



St Bernadette's School

Friday 6 August 2021 — Term 3 Week 4

No. 24

Dear Parents,

What a huge week it has been for the St Bernadette's community, yet we are coming through it stronger than ever. A very special thank you to all staff members for the way they have supported your children with their online learning at this time as well as to those staff who have had to be on site to supervise students unable to stay home. It is always a tricky situation, and a confirmed COVID case in the community didn't help, though everyone is happy and healthy. Having a COVID test isn't much fun though it was what was needed to be done and we just got on and did it.

You may have noticed that we have been trying to increase our Facebook posts to showcase many examples of what has been happening in our community with at home learning. We have so much to choose from!

Fr Fernando sends his best wishes to you all and hopes to see you in the not-too-distant future. He continues to keep us all in his prayers.

Bianca Cooke—Principal

At this time

Dear Lord,

*At this time of pandemic,
Let us foster respect and solidarity with others, especially those who are weak or poor.*

Let us remain calm and ignore unsubstantiated rumours.

Let us take advantage of living together as a family.

*Let us attend to moments of prayer.
Let us cultivate responsibility, patience and hope.*

Amen.

Rodolfo Valenzuela Núñez, Bishop of La Verapaz, Guatemala

R.E. NEWS



Sunday August 8 marks the 102nd anniversary of the death of Mary MacKillop and the first Feast Day of Australia's first Saint. She was Canonised by Pope Benedict XVI on 17 October 2010.

Although her death occurred more than a century ago, she continues to inspire men, women and children whether Catholic or non-Catholic.

Her Feast Day, which was declared a Solemnity by the Vatican at the request of the Australian Catholic Bishops Conference earlier this year, is also a time to contemplate her remarkable life, her sense of social justice and her enormous contribution to education and as a champion of the poor, vulnerable and marginalised.

But while most Australians know Mary MacKillop's name, many are unaware of exactly what this compassionate, devout and determined young woman achieved in her lifetime or why she remains such an inspiration, not only to Australians but to men and women worldwide.

Mary MacKillop was devoted to the service of the poor. Her love for poor children knew no bounds. She established a Catholic school system for children who were isolated and in poor circumstances. She had a practical love for those who were poor and destitute. She set up orphanages, refuges for the sick and elderly, and visited those who were in prison. She welcomed those experiencing difficult situations and provided opportunities for those who were most vulnerable in society.

*Pause for Reflection: In what way is God calling me to bring good news to those who are poor?
Prayer: God of love your heart reaches out to those who are poor in our world. Open our eyes and ears to hear the cries of your people bound down by the injustices of this world. May we like Mary MacKillop respond in word and action to the struggling people of our world. St Mary of the Cross, serving the neglected ones, pray for us.*

Action: Next week reach out to someone in your neighbourhood who is in need.



Week 5 Dates

**Mon 19 July to
Fri 27th August
Remote Learning**

Term 3 dates:
Tue 13 July to Thu 16
September

Fri 17 September—
**Staff Development
Day**

Term 4 dates:
Tue 5 October to
Wed 15 December

Thu 16 & Fri 17
December—**Staff
Development Days**



**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>

KINDERGARTEN &

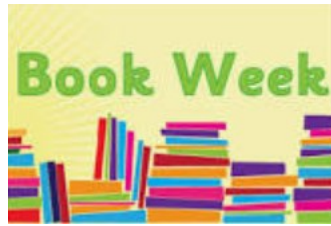
Years 1 to 6 2022

Have you enrolled your child for Kindergarten 2022? If not, limited places remain for next year's Kindergarten intake. Interviews are now taking place with Mrs Cooke, school principal (and for Yrs 1 to 6 2022). If you have not yet submitted your enrolment form and accompanying documents could you please contact the school office as soon as possible.



Book Week

On Monday 9th August St Bernadette's will be celebrating the **CBCA Book Week 2021 theme: OLD WORLDS, NEW WORLDS, OTHER WORLDS**, this interactive and educational musical adventure is a fun filled and energetic celebration of CBCA Book Week 2021, and brings together all the elements of great storytelling - a hero, a mystery, a quest, and an exploration!



This performance would normally have been live at school but due to the current restrictions we have organised it to be streamed live to all children.

