



St Bernadette's School

Friday 20 September 2019 — Term 3 Week 9 No. 30

Dear Parents,

Parents are children's first teachers and they continue to help children to learn and thrive throughout the school years. When a family's love and support is combined with the expert knowledge of teachers, it can have a significant and lasting impact:

- Children can be more likely to enjoy learning and to be motivated to do well
- Children can have better relationships with other children, improved behaviour and greater confidence
- Children can do better at school and are more likely to graduate and go onto college, TAFE or university
- Children can be less likely to miss days at school

Extract from the Parent Fact Sheet, ACT Government, Education Directorate - available at: https://www.education.act.gov.au/__data/assets/pdf_file/0003/686550/52741-DET-Parental-Engagement-A4-Factsheet-4pp_FA2_ACC.pdf

A really powerful way that you as parents can support your children to develop positive relationships with their peers and teachers at school is to talk about school with them. It's best to avoid asking your child lots of questions straight away when you collect them from school or when they arrive home.

You can just let your child know that you're glad to see them and talk about non-school topics for a while. Saving questions about homework for later on can also take the pressure off!

Every afternoon or evening will be different. Even if your child usually likes to share their day with you, there'll be days when they don't want to talk. Sometimes it's a matter of sensing their mood and picking the right moment. Some days there might not be a right moment at all, and that's OK.

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R.E. NEWS



Religious Education in Catholic schools has always aimed to develop children's capacity to express their growing understanding, appreciation, thoughts, questions and insights into God, Jesus, the Scriptures, the Church, the Sacraments, Prayer and life as a Christian. This is essential to their participation in the religious life of the school and the parish. Teachers are continually assessing students' learning and reporting to on their developing religious literacy.

The teachers focus on building knowledge and assisting students to make meaning so they can apply their understanding. The staff use the Senses approach which is a powerful approach to engage with scripture and a way to develop the student's understanding of their faith. The senses have the basis in the catechism of our Catholic church.

In building knowledge, the Literal Sense focuses on the meaning conveyed by Scripture. We learn about the Scripture in the context of when it was written.

In making meaning the Spiritual Sense explores the deeper meaning of the Scripture. We identify how God is revealed to us in the Scripture and how the message is connected to catholic Church teaching, practices and traditions. In the Application Sense we apply the Literal and Spiritual Senses to our lives. The students knowledge and understanding of faith leads them to respond through their words and actions.

You might like to try the following questions with your children for one of the Scripture stories from the children's Mission unit for example, Feeding the Five Thousand Luke 9: 10-37, The Good Samaritan Luke 10: 25-37 or The Commissioning of the Disciples Mt 28: 16- 20.

What does the passage reveal about Jesus? God? What Sacraments are present in the Scripture? What connections can I make to Catholic teaching, practice and tradition in the message of the Scripture? How can I apply the message of the Scripture at home, at school and in the community?

Week 10 Dates

Waste Free Recess & Lunch Everyday

Mon 23 September

8.30am Morning Assembly

Tues 24 September

7.45am Yrs 5/6 Boys Basketball
8-10am Uniform Shop
10am Term 3 Principal's Morning Tea
3pm Yrs 5/6 Oz Tag Trials

Wed 25 September

Yrs 5/6 Girls Basketball Training
Student Banking
Mini Vinnies Van

Thurs 26 September

7.45am Yrs 3/4 Boys & Girls basketball training
9am School Tour for Kindy to Yr 6 2020
3pm Yrs 3 & 4 Oz Tag Trials

Fri 27 September

1.40pm Whole School Assembly
Last day of Term 3

Coming Dates:

Mon 14th October

Staff & Students return

Tues 15 October

Yrs 5/6 Boys Basketball Training

Wed 16 October

Yrs 5/6 Girls Basketball Training

Thurs 17 October

Yrs 3/4 Boys & Girls Basketball training

ENROLLING NOW FOR KINDERGARTEN & Yrs 1 to 6 2020
Next School Tour: Thurs 26 Sept 9am Please Register: 02 9407 6600

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The following simple, positive and specific questions about parts of the day can get your child talking:

- What's news from school today?
- What was fun?
- What did you like best at school today?
- What does your classroom look like at the moment?
- Who did you hang out with today?
- What project are you working on at the moment?

Talking together about school also helps you get to know more about what's expected of your child at school, how they learn and how they handle challenges. It can help you understand when they are feeling less interested in school or having problems.

When you're in touch with your child's feelings about school, you're more likely to see problems before they get too big. This way you can work on overcoming challenges together.

And talking about school issues – like school projects or friendship problems – is also a great chance for you to express your family values about things like teamwork, respect for self and others, friendships, relationships, problem-solving and so on.

Never hesitate to talk to your child's teacher if you would like to discuss your child's needs.

Leanne Nettleton
Principal

Social Skills

Weeks 9 & 10

Appreciating Diversity At St. Bernadette's—'SAFE'

In Australia we often talk about 'giving someone a fair go'.

We have people from all over the world who come to live here. We may look different, we may believe different things, we may worship in different ways, we may eat different food, we may not speak English very well, we are male or female, young or old but we are all people living in Australia.

All people are similar in some ways and different in others. Being different and having different qualities is what makes each of us unique and special. Not only do we have things that we are good at, we also have things we are not good at or qualities we would like to improve, we are able to do this by accepting each other's differences.

At St. Bernadette's we are tolerant towards each other by accepting that we are different and learn to give each other a "fair go". We learn from the diverse cultures that we interact with on a daily basis.

"We may have different religions, different languages, different coloured skin, but we all belong to one human race." -Kofi Annan

Mrs Kathy Watt

School is better when your child is here!

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school. There is no safe number of days for missing school – each day a student misses puts them behind and can affect their educational outcomes. Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years and receive lower test scores than their classmates.

