



St Bernadette's School

Friday 3 September 2021 — Term 3 Week 8 No. 28

Dear Parents,

This weekend we celebrate Father's Day. We all know that COVID makes celebrating this special day a little more challenging though I hope that all fathers, grandfathers and uncles are able to be recognised in some way for the wonderful work that they do each and every day.

Fathers can bring unique strengths to their relationships with children and all in the family can benefit from a variety of caring styles. For example, some dads have a more rough and tumble approach to interaction in which they challenge their children to explore their own strength and their ability to do new things. Their play introduces healthy competition and demands respect for limits and boundaries.

There is an agreement amongst psychologists that children with secure attachments to their father, or a positive male role model, have an increased chance to be happy, successful and well-adjusted as children, adolescents and during their progress into adulthood.

Dads help curb violence in boys by teaching and modelling to them socially acceptable ways to express their masculinity. Dads who have a warm involvement with their children in their early years, help raise children who become empathetic and compassionate adults. Girls with involved fathers or positive male role models, are happier, more confident and willing to try new things.

Bianca Cooke - Principal

*"And like our Heavenly Father,
He's a guardian and a guide.
Someone we can count on
to be always on our side."
Helen Steiner Rice.*

**Happy Father's Day!
Happy Grandfather's Day!**

R.E. NEWS



On Fathers' Day, we remember and honour dads, grandfathers, uncles, and all the men, living and deceased, who tirelessly and selflessly gave of themselves for their families with unconditional love. It is a good time to also recall the exemplary role-model and patron saint of fathers – Saint Joseph – foster father of Jesus, husband of Our Lady and patron of the Universal Church. Saint Joseph experienced the same difficulties in life we all do, yet he lived an exemplary life and established an ideal that is well-worth emulating for all fathers who have come after him. Saint Joseph was a man of compassion and caring. He was a man possessed of unwavering faith in God. He was a man who loved and protected his family. As Saint Matthew describes him in his Gospel, Joseph was a "righteous man" (Matthew 1:19).

For Joseph, doing God's will was paramount; God always came first. Each time God told him to do something, Joseph's response was immediate and he would carry out the task at hand the way God wanted it done – after the angel's message came to him in a dream, he took Mary into his home as his wife; upon receiving the angel's warning, Joseph immediately got up and took his little family and fled to Egypt in the middle of the night to escape Herod's jealous wrath, then, later, returned them home to Nazareth.

Joseph kept the Sabbath and went to the Temple in Jerusalem for the Passover. He faithfully and tenderly loved, protected and provided for the Child Jesus and Mary. Saint Joseph by his very example, demonstrates that it is possible to follow his example to be a righteous man by listening to, trusting in and obeying God's word.

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Week 9 Dates

Term 3 dates:

Tue 13 July to Thu 16 September—Remote Learning

Thurs 9 September
R U OK? Day

Fri 17 September—
Staff Development Day & Pupil Free Day

Term 4 dates:

Tue 5 October to
Wed 15 December

Proposed return dates:

Week 4- 25th October-
Kindergarten & Year 1

Week 5- 1st November-
Year 2 & Year 6

Week 6- 8th November-
Year 3, Year 4, Year 5

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
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Email: Bernadettech@parra.catholic.edu.au **Website:** <http://www.stbernadetteschill.catholic.edu.au>

School Calendar: <http://www.stbernadetteschill.catholic.edu.au/en/Community/Events>

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Just how important are fathers? A father is a source of strength and support. He strives to provide for and raise his children to know right from wrong, to develop sound moral values. A dad puts the needs of his family before his own. A dad teaches his children the value of hard work, courage, honesty and good judgment. A dad creates memories with his children that will last them a lifetime...by teaching them to ride a two-wheel bicycle or how to throw a curveball or simply just by quiet-time together, allowing his children to revel in the security of a protective, paternal love. A dad encourages his children to live lives of holiness and quiet strength. Most of all, through his own life of faith, a father teaches his children by example to cultivate a personal relationship with our God through prayer, to live their lives according to God's word. Whether he realizes it or not, it is through such dedication and commitment to his family, that a dad emulates Saint Joseph. What greater lessons could a man's life teach? So, yes, fathers are very important!

On Sunday, as we honour and thank our dads for all they have done for us and for how much they mean to us.

Also below please see the 'certificate of appreciation' for our Project Compassion donation to Caritas.



Mrs Shane Robinson—REC

Staff Development Day—Fri 17th September (Week 10) & Pupil Free Day

Just a reminder that **Friday 17th September** is a school scheduled Staff Development Day and all staff will be working remotely on that day. This staff development day has been advertised to parents since earlier this year.

If you require supervision for your child on this day, please contact COSHC to make a day booking.

The staff will be engaged in professional learning plus grade planning for Term 4.

There will not be any classwork assigned for students that day. Students last day for Term 3 is **THURSDAY 16th September**.

Wellbeing Library

Dear Parents,
Grandparents and
Guardians,



This week we touch again on mindfulness. We know from research that children of all ages can benefit from mindfulness. Simply explained mindfulness is bringing a gentle, accepting attitude to the present moment. It doesn't mean that you must stop and close your eyes but rather it is taking notice of the things around us, it gives our minds a rest from the many things going on in our lives. We can use the 5 senses to bring ourselves to the 'now' rather than the past or the future. Mindfulness has been proven to reduce anxiety and promote happiness and gratitude.

