



St Bernadette's School



Friday 29 March 2019 — Term 1 Week 9

No. 9

Dear Parents,
Young people today have many wonderful opportunities, but they need time to explore things in depth. When they are involved in too many different things, they sacrifice breadth for depth. Creativity is making something out of nothing and it takes time for that to happen.

Most child experts would agree that after-class activities can be a positive force in young people's lives, but they would also argue that too many activities can put children at risk. Balance is the key. As parents, we might be tempted or pressured to believe that we are not being 'good' parents if our children aren't involved in all kinds of activities. However, children need time to read, write, think, dream, draw, fantasise and explore special interests. They need time to 'hang-out' with friends, ride their bikes, have water balloon fights and build cubby houses out of cardboard boxes and other bits and pieces. Such activities promote self-awareness by helping children clarify who they are and what they are truly interested in.

Children who are involved in too many programmed activities may have too little time for these experiments of self discovery. It's possible that parents think their children will grow up and remember all the wonderful activities they were involved in; whereas, it's probable that children will think how exhausted they were trying to cope with multiple activities and how their parents were constantly yelling at them to hurry up and get ready for the next activity.

What children need most are relationships not activities. Building meaningful relationships with our children allows us to 'enjoy the landscape together' and not simply to be chauffeurs.

*"God our Father,
accept our thanks for all the blessings
that come to us in success and in
failure as we strive to be 'good'
parents.
May Your Spirit within us be our
constant guide.
Amen."*

Leanne Nettleton—Principal

R.E. NEWS



As Catholics, we all recognise Lent as a season to ask for forgiveness and go to Reconciliation, but it's also a time to search our heart for any unforgiveness that may be there and extend the Lord's mercy to those who have hurt or offended us.

The Sacrament of Reconciliation is a Sacrament of Healing. Our relationship with God is healed when we receive forgiveness during Reconciliation.



The children in our Parish have been involved in preparation for the Sacrament of Reconciliation and this week they will receive the sacrament for the first time, we will continue to keep the children in our prayers as they receive the Sacrament of Reconciliation and then begin their preparation to celebrate their first Eucharist.

Holy Week

Holy Week presentations will take place in the Church on Monday 8 April commencing with Kindergarten at 9am then Yrs 1 & 2 at 9.15am, Yr 3 at 9.30am, Yr 4 at 9.45, Yr 5 at 10 am and Yr 6 at 10.15am (approximately). Parents are welcome to join their children for this prayer celebration.

Shane Robinson—REC

Week 10 Dates

**Waste Free & Recess
Lunch Everyday**

Mon 1 April
8.30am Morning
Assembly
Cross Country (8 Yr Olds
& Over)
2.45pm Motiv8sport

Tues 2 April
8-10am Uniform Shop
Dance Fever
2.50-3.50pm ChiFUNese
Mandarin Class

Thurs 4 April
Infants Cross Country
Carnival
PM Dance Fever
Challenge

Fri 5 April
7.45-8.30am Band
Demonstration (Top
Court)
1.40pm Whole School
Assembly (Church) All
invited

Coming Dates:
Mon 8 April
9am Holy Week Liturgies
Principal's Morning Tea

Tues 9 April
8.45am Dance Fever
Infants Demo—parents
welcome

Wed 10 April
8.30am Cuppa 'n Chat
(Hall)

Thurs 11 April
St Bernadette's Day
9am Mass—All invited

Fri 12 April
**Staff Dev & Pupil Free
Day, Last Day of Term**
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ENROLLING NOW FOR KINDERGARTEN 2020
Next School Tour: Thur 2nd May 9.15am Please Register: 02 9407 6600

Address: 357 Old Northern Road, Castle Hill NSW 2154 **Phone:** 9407 6600 **Fax:** 9407 6699

Address: 357 Old Northern Road CASTLE HILL NSW 2154 **Phone:** 02 9407 6600

Email: Bernadettech@parra.catholic.edu.au **Website:** <http://www.stbernadetteschill.catholic.edu.au>

School Calendar: <http://www.stbernadetteschill.catholic.edu.au/en/Community/Events>

Sadly we received the news today that Lisa Mathews, mother of Isabella (4G), Joshua (2B) and Isaiah (1B) passed away following a chronic illness. Our thoughts and prayers are with Peter, Isabella, Joshua and Isaiah and their extended family.



*Eternal rest grant unto Lisa, O Lord,
and let perpetual light shine upon her.
May she rest in peace.
Amen*

Easter Eggs at School

As the Easter season and the common sharing of chocolate eggs is approaching, it is important to remember that there are a number of children at St Bernadette's who are severely allergic to nuts, eggs and/or dairy etc. Parents are asked to support us by ensuring that Lollies/Chocolates/Easter eggs are not brought to school by the children, either for themselves or to share with others. Thank you for your continued cooperation in making St Bernadette's a safe environment for all our children.

