



St Bernadette's School

Friday 5th August 2022 — Term 3 Week 3

No. 23

Dear Parents,

This week all staff completed some mandatory online training modules which focussed on many things such as Safeguarding. While completing this work, it reminded me of just how important online safety is for all technology users- child, teenager or adult alike. As adults we know that whatever we post online remains there as a digital footprint, even if we remove a post or photo from our social network streams. We as adults also know how dangerous it is to give away personal information to businesses or sites we may subscribe to online. After all, we hear about scams everyday!

Educating our children in how to use technology safely is the responsibility of ALL of us! Parents and schools need to work in partnership to ensure our children always remain safe and respectful, especially when online.

A site with outstanding resources for parents, schools, and the children themselves is <https://www.esafety.gov.au/> This site is produced by the commonwealth government and has resources that can be downloaded, webinars to join and even cartoon picture ebooks for our younger children to view.

An upcoming online webinar for parents of young people aged 8-13 years is: Learning about TikTok, Instagram, Snapchat and YouTube. It will be held on Tuesday 16th August 7:30-8:30pm or Thursday 25th August 12:30-1:30pm. This link will take you directly to the registration page if you are interested. <https://register.gotowebinar.com/rt/5639946412689525773>

I highly recommend that all families take the time to explore the eSafety website.

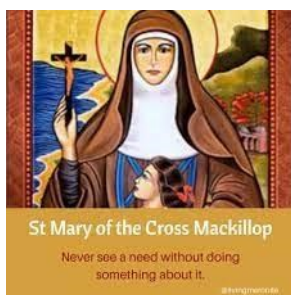
I hope you have a relaxing weekend.

Mrs Bianca Cooke
Principal

R.E. NEWS



On Monday 8th August we celebrate the Feast of St Mary MacKillop, our first Australian saint. It is a perfect time to reflect on her achievements as well as the obstacles she encountered.



St Mary of the Cross MacKillop

Never see a need without doing something about it.

She was the co-founder the Sisters of St Joseph and a tireless advocate of education and schools. At just 24, she established a school for children of the poor and underprivileged and

under her guidance, her Order went on to found schools not only across SA but also in Victoria, NSW and eventually New Zealand.

St Mary and her Sisters were also responsible for setting up orphanages and homes for the destitute as well as establishing refuges for ex-inmates of Australia's grim nineteenth century prisons. She also set up shelters for former prostitutes earning criticism and outrage from many people.

In a conservative time as well as a male dominated Church, St Mary's unwavering commitment to those on the margins of society constantly met with opposition. But with her strength of faith and her vision of a better world for all, St Mary refused to be daunted. With patience, a forgiving heart and trust in God, she managed to overcome whatever obstacles were put her way.

We strive to be like her in our daily lives. On Monday 8th August the school will celebrate the Feast day of St. Mary MacKillop with mass in the church at 9am. Parents are welcome to attend.

Mrs Shane Robinson
RE Coordinator

Week 4 Dates

Mon 8 August

9am St Mary MacKillop Mass

Tues 9 August

7.15am arrival ICAS—Writing
3.30pm AFL Training off site

Wed 10 August

Zone Athletics

Thurs 11 August

7.45am Choir & AFL Training—on site
Book Week performances

Fri 12 August

Band
Yr 6 Voice of Youth
2pm Whole School Assembly
English Books coming home

Tues 16 August

7.15am arrival ICAS—English
3.30pm AFL Training—off site

Wed 17 August

7.30pm P&F Meeting

Thurs 18 & Fri 19 Aug

Yr 6 Canberra Exc.

ENROLLING NOW FOR KINDY 2023.

