



# St Bernadette's School

Friday 10th September 2021 — Term 3 Week 9 No. 29

Dear Parents,

Do you have a child who craves attention? Does their attention-seeking at times deflate and overwhelm you? If so, you are not alone. Attention-seeking is perhaps the most common misbehaviour in families. It's good to give kids your undivided attention but there are limits to how much attention you can give. Unfortunately, attention-seeking becomes a pattern of behaviour that's hard to break.

Kids will usually belong to their families in two ways. They are either contributing members, or are known for their poor behaviour. For kids known for poor behaviour, their usual way of operating shows a mindset of "If I'm not appreciated, at least they'll know I'm around". Attention or appreciation? There's no contest. Appreciation is the genuine deal when it comes to helping kids feel good about themselves.

Appreciation is highly motivating. Even adolescents will generally respond to a parent's appreciative comments, although their faces won't always show it. Parent appreciation helps kids feel secure, preventing them from resorting to negative attention-seeking behaviour to feel part of the group.

Approval says I like what you do. Appreciation means much more. It shows how behaviour impacts on another person on an emotional level, which has a stronger impact. There are four rules to be mindful of, when you show appreciation:

**It must have meaning-** be real and related to a specific behaviour for it to be effective.

**It should let the child know the emotional impact of their behaviour-** either with words ("It makes me feel happy") or through non-verbals (a smile, a hug or high-five) your child should see that their behaviour has had a positive impact on you.

**It should be genuine-** you can't fake it.

*Continued overleaf ...*

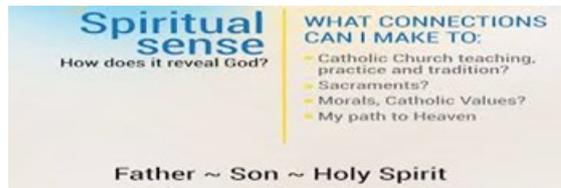
## R.E. NEWS



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.

*Continued on page 2...*

### Week 10 Dates

#### Term 3 dates:

Tue 13 July to Thu 16 September—Remote Learning

#### Fri 17 September—Staff Development Day & Pupil Free Day

#### Term 4:

Tues 5 Oct—Fri 22 Oct Weeks 1 to 3 Remote Learning

#### Proposed Return dates:

**Week 4**—25 October Kindergarten & Yr 1

**Week 5**—1 November Year 2 & Year 6

**Week 6**—8 November Years 3, 4 & 5

**Wed 15 December** Last day for students

**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

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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>

*Continued from page 1*

**It's best if it has small differences-** Showing appreciation is not a one-size fits all behaviour. Appreciation should be shown in a way that matches the situation and suits your child. Consider writing a note to show appreciation for something special. Boys often prefer private encouragement rather than public acknowledgement so consider when and where you shower them with encouragement.

There are plenty of positive side effects to showing appreciation for a behaviour. An appreciative parent comment helps create a healthy, happy family atmosphere. Appreciation can change the mood of the giver and receiver and it's a behaviour that if adopted by children can be experienced by the next generation. That makes parent appreciation a behaviour for the ages.

Dr Michael Grose  
[www.parentingideas.com.au](http://www.parentingideas.com.au)

**Bianca Cooke—Principal**

## RE NEWS *Continued from page 1*

When we look at the Scripture in the literal sense in first century context and we discovered the priest and the Levite - ignore the needy man (probably the fear of ritual impurity prevents them from responding as neighbours to the stricken man). Meanwhile, the Samaritan, an outsider, one that ended up being the hero. In Jesus' time, the Jews and Samaritans despised each other.



In the Spiritual sense we look at what Jesus reveals to us in the passage, which is our neighbour can be anybody we encounter, especially those in need of help. The Samaritan was Christ-like. He is moved with pity and shows mercy.

To apply the message the students are researching a charity that reflects the message of the good Samaritan and will record a video persuading others to support their charity.

Stage 2 will have listened to the Scripture, reflected the literal and spiritual meanings and applied the meaning of the Good Samaritan.

**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**.

**Day 1 Term 4 - Tuesday 5th October.** Remote learning to continue for all grades. Supervision only on site for families of essential workers.

## ICAS

Once again, we have been informed that the ICAS testing window has been modified to accommodate current restrictions in Sydney.

The testing window will now extend through to Friday the 26th of November for all subjects except Writing. An alternative solution for Writing is being explored by the provider and we will convey this information when it reaches us.

At St Bernadette's we will push our test dates for English and Mathematics back to ensure that students will be on site for a period of time before the tests take place. **For this year only, the online tests will be held during school hours.** There will be no need to arrange any early drop-offs to participate in the tests. Specific dates for the tests will be published in the newsletter closer to the time.

