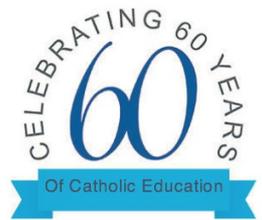




# St Bernadette's School



Friday 17 May 2019 — Term 2 Week 3

No. 13

Dear parents,

As a staff we have been looking at the expectations of students at St Bernadette's. We believe that at St Bernadette's the students are respectful, resilient safe learners. Resilience is often spoken of in our modern world and prized as a human trait.

So what is resilience?

It is 'the ability to steer through serious life challenges and find ways to bounce back and to move on'. Throughout life we are often challenged and may find ourselves in stressful situations. Often we can be overwhelmed by relationship/friendship difficulties, sudden changes in circumstances, missing out on something important, hectic schedules and situations that are out of our control. How we cope with these situations shows resilience.

Resilience is not something we have or don't have but rather something we acquire over a lifetime. As parents our role is to help develop resilience in our children. The best way to do this is to show our children how we ourselves deal with stressful situations. In life we do not always get what we want, but how we deal with the challenges and disappointments from day to day is what helps to develop resilience.

In an article I read recently it claimed that people who develop resilience are "healthier and live longer, happier in their relationships, more successful in school and work and less likely to get depressed". Let us all work together to develop resilience in our children.

Wishing you every blessing for the week ahead.

*May each of us, wherever we may be, in all that we do, be able to say: "Lord, make me an instrument of your peace".  
Pope Francis@Pontifex*

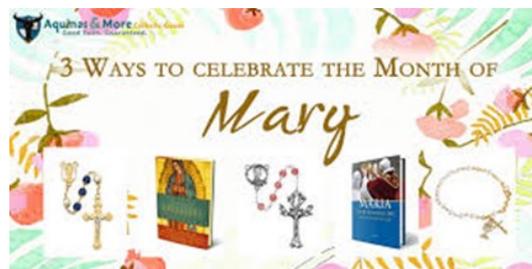
**Mrs Melissa Beggs—Acting Principal**

## R.E. NEWS



Last week we celebrated our wonderful mothers, where the children had the opportunity to tell their mums how special they are to them.

We pray especially to our Mother Mary to guide and protect all mothers. May is the month where we pay homage to our Blessed Mother Mary. Mary was conceived and lived a life 'full of Grace' (Lk. 1:28). She wishes very much to share the graces given her by God on our behalf. For centuries, Catholics have set aside the entire month of May to honour Mary. It then came into tradition that we also celebrated Mother's Day during May.



We can honour Mary by setting up a special prayer space or by saying the Rosary. We should honour Mary not just because it is a tradition but because Mary is Mother – your mother, my mother, everyone's mother – and because she cares for all of us day-in and-day-out without fail, interceding for us in even the tiniest matters. For that, she deserves an entire month in her honour.

From next week our Mini Vinnies will be promoting the St Vincent De Paul's Winter Appeal. On Friday 28th June there will be a 'Wear Pyjamas Day' at school, to raise money for those Australians who are in need.

**Mrs Shane Robinson—REC**



### Week 4 Dates Waste Free Recess & Lunch Everyday

**Mon 20 May**  
8.30am Morning Assembly  
2.45pm Motiv8sport

**Tues 21 May**  
8-10am Uniform Shop  
Yrs 3 & 5 NAPLAN Catch Up

**Wed 22 May**  
Student Banking  
Yrs 3 & 5 NAPLAN Catch Up  
7.30am P&F Meeting—All invited

**Thurs 23 May**  
Yr 6 Canberra Exc.  
**9am School Tour for Kindergarten 2020**  
3-4pm Sydney FC Soccer Skills

**Fri 24 May**  
Yr 6 Canberra Exc.  
7.30am ChiFUNese Mandarin Class  
Yrs 3 & 5 NAPLAN Catch Up  
1.40pm Whole School Assembly—All invited

### Coming Dates:

**Weeks 9 & 10**  
Parent/Teacher/Student Learning Conversations  
Late night:  
Wed 26th June  
Booking information to be sent home Week 5.

**ENROLLING NOW FOR KINDERGARTEN 2020**  
**Next School Tour: Thurs 23 May 9am Please Register: 02 9407 6600**

## NAPLAN

Thank you to our Stage 2 & 3 teachers who have guided our Year 3 & 5 students through NAPLAN this week. Congratulations to our Year 3 & 5 students, who have approached these moments with confidence and understanding, that these tests are simply a snippet of one moment in time. It is vital, that we all understand, that our students work hard all year round and that their achievements are certainly not limited to one set of tests!

