds of ways to do all different kinds of things so everything can get done in this world. The goal of a family, a small group, a church family, or any community group is not to mold people into your image but to accept and affirm each other and help each other discover who God made you to be.

Rick Warren

Sleep Deprivation in Children



More than three-quarters of children sleep so little at night that they cannot concentrate in class, experts say.

They claim youngsters aged six to 15 should sleep for between nine and 12 hours a night. But 74 per cent get less than seven hours – below the recommended amount for adults.

And 79 per cent cannot focus on their school work, with a quarter admitting to falling asleep at their desks once a week according to a study of 2,000 children.

Teachers blame parents for letting children keep computer games, mobile phones and TVs in their bedroom. Sleep-deprived youngsters are more likely to be obese, have behavioural problems and be unhappy.

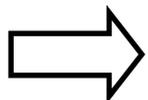
A good night's sleep is critical for the development and well being of young children.

A lack of sleep is having a devastating effect in schools.

Dr Pat Spungin, child psychologist and family life specialist, said there is little information available to parents about the importance of a good sleep. She added: 'These research findings are alarming. Parents should be concerned about the effects of sleep deprivation on their children. That is because a lack of sleep has a negative effect on a child's mood, concentration and attention.

Research also shows that children who are sleep deprived do less well academically, show more problem behaviour and have lower levels of social skills.

Scientific evidence shows that adequate night-time sleep is just as important as healthy eating and regular exercise for children to develop.



Don't forget K-2 are going on an excursion to Gilgandra on Tuesday. Please make sure they have plenty to eat, water bottle and wear the correct uniform.

Calendar

2017

TERM 2

Week 8:

Monday 12th June: Queens Birthday—public holiday!

Tuesday 13th June: K-2 class excursion to Gilgandra.

Week 9:

Monday 19th June: Barden Park Athletics Training K-6

Week 10:

Monday 26th June: Barden Park Athletics Training K-6

Friday 30th June: Last day of Term 2

TERM 3

Tuesday-Friday 8th-11th August: Canberra Excursion Y5&6

CANBERRA EXCURSION

Years 5 & 6

Cost: \$150 per student

Please be aware that this amount **must be paid in full by Friday 30th June.**

PIE ORDERS

Due this coming—
Tuesday 13th June

With payment