Thank you for your support,

**Charmain Floody**

## School Leavers

We are planning for the 2022 school year and to help us with this please advise the office via email if your family will not be continuing at St Bernadette's in 2022. A reminder to 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 the term for the next term and where appropriate notice has been received, a pro-rate credit will be calculated. Where a term's notice has not been given to the principal, the term's school fees will be charged for your child/children.

### COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

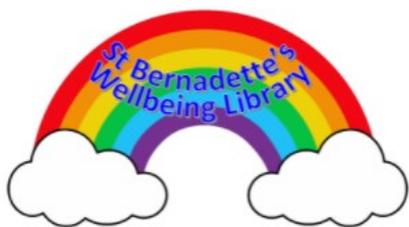
### Stay Safe



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



Dear Parents, Grandparents and Guardians,

Thursday the 9th of September was the national day of action dedicated to reminding everyone that every day is the day to ask "R U OK"? and support those struggling with life's ups and downs.

We often ask people "are you ok"? And most of the time we get "yes" in return. But this year in particular during this extended lockdown very few of us have not been touched by a day or days where we have not felt ourselves. All the experts say that this is normal and have encouraged everyone to reach out and talk to others. It can be very therapeutic to find that others are feeling the same way as ourselves and can often express exactly how we are feeling.

This year the message is: Are you really ok? It adds an extra layer of concern when you ask it this way. It tells the person you really want to know and it can open a door to allow them to let their worries and anxieties flow freely (and sometimes a few tears as well)!

Many of our children haven't developed the language to articulate what is happening to them and often don't understand why they are feeling down. These lockdowns are very new to all of us! Sharing in a very gentle way how you're feeling and some of the reasons why will help them manage their own feelings and emotions. We might be surprised, children often have a very insightful and sensible way to handle life's ups and downs and we can learn from them.

Here is a link to the Video I used to explain the best way to ask someone, "are you ok"?

[R U OK? Video](#)



1. Ask



2. Listen



3. Encourage action



4. Check in

Take care  
**Sally Coppini**

## 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.



### Hills Shire Library -

In response to the current lockdown, The Hills Shire Library Service has moved all events online. As part of this program they are offering free sessions to parents.

#### Healthy Lunch and Snack Ideas for Children

Take part in a live online presentation about how to make healthy lunches and snacks for your family. You will have the opportunity to ask questions and you will also receive links to online resources with healthy lunch tips and ideas.

4 Session dates to choose from:

Mon, 6 September 2021 10:30 AM – 11:00 AM

Tue, 14 September 2021 3:40 PM – 4:10 PM

Fri, 24 September 2021 10:30 AM – 11:00 AM

Thu, 30 September 2021 3:40 PM – 4:10 PM

#### Raising Resilient Children

Building resilience is important for children's mental health. Join Stephanie O'Hare, Clinical Neuropsychologist, as she explains the different stages in child development and how best to support these stages in your child.

Wed, 20 October 2021 7:00 PM – 8:00 PM

All sessions are free however bookings are essential to receive the talk links [www.eventbrite.com.au/o/the-hills-shire-library-service-231647259](http://www.eventbrite.com.au/o/the-hills-shire-library-service-231647259)

### 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.

Thank you to our Cookbook Sponsors

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# COVID-19

## Community Resources for Western Sydney



### Did you know even a small amount of movement each day can help lift your mood?

Simple exercise like walking up and down stairs can help you:

- Build strong muscles and bones
- Maintain a healthy weight
- Improve your quality of life



More ideas to keep active and healthy at home here:

<http://tinyurl.com/active-home>

### Be kind to yourself when working from home.

- Schedule breaks
- Check in on a work buddy
- Ask for help if you need it
- Make sure you end your day – switch off the email!
- Time away to rest and recover is important.

More tips to keep active and healthy while working from home here:

<https://tinyurl.com/tips4WFH>



Come rolling in October to raise funds for wheelchair sport  
[ROLLONOCTOBER.org.au](http://ROLLONOCTOBER.org.au)

We are excited to launch **ROLL ON OCTOBER** today, our biggest community fundraiser in many years!

You can come rolling with us in October with 3 easy steps:

1. Choose how you'll roll – in your chair, on your bike, on your skateboard or however you roll
2. Sign up at [RollOnOctober.org.au](http://RollOnOctober.org.au) as an individual or in a team
3. Start getting Sponsors to raise funds for wheelchair sport

**ROLL ON OCTOBER** is an invitation to everyone in our community, whether living with a disability or not, to roll with us and help raise funds to make sure we can keep providing wheelchair sport for people across NSW and the ACT.

This big community event is:

1. Lockdown proof – go rolling in your own space in your own time
2. Helps you get fit for summer
3. A great way to stay connected to friends and family in a COVID safe way

Watch the **ROLL ON OCTOBER** video here: <https://youtu.be/siQpPwI4eKw>

Will you come rolling with us in October?

Mick Garnett

CEO