Catch up tests for those students who missed tests this week will be held in Week 4.

## Attendance

**Every Learner Every Day—Attendance rate to date is 90.1%**

We believe it is important for students to attend each day so they can maximise their learning opportunities. Our target for our attendance rate each week is to be above 90% and we have maintained this every week since Term 1. A fantastic achievement. Let's continue the good work!

Thank you for your attention to returning notes for outstanding absences. This number has reduced over the last few weeks and is appreciated.

Our attendance levels for this week are recorded below.

Kindy	92.1%	Yr 4	87.6%
Yr 1	86.9%	Yr 5	92.7%
Yr 2	87.9%	Yr 6	91.3%
Yr 3	91.8%		

## Social Skills—Weeks 3 & 4

**(Relationship Skills: Building Relationships)  
Being a Caring Student at St Bernadette's**

Caring is about giving love and attention to people and things that matter to you. You treat them gently and with respect. Caring people think about how others are feeling. They don't just think about themselves. At St Bernadette's we are caring towards all those we come in contact with. We do kind things. We think about others' feelings and show we are concerned by what we say and do. We are sensitive to how other people are feeling. We know when others are upset or need assistance. We want to help the other person feel better.

Learning about the beliefs and opinions of others can help us to understand all people at our school. Caring people at St Bernadette's are tolerant to those who are different to us.

Family Discussion Questions:

How well do we know our neighbours?

What is the kindest thing that anybody has done for you?

What is the kindest thing that you have done for someone else?

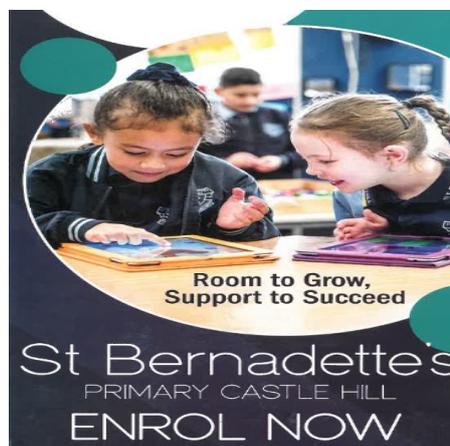
Show an act of kindness towards someone you know, let them know that you care.

*Mrs Kathy Watt*

## Winter Uniform

It is expected that all students are in their full winter uniform. Thank you for not sending students to school in part summer / part winter uniform.

**School uniform**—please ensure that all items are labelled. If you have lost items, please check the lost property cupboard which is located next to the school library (near Yr 5 classrooms).



**ENROLLING NOW FOR  
KINDERGARTEN 2020 & Years 1 to 6**

**Please contact the school office if you would like to register for a school tour / enrol your child in 2020.**

## School Fees

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.

## Lost Property

There is quite a selection of lost property in the office at the moment:

- Girls watch
- Boys wallet
- 4 x necklaces

If your child may have lost one of these items, please ask them to see the office ladies.

## Grandparents' Day

Please pass this information onto Grandparents so that they can book this date in their diaries—Thursday 1st August 2019. Further details will be issued closer to the time.



**Student Council War on Waste initiative –  
WASTE FREE EVERYDAY**

## Sports News - NRL Introductory Clinic

Next Tuesday, Years 2, 5, and 6 will be participating in an NRL Introductory Skills Clinic during their regular PE lessons with Mrs Blazevic. We are lucky enough to have coaches from NRL game Development come to St Bernadette's to run these sessions for us. The purpose of these sessions is to allow all children to experience the game in a safe, structured and modified way. For Years 5 and 6 boys, this will also serve as a trial for selecting Senior boys teams for the upcoming gala day.

This year we will again be selecting and sending teams to the NRL Gala Day on Wednesday 12th June. Teams will be selected during the NRL sessions for Years 5/6 in their PE lessons on Tuesday. Year 3 and 4 boys wishing to trial for the team, please attend the trial on Tuesday 21st May on Grass Area, straight after school from 2:45pm to 3:45pm.

Should you have any questions about the sessions or the trials, or if there are any parents who would like to assist with coaching/managing a team please contact me on [korsini@parra.catholic.edu.au](mailto:korsini@parra.catholic.edu.au)

*Mrs Karen Orsini*  
Sports Coordinator

### **NRL Gala Day Team Trials:**

Years 3/4 Boys  
Tuesday 21st May  
2:45pm - 3:45pm  
Grass Area

Years 5/6 Boys  
Tuesday 21st May  
During PE lessons  
Grass Area



## Congratulations

Last Friday, Sarah Lievano (Girls Football) and Morgan Smith (Boys Hockey) travelled down to Canberra to represent Parramatta Diocese at the MacKillop trials. Congratulations to both Sarah and Morgan, your gamesmanship, skill and attitude are a credit to your parents, our school and our Diocese.