Emails to teachers

Please remember that teachers do not access their emails during class teaching time as they are teaching the children. If you would like to make an appointment with your child's teacher you may request this by calling the office or by sending an email to the teacher. Teachers will then respond to you. Teachers need to schedule parent interviews amongst their other commitments such as meetings, various duties and other interviews. Please do not assume that because you have sent an email over night or throughout the day, with a time that you are available that day or the next day, that the teacher is also available at that time. Wherever possible teachers always try to meet you at their earliest available opportunity. Parents are also requested not to use student email accounts to communicate with the class teacher. Thank you for your cooperation.

Parent Working Bee

Thank you to the many parents and children who attended our working bee last weekend: Papandrea family, Arraf family, Allan family, Zeaiter family, Lavis family, Gooley family, Masina family, Overend family, Haj family, Mitchell family, Hennessey family, Beames family, Liu Family, Pellicano family, Coghlan family, Celestino family, Miller family, Guy family, Dvorjak



family, Ranieri family, Gooley family and Lavis family. A great day was had by all who attended and much was achieved - gardens were mulched, trees pruned and our grounds tidied. Congratulations to each of the children who attended for winning one house point for their colour which will go to the 2019 Spirit Trophy.



House Spirit Points

Don't forget, every Year 3 - 6 child who attends the Dance Fever Challenge next Thursday 4th April wins one house point for the House Spirit Trophy!

Attendance

Every Learner Every Day - Attendance rate to date is **94.9%**

Our community believes that every day counts for every child. Our attendance levels are recorded below. We continue to be above our target in most grades with Years 5 and 6 close to 100%. We have also reduced our number of outstanding notes for absences significantly. Thank you for attending to these in a timely manner.

Kindy	94.9%	Yr 4	96.3%
Yr 1	91.4%	Yr 5	98.6%
Yr 2	87.9%	Yr 6	99.5%
Yr 3	94.5%		

Cuppa 'n Chat with Mrs Nettleton and Mrs Beggs

Parents are invited to join Mrs Nettleton and Mrs Beggs for an informal Cuppa 'n Chat in the school hall after the morning school bell at 8:30am on **Wednesday 10 April**. This is an opportunity for you to meet with other parents, our Principal and Assistant Principal for an open discussion. There is no set agenda, just come along and perhaps meet someone in our school community that you have not met before.

Students with Lowered Immune System



We have students at St Bernadette's with a lowered immune system which is a major concern if they are exposed to diseases such as measles / chicken pox / cold or flu. Therefore, if your child has or may have the symptoms of these please:

- do not send them to school
- notify the office as soon as possible

If your child is unwell, please keep them at home to recover before sending them back to school.

Enrolling Now—Kindy 2020

Thank you to all parents who have already submitted their sibling enrolment forms. If you have not yet sent your form in please do so by the end of next week.

Prospective parents wishing to enrol their child into Kindergarten 2020 are reminded to submit their enrolment form by **Friday 5th April 2019**. Interviews have already commenced and places offered.

Social Skills: Weeks 9 & 10

Having the ability to 'Bounce Back' (Self Management)

The BOUNCE BACK! Wellbeing & Resilience Program addresses the environmental building blocks and the personal skills for fostering resilience in children and young people. In other words, children are taught how to 'bounce back' after experiencing sadness, difficulties, frustrations and hard times. The core of the program is the BOUNCE BACK acronym. This acronym helps children and young people to memorise and recall 10 basic coping statements based around positive self-talk.

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect. Not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt and failure, rejection and setbacks sometimes, not just you! They are a normal part of life.

Blame fairly. How much of what happened was due to you and others?

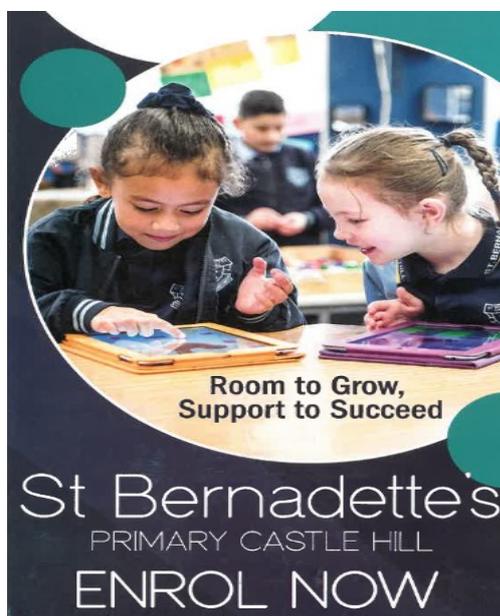
Accept what can't be changed (but try to change what you can).

Catastrophizing exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It is only part of your life.

All of us can 'Bounce Back' from experiences if we feel that we have the support of others and can talk to someone when needed. We continue to encourage all of our students to speak to us and their parents when they have concerns. Our school ensures that we all belong and feel inclusivity and help at hand when needed.