It's vital that students go to school every day – even in the early years of primary school.



Top attendance tips for parents

- We want to work in partnership with parents – act early if you have any concerns by contacting the school and asking for advice and support.
- Remember that every day counts.
- There is no safe number of days for missing school – each day a student misses puts them behind, and can affect not only their educational outcomes but their social connectedness as well.
- Talk positively about school and the importance of attending every day.
- Open and prompt communication with your child's teacher about all absences is a idea.
- Avoid making routine medical and dental appointments during the school day or planning family holidays during the term wherever possible.
- Seek help from the school if you are concerned about your child's attendance and wellbeing. We want to work in partnership with you to support your child's attendance and wellbeing.

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

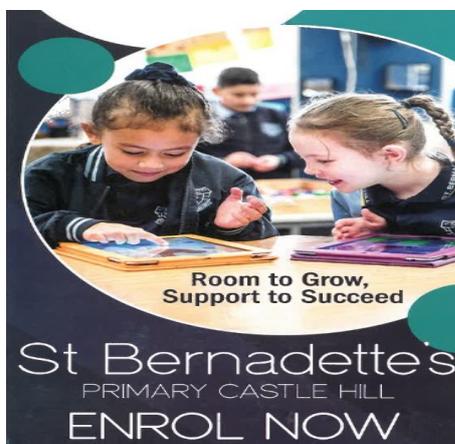
IT Update - Good Habits Start Young

Children growing up in the 21st Century have access to technology daily from the moment they can walk and talk. They learn very quickly and parents often comment that at a young age, their child's technical skill is more advanced than their own. For this reason, it is very important that children are growing up learning good habits from a young age. At St Bernadette's we teach children about how to build their digital intelligence by drawing upon quality resources available to educators and parents such as the [e-safety website](#).

Tips on how to build digital intelligence and how to act responsibly online:

1. Promote respectful communication - use the same manners and behaviour you would use offline.
2. Encourage empathy - imagine being in someone else's shoes
3. Teach them to question - think critically about what they see online.
4. Encourage safe and responsible behaviour - achieve a healthy balance; safeguard personal information; avoid pop-ups; strong privacy settings; use strong passwords and the importance of not sharing them
5. Help them build resilience - keep calm if you experience negatives online; seek help from a parent/adult; learn how to block/report users and pages online; build confidence to speak out when there is a problem.

This is an excerpt from the:



**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.

SPORT NEWS:

Congratulations Athletes

On Monday a group of 5 talented athletes competed at the Sydney Olympic Park Athletics Track in the NSW CPCS Carnival.

Lila Oliver (Year 2) competed in the Under 8 girls 100m. She was one of the youngest athletes competing at the NSW CPCS Athletics Carnival in Homebush. The talented Year 2 student took to the track to race in the 100m and narrowly missed out on a PB, but placed 5th in her heat and an amazing 12th overall.



Congratulations Lila!

These 4 boys are our Junior Boys 4 x 100m Relay team. Harry Wigham, Anthony Gomez, Dylan Gibb and Douglas Windress competed in their heat and placed 8th overall, progressing through to the final. They



improved their time by almost a second to place 4th in the final! Congratulations boys!

Harry Wigham also doubled as an individual athlete on the day too. He competed in the Under 9 Boys 100m and ran a great time to progress through to the final. He placed 9th

overall with another PB and a time of 14.90. Congratulations Harry!

OzTag Trials in Week 10

Years 5/6 Oztag Trials
Boys and Girls
Grass Area Tuesday 24th Sept
3:00 - 4:00pm



Years 3/4 Oztag Trials
Boys and Girls
Thursday 26th Sept
3:00 - 4:00pm

Basketball Training

Years 5/6 Boys Training
Top Court Tuesday 24th Sept
7:45am - 8:15am

Years 5/6 Girls Training
Top Court Wednesday 25th Sept
7:45am - 8:15am

Years 3/4 Boys & Girls Training
Top Court
Thursday 26th Sept
7:45am - 8:15am



Volunteers Required

Can you assist our Learning Centre by covering some lovely new books?

Everything will be provided—we just need an hour or so of your time. Please contact the office on 9407 6600 or via email. Thank you!



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.

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.

Hillsbus Student Travel

Please be advised that Route 2008 in the morning will no longer operate to St Bernadette's. Also we have been informed of a slight time change for the following routes: 2004, 2514, 2517, 2562, 2578 and 3525. For further information please view their website.

Carlile Swimming, Cherrybrook (9980 7822).

Swimming lessons for all ages.

Visit: <https://www.carlile.com.au/cherrybrook/>



Term Dates

Term 3: Mon 22 July—Fri 27 September

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

Congratulations!

A special mention to **Addyson Ream in 3Blue** who participated in the Arndell Interschools winning K-4 reserve champ rider, K-4 reserve champ active rider as well as best presented. Addyson also attended the ACT hack championships and won the 6-9 rider which allows her to compete at the Show Horse Council Australasian Grand Nationals against all of Australia and New Zealand. Addyson has gained a ticket to compete at next year's Southern Cross Hack Championships against the rest of Australia where she has now qualified for all owner rider classes with 3 of her ponies. Well done Addyson!



P&F News:



SAVE THE DATE: Fri 8 November 3pm onwards

All sponsorship enquiries: Belisa Papandrea on Belisa.papandrea@gmail.com or 0408 344 250.

Uniform Shop—Summer Uniform

As previously advised students are now permitted to wear their summer uniform (but not a mixture of winter/summer). In Term 4 all students will commence the term by wearing summer uniform.

Our uniform shop is open on Tuesdays between 8 and 10am—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 or school email: bernadettech@parra.catholic.edu.au. Orders will then be processed and sent home via your child on Tuesday.