



St Bernadette's School

Friday 12 March 2021 — Term 1 Week 7

No. 7

Dear Parents,
Technology is everywhere now, in our homes, in our pockets, and perhaps worryingly for many parents, in our children's hands. Every family is different though here are some suggestions that can help you build some rules of your own and bring some order to the way your children use digital devices at home.

1. Specify hours for digital use

Set the ground rules for when your children can use technology and when they need to shut them off for the night. It's just a smart way to build a habit for the whole family so it becomes ingrained and just the way things are done in your home. Keep in mind that this age group faces tremendous peer pressure to be online 24/7, and even though they'd never admit it, it might be helpful for them to have an acceptable 'way out' from their demanding digital life.

2. Talk about respectful relationships and safety

You can't let your young person loose in the digital world without having several regular conversations about how to stay safe online and how to show respectful behaviour. Negative digital exposure can have massive ramifications on the growth and development of young people, especially when it comes to the quality of their relationships and well-being.

3. Be prepared to learn

Be ready to learn about social media, and the different apps and games that young people may be playing.

4. Keep digital devices out of the bedroom

Many young people are in a constant sleep deficit as it is without bringing digital devices into the mix. They may say they want to charge it in their room. Keep the charger in a public place. They may even want to use their mobile or tablet to wake up in the morning. Applaud them on wanting to wake up on their own, but get them a regular alarm clock instead.

Continued page 2.....

R.E. NEWS



During the Season of Lent the three practices of Lent are; Prayer, Fasting and Almsgiving. Almsgiving: is a sign of our care for those in need and an expression of our gratitude for all that God has given to us.

St Bernadette's is always so generous in their support of Caritas Australia and our Project Compassion appeal. Caritas Australia is the international aid and development organisation of the Catholic Church in Australia and is part of one of the largest aid and development networks in the world.



Next week the Mini Vinnie's students will be talking to the classes to remind them about donating to Project Compassion and its theme 'Be More'. We are hoping to raise more money to support the following Project Compassion indicative's; \$5 will buy a

chicken that provides eggs for school children in the Solomon Islands, \$10 can supply COVID prevention kits for families in a refugee camp, \$20 will buy COVID Prevention Kits for primary schools in Tanzania and \$160 will provide families with materials for their own indoor toilet in Indonesia.

Thank you to the many students and parents who have already donated. Let us also remember to 'Be More' and help our neighbours in need.

Mrs Shane Robinson— RE Coordinator

Week 8 Dates

Waste Free Recess & Lunch

Mon 15 March
Dance Fever
8.30am Class Lines
3-4.30pm Motiv8sports

Tue 16 March
7.30 Sibling Photos
School Photo Day
8-10am Uniform Shop
(Email/Parent Portal order forms)

Wed 17 March
3-4pm Futsal

Fri 19 March
Band Lessons
8.30am Harmony Day
Liturgy
Maths Books Coming Home
3-4.30pm Garden Club

NAPLAN 2021
11 May Online testing opens
21 May test must be completed



ST BERNADETTE'S
PRIMARY CASTLE HILL

Enrolling now

for 2022

357 Old Northern Rd, Castle Hill
9407 6600 Register at
www.stbernadetteschill.catholic.edu.au

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>

Continued from page 1...

5. Have a 'digital detox' one day a week

The only way that this idea will work is if you join them in making one day a week a digital device-free day. They will probably not like it, and neither will you, but the point of having one day off is to prove that they can live without their digital device, and involve them in different forms of communication and entertainment.

Digital technology is now an integral part of our lives, but it's not the only option we have for entertainment, information and or communication. Before we help our young people, it's best to look at our own digital habits to make sure we are providing them with what they need – that is, leading by example and being balanced role models who know when to use and when not to use their devices. They are far more likely to walk our walk than follow our talk.

Taken from <https://www.parentingideas.com.au/>

Mrs Bianca Cooke—Principal

School Photo Day

Tuesday 16th March

A reminder that photo day is next Tuesday. All students are to wear their full summer uniform. Parents can go online to order photos with the shootkey given on the note sent home last week. Sibling photos will take place from 7.30am, at recess and lunchtime.



Compass Parent Portal

All parents have recently received an email invitation to install the COMPASS App on their phone. If you did not receive the email, please contact the office for assistance. The COMPASS Parent App is designed to enable ease of communication between school and families with the use of push notifications rather than emails. The COMPASS Parent App also allows parents the ability to update family details such as home address and contact phone numbers plus allow you to indicate child absentee reasons without writing a formal explanation letter. The App is simple to use and will eventually become the school's main method of communication with families. We already have over 180 parents signed up, which is amazing and encourage all remaining families to do so as quickly as possible.