Mrs Kathy Watt



Sports News - Carnivals 2019

At St Bernadette's we aim to provide quality sport pathways for students to progress through to Diocesan, MacKillop, NSWPSA and School Sport Australia. We have 3 Primary carnivals over the course of the year - **Cross Country, Athletics and Swimming**. At these carnivals, our House Captains lead the way in encouraging everyone to get involved, be active and have fun competing in their events.

At the Cross Country Carnival this Monday, all students turning 8 - 10 in 2019 will run a 2km course. All students turning 11 - 12 will run a 3km course. At the conclusion of the carnival, Age Champion and Runner Up medals are awarded to the top 2 students in each age group - ie. 8, 9, 10, 11, 12. We will also present the Cross Country Winning Shield to the House with the most overall points. We ask that parents **DO NOT** send their children with coloured zinc applied or in their bag.

How do House Points Work?

Every child entering a race on the day will win 1 point for their house. Children who place in the top 10 children will earn points as follows:

- 1st - 20 points
- 2nd - 18 points
- 3rd - 16 points
- 4th - 14 points
- 5th - 12 points
- 6th - 10 points
- 7th - 8 points
- 8th - 6 points
- 9th - 4 points
- 10th - 2 points



Points will also be awarded for Team Spirit, such as House Chants and teamwork.

The top 6 places in each age category (8/9, 10, 11, 12) will become part of the 2019 St Bernadette's Cross Country team and will compete at the Parramatta Diocesan Carnival on Tuesday 7th May at Eastern Creek.

Future Carnivals for 2019:

◆ *Primary Athletics Carnival*
Wednesday 3rd July, AH Whaling Reserve

◆ *Primary Swimming Carnival*
Thursday 28th November, Blacktown Aquatic Centre

Looking forward to a great morning of Cross Country running next week.

Mrs Karen Orsini—Sports Coordinator

Premier's Reading Challenge

Congratulations to the following students who have completed the PRC over the past two weeks. Keep up the great reading!

Nevan Fernando, Keona D'Souza, Lucia Aiozza, Aarshia Arun, Isaac Beshay, Rafael Clemente, Marissa Zeaiter, Sofia Aiozza, David Lievano, Renee Sakkal, Poppy Dibble, Xavier Bounassif, Bridget Clemente, Antonio Zeaiter, Dean Guy, Claudia Homsy and Olivia Boxshall.

Reminder—Kiss 'n Drop Rules

- ⇒ Enter the school using the entrance on Brisbane Road.
- ⇒ Drive to front of Kiss 'n Drop area
- ⇒ Children exit car with school hat and bag
- ⇒ Parents are NOT to get out of the car (if you need to get out of car or open the boot, please park up)
- ⇒ Drive safely within the school grounds

Lunchtime Clubs:

- Tues** Gardening Club (recess)
Choir, Library, Little Techies, Gardening Yrs 1-6
- Wed** SRC (even weeks) COSHC Room
Library & Gardening Club
- Thurs** Gardening Club (recess)
Chess in 4G Yrs 3-6 & Library
- Fri** Gardening Club (recess)
Science Club in 6LS Yrs 3-6

2019 School Fees

Term 1 School Fees are now due. If you haven't already finalised your account for Term 1, please make a payment now or contact Mrs Vicki Cassidy on 9407-6600 or email vcassidy@parra.catholic.edu.au. Fees can be made by cash, cheque, credit card, EFTPOS, BPAY or POSTBILLPAY. Just a reminder to all families that a term's notice (10 school weeks) in writing MUST be given to the Principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during term for the next term and where appropriate notice has been received a pro-rata credit will be calculated. Where a term's notice has not been given to the Principal the terms school fees will be charged for your child/children.

Our congratulations to the **Johnson** family on the birth of Kayla (sister to Braxton in KW). Our best wishes to the family.



Term Dates

Term 1: Thurs 31 January — Thursday 11 April
(Fri 12 April Staff Development & Pupil Free Day)

Term 2: Mon 29 April— Fri 5 July

Staff Spirituality Day—Thurs 27 June

Term 3: Mon 22 July—Fri 27 September

Term 4: Mon 14 October to Wed 18 December (for students)

P&F News:

Uniform Shop

Winter uniform will be available to purchase at the Uniform Shop from Tuesday 2nd April (Week 10). The winter uniform order form is attached to this email.

The Uniform Shop is open each Tuesday morning from 8.00am until 10.00am. Just keep in mind that it may take a little longer at this time as the shop will be very busy and you may need to queue.

Alternatively, email your completed order form to uniformshop.stbpnf@gmail.com. Orders received before Tuesday are made up and sent home with your child on Tuesday afternoon.

Students are permitted to wear either summer or winter uniform (not a mixture) for the first two weeks of Term 2 depending on the weather. In Week 3 all students are required to be in full winter uniform.



SAVE THE DATE: Fri 8 November 3pm onwards

Motiv8sports

In Term 2 Motiv8sports will be back again on Monday afternoons. Please look out for the flyer at the start of next term to enrol your child.

Collectables Lunchtime Activity Photo:

