



St Bernadette's School

Friday 18 September 2020 — Term 3 Week 9 No. 29

Dear Parents,
Here is an article from BeyondBlue about building children's resilience. <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

Resilience ... it's a familiar word, isn't it? But what does it really mean?

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood. Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. Stress is a risk factor for mental health conditions such as anxiety and depression, if the level of stress is severe or ongoing.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. We've got some simple things that you can do in your own home.

How can I build resilience in my child?
Our [latest research](#) found that there are five areas that offer the best chance for building resilience in children. Visit the website above to read about useful tips for families.

Mrs Bianca Cooke
Principal

R.E. NEWS



This Term Years 3 and 4 have been planning and teaching a Learning Cycle from the Draft New RE



Curriculum. Our Learning Cycle was called 'How is God Present in My Life? The Learning Cycle was based on the wonderings from Stage Students that were interviewed in the Parramatta Diocese over a period of several years.

While the Curriculum uses an Inquiry Strategy the essential content for the learning cycles is based on Scripture and the teachings of the Catholic Church. Although the Learning Cycle has proposed Inquiry questions for the students, they are designed with children learning the essential content based on Scripture and the teachings of the church and the Catholic Faith.

As the children gain knowledge of the Scripture and Catholic practices they are involved in an action or practice that shows their understanding of the theory. The actions planned in the Learning Cycle are to show the love of neighbour, the Beatitudes and Pope Francis' *Gaudete et*

Exsultate (Rejoice and Be Glad): On the Call to Holiness in Today's World. In this Exhortation and his Papacy more generally, Pope Francis offers a vision of a future church, one firmly grounded in the teachings of Jesus Christ and Vatican Two.

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Week 10 Dates

Waste Free Recess & Lunch Everyday

Mon 21 September
8.30am Morning Assembly
3-4.30pm Motive8sports

Tues 22 September
8-10 am Uniform Shop—emailed orders only

Wed 23 September
No Choir
Student Banking

Thu 24 September
Last day for students

Fri 25 Sept
Staff Development Day & Pupil Free Day

Mon 12 October
Staff & Students return for Term 4

ENROLLING NOW FOR KINDERGARTEN 2021

School Tours Please call 02 9407 6600

RE News ...continued from Page 1

The planning of the new curriculum involved RE teachers across the Diocese, Parish Priests, Teacher Educators from Catholic Education and Theologian Anthony Maher. At the moment it is in draft form. The final version of the curriculum will only be implemented once the review and consultation process is complete. If changes need to be made, we will ensure this happens.

The draft RE Curriculum at St. Bernadette's has first been trialed with Stage 2, this Term. Stage 3 will Trial a learning Cycle in Term 4 and Stage 1 and Early Stage 1 next year. Before teaching the Learning Cycle each Stage has had a number of planning Days with myself and the Teacher Educator from the Catholic Education Office.

I know that issues about the new curriculum that have been raised in the media have caused concern but it is important to remember that the content is based on Scripture and the Catholic Faith. The children contemplate the content and then act in their school, home and community so they are living out the values Jesus teaches us in the Scriptures in their actions.

ICAS Results

For students who participated in the ICAS Assessments, your results are now available online. The details required for log in are being sent home today with the students. Please note, we will be printing and distributing certificates at school in the coming weeks. Congratulations to all who participated.

Mrs Charmain Floody
Assistant Principal

Update: Draft New Curriculum for Religious Education

Thank you for your interest in learning more about our new approach to Religious Education. As every parent would expect, this will be age appropriate for children and young people. Catholic Education Diocese of Parramatta is looking forward to sharing an updated version of our Draft New Curriculum with parents and carers in early October. Further details are available on the school website.

Term 3:

Mon 20 July to Thurs 24 September
Fri 25 September—Staff Dev & Pupil Free Day

Term 4:

Mon 12 October to Wed 16 December (last day for students)

Workshop—Puberty, Sexuality & Relationships Webinar

Registrations are now open for the upcoming Family Planning NSW for an interactive workshop on Puberty, Sexuality and Relationships Webinar for Parents and Carers of People with Intellectual Disability and Autism.

Please note that this a webinar for parents and carers and Family planning NSW have indicated that they are unable to accept registrations from professionals for this event. If you could please share the following (and attached) information with families in your schools:

There are currently two sessions available with details are as follows:

Thursday October 29th

Evening session - 5:00pm - 7:30pm
Zoom link provided on registration

Tuesday November 17th

Morning session - 10:00am - 12:30pm
Zoom link provided on registration

Both webinars are **FREE** - funded by the Hunter New England Local Health District.

To register click [HERE](#)

**ENROLLING NOW FOR
KINDERGARTEN 2021
(Limited Places)
& Years 1 to 6**

**SCHOOL TOURS NOW
AVAILABLE**

**Please contact the school
office on 9407 6600.**



COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

Stay Safe



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands

THE ADVENTURES OF CHICKY, BOBBIE & CHICKILLE O'NEAL



By Sara Campo 6G

CONGRATULATIONS!

As term 3 draws to a close TSA wishes to congratulate the amazing student musicians who have been 'keeping the music alive' at school during these crazy times.

Whilst we have not had the chance to showcase your wonderful talents on the stage, we want you all to know that you have blown us away with your resilience and creativity. *You should be very proud!*

A massive thankyou must also go to your teachers, parents and the whole school community who have helped support you through these times.

We look forward to seeing you all next term!



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