Any questions or concerns, please contact the school office.

KINDERGARTEN 2022 ENROLMENT

All completed enrolment forms can now be submitted with all necessary paperwork by **Friday 2nd April 2021**. It is very important for our 2022 planning that we know how many siblings to expect. Your assistant in notifying the school is much appreciated.



Covid-19 Restrictions Update

COVID-19 restrictions for schools has eased. Parents are welcome to attend on school events that are held outdoors- eg, assemblies, liturgies. Parents are also welcome to come onto site in the mornings for drop off.

Harmony Day

Harmony Day occurs on the 21st March each year and coincides with the United Nations' International Day for the elimination of Racial Discrimination. It is for us a cultural day of respect for everyone who calls Australia home. We will be celebrating Harmony Day on **Friday 19th March**, beginning our day with a Liturgy of the Word on Top Court at 8:30am, which parents are welcome to attend.



Orange is the colour chosen to represent Harmony Day.

Our St Bernadette's school community is invited to wear either cultural dress or an orange t-shirt or orange accessory, eg, ribbons, socks, shorts, joggers, hat to school on the day to show our support of the inclusivity of our school community, in recognising all people who live in Australia.

The Harmony Day activities are designed to provide an exciting starting place for discussions about commonalities and differences, and about how national identities are shaped. Many aspects of our activities relating to Harmony Day on **Friday 19th March**, will

be discussed and written about to further enhance the meaning of respect and inclusivity of all nationalities, especially at our school, St. Bernadette's.

New Readers

Great News! We have just purchased additional guided reading sets. If you are able to assist with covering books, please come and collect some sets from the office.



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

Congratulations to the following students receiving Social Skills Awards

| | | |
|-----------|--------------------------|----------------------|
| KB | Hugo Saliba | Allegra Sciberras |
| KG | Gabriel Leon Da La Barra | Bernadette Bardaxis |
| KW | Rachel Bardaxis | Violet Homs |
| 1B | Samuel Coleman | Nicola Watson |
| 1G | Eva Bradshaw | Harvey Greer |
| 1W | Sophia Dormido | Jack Ranieri |
| 2B | Nayonika Sharma | Samantha Leong |
| 2G | Elliott Lavis | Alyssa Dan Phoung Le |
| 2W | Katie Coghlan | Abigail Barone |
| 3B | Jamie Haj | Eleanor Lee |
| 3G | Lily Alam | Isaiah Mathews |
| 3W | Samuel Wakim | Grace Abdo |
| 4B | Alexis Mortel | Evelyn Salter |
| 4W | Julia Foong | Harper Moynahan |
| 5B | Tiana Symin | Ashton Baker |
| 5G | Thomas Masina | Xavier Schellack |
| 5W | Natalie Alam | Peter Georges |
| 6B | Poppy Dibble | Alexander Barone |
| 6G | Michael Lalli | Paloma Lopez |
| 6W | Lachlan Waters-Marsh | Audrey Sullivan |

**What a Busy Week in Sport We've Had!
Cross Country**

Last Friday, the Primary Cross Country was held at Crestwood Reserve. We were lucky with the weather and the children appeared to have a great time. Thank you again to our many wonderful parent volunteers. It would be impossible to run the carnival without you. Your assistance is greatly appreciated. Well done to everyone who ran or walked and finished the distance. You should be very proud of yourselves. Congratulations to our Age Champions and Runners Up. Good luck to the students who will be attending the Diocesan Carnival at Eastern Creek on the 4th May.



AFL Gala Day

On Tuesday, a group of Year 5 and Year 6 students attended the AFL Gala Day with Mrs Lean-Fore. The two teams did incredibly well with one team making it to the semi finals. It was a hot day and the kids had a few tough matches. The maturity and sportsmanship displayed by all of the students was outstanding. Thank you to Ms Nicholson, Mr Kirkham and Mrs Boxshall who assisted with managing the teams on the day. Thank you also to Mr & Mrs Lean-Fore who coached and trained the teams leading up to the day.



Diocesan Swimming Carnival

Also on Tuesday, I attended the Diocesan Swimming Carnival with 8 of our talented students. They all swam amazingly with our Girls Relay team (Rachel Sahabu, Savannah Jaucian, Paloma Lopez & Charlotte McLarnen), Sebastian Viloría, Rachel Sahabu, Savannah Jaucian, Sophie Viloría & James Sahabu qualifying to compete at the NSW CPS MacKillop Swimming Championships to be held on Monday 22nd March. Congratulations! What an achievement.