I challenge you to try this simple mindfulness practice we use in class. As you read the steps follow along slowly and gently.

- ♦ Find 5 things you can see around you, acknowledge in your mind what they are, say its name slowly and silently in your mind, one at a time.
- ♦ Find 4 things you can touch, not with your fingers, it might be your glasses on your nose, the collar of your shirt, your shoes on your feet. Feel them one at a time. Slowly and gently in your mind recognise the sensation.
- ♦ Next, find 3 things you can hear. Listen, they might be close or in the distance. Don't make a judgement about it, just hear it slowly and gently.
- ♦ Now, find 2 things that you might be able to smell.
- ♦ Finally, acknowledge 1 emotion you are feeling right now.

It is a very simple form of mindfulness but with practice we can learn to be mindful while we cook, clean, eat and even drive. Here is a lovely video of children explaining mindfulness.



Mindfulness

Take care and have a wonderful weekend.

Sally Coppini

Return to School Term 4

At this stage, the NSW Government has created a staggered return to school plan for students. It is strongly encouraged that children continue to remain learning at home until their scheduled date. Of course, all plans are susceptible to change, and we will continue to be directed by the NSW Government, NSW Health, NSW Department of Education and CEDP.

For now, the dates for return to face-to-face learning at school are:

Term 4 Week 4- 25th October- Kindergarten & Year 1

Term 4 Week 5- 1st November- Year 2 & Year 6

Term 4 Week 6- 8th November- Year 3, Year 4, Year 5.

Term 4 details such as drop off/pick up arrangements, excursions, incursions, Masses, Graduation, assemblies, parents on site etc, will be confirmed once we are given more information in the coming weeks. Thank you for your ongoing patience and support.

LAST FEW REMAINING PLACES 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.



September Stem Photo a Day

September is a new season and a new month! Spring is here and Maths and Science are in the air and everywhere!

This week we launched a STEM challenge called "A Photo a Day". Join us in taking a photo a day (or drawing a day) using our daily prompts. How creative can you be?

What do you need to do?

1. Open the calendar
2. Find the prompt for today
3. Take a photo or draw a picture to match that idea (it MUST be your own work).
4. Open the padlet link. Use the daily prompt as your title, upload your photo along with your name. you may also want to describe why you chose that particular picture. (Check with Mum and Dad first).
5. Each week photos will be chosen to be shared with the community.

Padlet link: <https://padlet.com/korsini/x17b8fjurbnsjqkv>

Calendar image link: https://docs.google.com/document/d/1tcTczv3pUNJQgsjKojBq8EB5_ov2KA2aUq58ictOD2o/edit

R.I.P. †† Our prayerful sympathy is extended to the Homsy family (Violet in KW), following the recent passing of her grandmother. May she rest in peace.



COVID-19

Community Resources
for Western Sydney



"Stay at home"
Health and
wellbeing tips

What is the purpose of the Healthy@Home toolkit?

This Healthy@Home toolkit includes image tiles and information with practical tips for:

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

Doing the same walk with the kids each day during 'stay at home' period?

Mix it up and play games like "Spotto", where you try and find something yellow on your walk or "I Spy", where you take turns to find something with the first letter given as a clue such as F (fence).

Or change the directions or the time of day that you walk for something different.

1 of the 5 reasons you can leave your home is to exercise. Here are some local walking and cycle paths for your family to include in your daily exercise:

<https://tinyurl.com/west-walking>

Remember to keep COVID safe when you're out and about:

- Wear a mask at all times
- Keep a distance of 1.5 metres from others
- Follow the restrictions advice for your area

<https://www.nsw.gov.au/covid-19/rules/greater-sydney#greater-sydney-restrictions>

Thank you to our Cookbook Sponsors

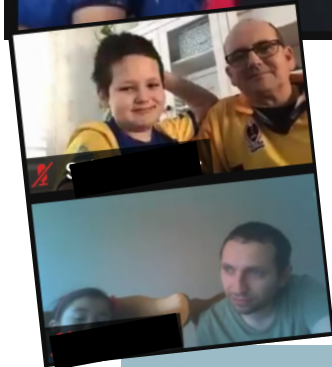
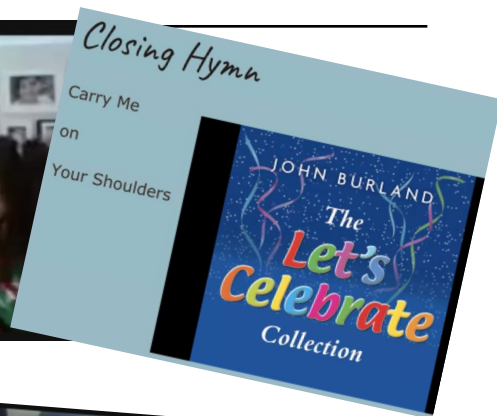
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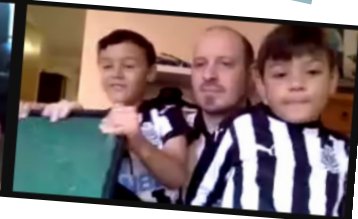
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PHOENIX
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**On Friday 3 September
we celebrated
Father's Day
with a whole school liturgy
celebration.
Over 280 families joined us!**



Happy Fathers Day to our dads & grandads

Year 5 video