Special mention to Sarah, who was also selected into the MacKillop girls team and will compete at the NSW PSSA championships in Lismore next week.



You might have seen the Woolworths Earn & learn advertisements. If you have that's great because now you can earn house points for bringing these stickers in. You can earn 1 house point for every complete sheet of stickers that you bring in. Make sure you have your name and your House Colour on your completed sheet otherwise we won't know who to give the House points to. Which house will bring in the most completed Woolworths Earn and Learn Sticker Sheets?

From your House Captains  
**Jorja Mizzi and Tyler Beames**



### Requiem Mass

Fr Chris De Souza, Episcopal Vicar for Education and Formation in the Diocese of Parramatta, is leading a Requiem Mass for the victims of the attack in Sri Lanka this coming Sunday 19 May at St Nicholas of Myra Parish at 10.00 am. All are invited to attend.

### School Bus—Student Travel

Bus Numbers: **5078** and **5079** Morning routes  
Busways have informed us that children traveling on these routes are not tapping on and off with their opal cards. If students don't tap on and off the bus service will appear underutilized and maybe considered for cancellation based on low passenger numbers.



Please help by reinforcing the message to children that they must tap on and off on every time they travel on the bus.

### Student Leave—Reminder

As part of the implementation of the formulated National Standards, holidays taken by students outside of school holiday periods will now be included in Student Attendance Data as absences. Parents are requested to complete an Application for Extended Leave form for absences of **5 school days or more**. This form is on our website: Community/School Notes/Administration Forms. Please submit this form together with a copy of your travel documentation (e-ticket/booking form) at **least three weeks** prior to the proposed leave date. This Application for Extended Leave will then be responded to by Mrs Nettleton. Thank you for your assistance.

### Child Protection

A reminder for parents who are required to **'UPDATE'** their child protection and for **'NEW'** parents to the school.



It is a Diocesan requirement that parents who volunteer at school must complete the Child Protection Module ONLINE. This training is available online at: <http://childprotection.parra.catholic.edu.au/training> and **MUST** be completed every two years. This is the new link as of July 2014.

All parents must have completed the above prior to helping in the classroom, on excursions, sport days, tuckshop, uniform shop or any help around the school.

### Term Dates

Term 2: Mon 29 April— Fri 5 July

**Staff Spirituality Day—Thurs 27 June (Pupil Free Day)**

Term 3: Mon 22 July—Fri 27 September

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

### P&F News:

#### Term 2 P&F Meeting—Wed 22 May 7.30 pm

Parents are invited to attend our next P&F Meeting on **Wed 22 May at 7.30 pm** in the school library. Lots of things happening this year being a 'Fun Fair' year so please come along and join in the fun!

#### Uniform Shop

Our uniform shop is open on **Tuesdays** between **8 and 10 am**—Term Time only.

To order uniform: download order form from website (community/school notes/uniform) and email uniform shop directly before Tuesday on: [uniformshop.stbpnf@gmail.com](mailto:uniformshop.stbpnf@gmail.com) or school email: [bernadettech@parra.catholic.edu.au](mailto:bernadettech@parra.catholic.edu.au). Orders will then be processed and sent home via your child on Tuesday.



**SAVE THE DATE: Fri 8 November 3pm onwards**

**All sponsorship enquiries: Belisa Papandrea on [Belisa.papandrea@gmail.com](mailto:Belisa.papandrea@gmail.com) or 0408 344 250.**

#### Mount St Benedict College

Student Led College Tours—Tuesday 21 May 11 am  
449C Pennant Hills Road, Pennant Hills Tel: 02 9980 0444  
[Www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

#### Parent Representative Council

Parents are invited to attend the next PRC parent meeting with special guest Dr Michael Carr-Greg as he talks about 'How to Raise Happy and Resilient Children'.

Monday 3rd June—7 pm start  
John XXIII Catholic College, 160 Perfection Avenue Stanhope Gardens NSW 2768.

Full details via the link below:

[https://drive.google.com/file/d/11c2q-hD15vez1TyZGiEc-f6rqSXhJ\\_7/view](https://drive.google.com/file/d/11c2q-hD15vez1TyZGiEc-f6rqSXhJ_7/view)

#### Woolworths Earn & Learn

St Bernadette's is once again collecting the Woolworths Earn & Learn stickers. Just place your stickers onto the sheet that was provided and emailed to you and then once full please send to the office.



Thank you!