Parramatta TEAM Sports Trials

Congratulations to Ava Rendulic who has been selected to trial for the Diocesan team for Netball and has progressed to trial for the MacKillop team for Basketball. We wish her every success.

Mrs Ilana Blazevic—Sports Coordinator



This week in our wellbeing lessons we explored the different types of intelligences. In the upper grades we look at Howard Gardiner's Multiple Intelligences.

Gardiner suggested that there are a variety of ways people can show intelligence. We often use the term 'smart', so we talked about being word smart, math smart or music smart etc. The students decided that everyone has one or more kinds of 'smart' and that no 'smart' was better than the rest. Knowing what you are good at or smart at, can help you form a better understanding of your identity. I have included the links of the resources we used in class this week.

[All the Ways to be smart by Davina Bell](#)

[Multiple Intelligences - Howard Gardiner](#)

Have a look at our video about Five Finger Breathing, you can see it on Facebook or our YouTube channel.

Garden Club - OPEN GARDEN

The staff and students of the garden club invite their parents to join us for a 'hands on' family gardening session on **Friday March 19, 3pm-4:30pm**. We will be weeding, fertilising and mulching the garden beds ready for planting and hope you can join us to get a sneak peak at what we have planned for the year ahead.

Students will need to be collected from school as usual and should only attend the open garden if supervised by a parent or other responsible adult. We ask all visitors to meet at Tuckshop Terrace at 3pm where you can sign in and we will show you where to go.

If you can, please bring along gloves and any small garden tools (secateurs, spade, etc) as well as a hat and suncream. Numbers are limited (due to COVID) so please RSVP using the online link below or by contacting the school office:
<https://forms.gle/PfGrFTcKoygdvN7s9>

Term 1:

Fri 29 Jan to Thurs 1 April

Term 2:

Mon 19 April to Fri 25 June

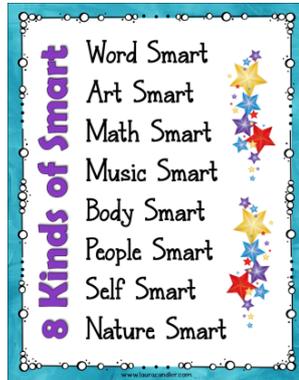
Term 3:

Mon 12 July to Fri 17 September

Term 4:

Tues 5 October to Fri 17 December* (*Student's last day is Wed 15th December)

Thu 16 & Fri 17 December—Staff development days



P & F News:

Summer Uniform

The link to our order form is below.

[2020 2021 Summer Uniform Order Form](#)

UNIFORM SHOP- last week your child brought home a flyer from the Uniform Shop advertising our preferred new sales method for uniforms. The flyer outlines **QUICKCLIQ** as the way to order and pay for uniform items. QUICKCLIQ is currently in use by many families for canteen orders and the uniform shop works in the same way. Once you have created your QUICKCLIQ account, you will have access to the Uniform Shop as well as the School Canteen in one handy app. www.quickcliq.com.au The order form on the school website will continue to be accepted for now during this transition phase.

We will also organise fitting times for those new families that require a uniform fitting for the winter uniform. Details to follow..

Winter Uniform changeover- All students are expected to be in winter uniform from Monday 10th May. Please do not leave your ordering of winter items to the last minute as stock levels vary.

Second Hand items- if your child has outgrown school uniform items that are still in good condition, especially winter uniforms, we would love to have your donations! Please leave donated items in the school office. Thank you in advance.

Other Items:

Gilroy Catholic College is now taking enrolments for Year 7 2022. Please contact the College Office on 8853 8200 if you have any enrolment enquiries.

Children's Westmead Hospital

On Tuesday 9th March, The Children's Hospital at Westmead Emergency Department moved to the Westmead Health Precinct's newest building on Hawkesbury Road. See the attached poster.

Child Protection—NEW

CEDP has launched a new Building Child Safe Communities form and online training module that **ALL** volunteers are required to complete.



ALL parents/volunteers must have completed this new online training in order to be able to help in classrooms/ around the school, carnivals, gala days and on excursions (including grandparents that help with reading).

The new link is:

https://cedp.aul.qualtrics.com/jfe/form/SV_eg4ATdmnllyyfNH

Thank you for your support.