There will be two performances on Monday 9th:
9:00am for Kindergarten to Year 3
11.05am for Years 4-6

Please follow the link below and enter the following access code - **flzg3St**
(code will not work until Monday 9 August)

[Book Week 9th August LIVESTREAM](#)

Take care
Sally Coppini

COMPASS PARENT PORTAL

Have you downloaded it yet? So many benefits ... ease of communication, push notifications, update family details, quick & easy absentee notification, school calendar and more! Contact the office for further details.

Family Art Project

Wesley Mission is excited to bring to you the Family Art Project. If you and your family are struggling with what to do this lockdown, this might just be for you. If you would like to participate, please contact megan.turner@wesleymission.org.au



Who is it for? Families with children living in the Blacktown and The Hills LGA's.

How does it work? Once you have emailed Megan stating that you would like to participate, she will contact you to ask how many people in your family and your address. An art box will be sent to your door via Australia Post. The box will contain all the art materials you will need.

Then what? Each week for four weeks you will be sent a recorded Zoom video and a password. Each video will explain the activity for the week. Because it is recorded you will be able to watch it at any time. You may be inspired with your own ideas too and Megan would love to hear about these.

Do I have to pay a fee or for the art materials? No, there is no cost to participate and Wesley Mission will provide all the art materials.

Do I have to be good at art? No, it is designed to be simple and fun for the whole family. There is no right or wrong way to make art.

Can we use the materials at any time, between each weekly activity? There will be extra papers and materials for family members to use between weekly zoom recordings. The materials for each week will be clearly marked so just keep these aside and enjoy using the other art materials.

Will anyone see our family art? You will not be sharing your family art with any other participants. Megan invites you to share with her any art making. Some families like to share a photo of their family art each week via email or text message (photos of family members are not necessary, just the art). Feedback at the end of the four weeks would really help plan for any further zoom recorded art projects. Your own ideas would be very welcomed.

Do I have to return the art materials? No, there is no need to return the art materials. We hope that the materials inspire you to continue making art together as a family.

COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

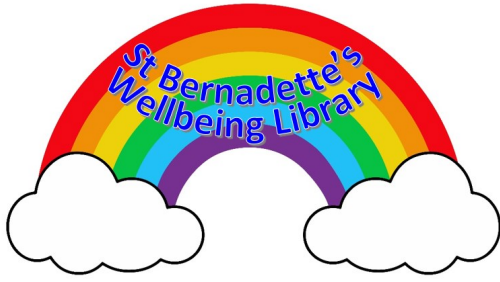
Stay Safe



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



Wellbeing Library

Dear Mums and Dads, Grandparents and Guardians,

This week in wellbeing we have focused on feelings. At the moment in our current lockdown children are feeling lots of emotions that they may never have felt before. They are very perceptive and can often sense that things are not as they should be in the world.

Our lessons this week encouraged them to talk about how they feel and know that all kinds of emotions are ok. We explained that it is best to talk to the people closest to them when feelings become too 'big'.



Some grades have implemented a "Daily Check-in" which enables the children to express how they feel at the beginning of the day. We encourage you as a family to create opportunities to

share how each family member is feeling, maybe first thing in the morning or around the dinner table at night.

This week I have included the meditation that the students did this week. A challenge for the family is to do a meditation together sometime in the next few days. Your children are the experts and can lead you through it. Take a photo and send it via email to the school.

Take care
Sally Coppini

Kinder to Year 2 Resources

[Meditation for the Kinder to Year 2 Families](#)

[Small Talk - Feelings](#)

[The Boy with the Big Feelings](#)

Year 3 to 6 Resources

[Meditation for the Year 3 to 6 Families](#)

[RocketKids Know your emotions](#)

[A Little Spot of Optimism](#)

NSW Health—Supporting Families

Keeping active and healthy is important for our physical and mental wellbeing, particularly at this time when we are required to stay at home.

To support the health and wellbeing of staff and families, we have developed "Healthy@Home" social media tiles and messages. We hope you can share the information with your families via your school communication channels such as your app, Facebook page and/or newsletter.

Please forward this information to the relevant staff at your school who manage this.

The Healthy@Home tiles provide families with practical tips and resources for:

- being active
- eating well
- staying connected and
- supporting mental wellbeing.

Examples in Toolkit:

For Kids **Healthy@Home**

Fun ideas for screen-free time

Drawing or craft Indoor games Playing with pets Cooking together

NSW GOVERNMENT HEALTHY EATING ACTIVE LIVING

Healthy@Home

Healthy snack ideas for school days

NSW GOVERNMENT HEALTHY EATING ACTIVE LIVING