Limited places remain for Kindergarten to Yr 6 in 2022



Address: 357 Old Northern Road, Castle Hill NSW 2154 Phone: 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>

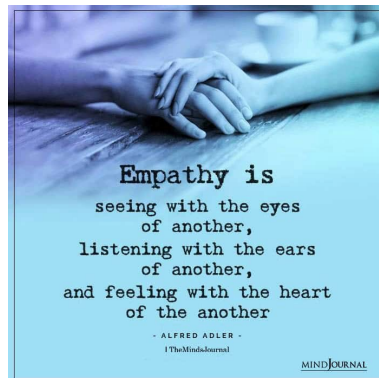


Dear Parents, Grandparents and Guardians,

This week in Wellbeing Kindy learnt that controlling our breath can be magic and they made a 'breathing stick' to help them concentrate on breathing in and out. By concentrating on our breathing and controlling our breaths we are able to slow our heart rate down, lower our anxiety levels and clear our mind of thoughts. Research has shown that controlling your breath can help to increase your ability to learn.



Empathy was the focus for all our other students. We talked about how empathy enables us to relate to other people and their experiences, helps us to understand others and it's what makes us compassionate. Empathy can make us courageous to stand up for others who are being bullied, it helps us make strong social connections and makes us happier. Empathy involves problem solving and putting themselves into another person's shoes. We watched some short videos that helped them understand what empathy looks like.



[What is empathy?](#)
[Inside Out-Empathetic Listening](#)

Have a wonderful weekend
Sally Coppini



Positive Behaviour Support for Learning (PBS4L)
Week 3 Focus
Being Respectful
Being a Learner



KINDERGARTEN 2023

Our enrolment process is underway for Kindergarten 2023. Prospective parents are invited to call the school office on 9407 6600 to arrange a school tour/interview. All enrolment forms are to be submitted with relevant paperwork as soon as possible.



Book Week Performance

We're excited to have Story Quest coming to our school on Thursday 11th August for CBCA Book Week 2022. STORY QUEST explores the CBCA Book Week 2022 theme "Dreaming With Eyes Open...", in an interactive and educational musical adventure! Remember on Thursday afternoon to ask your child to retell the story of Marley and what 'dreaming with eyes open' really means.

Here is a link to the trailer. Story [Quest by Perform Education](#)

2022 School Fees

Term 3 School Fee accounts have now been sent home to all families last week from the Catholic Education Office. All Fees and Charges are due and payable 30 days from the date of the School Tax Invoice / Statement unless a payment arrangement is agreed to by the school in writing prior to the Current Term Fees - Due date, **Wednesday, 24th August, 2022**. One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following year's enrolment.

Fees can be made by EFTPOS, BPOINT, BPAY or POSTBILLPAY- (NO CASH OR CHEQUES). If you take advantage of the BPAY facility to pay your school fees, you will need your biller code and reference code which are located on the bottom righthand side of your school fee account.

Please allow 2 days for all BPoint, BPay and POSTBILLPAY payments to reach our account. Should you wish to make other arrangements for the payment of your 2022 school fees please contact Mrs Vicki Cassidy on 94076600 or email vcassidy@parra.catholic.edu.au.

Withdrawal of a Student—A full terms notice (10 school weeks) in writing must be given to the Principal before a parent / guardian terminates the Student's enrolment. If sufficient notice of termination of the Student's enrolment is not given, the parent / guardian is to pay the School one term's school fees including any Diocesan Fees applicable. This amount reflects the School's financial loss associated with the Student's withdrawal without sufficient notice of termination. One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following year's enrolment

100 Days of Kindy

This week on Tuesday our Kindergarten children celebrated 100+ days of kindy by dressing up and imagining what it would be like to be 100. After enjoying a fun parade of gray hair and walking sticks they joined in a game of bingo in the classroom with their parents.



**Important Notice -
Upcoming
Staff Development & Pupil
Free Days**
Friday 23rd September
Monday 10th October

Reminder: Sport Email

Our school has a new email address for sport related enquiries and information - bernadettechsport@parra.catholic.edu.au. This email address will be used to communicate sport related activities such as Gala Days and Sport Trials.

LOST PROPERTY—GRANDPARENTS DAY

A round plate was left with the office after Grandparents Day. It has a pavlova recipe on it—if this is your plate please contact the school office on 9407 6600 so that it can be returned.

Helpers Required

Helpers required for Father's Day wrapping on Thursday 11th August. Please contact Laura Symin on 0410 416 125 or Debbie Kalina on 0417 289 596 if you are available to help. Much appreciated.



Lost Property

Our lost property cabinet is located next to year 5 classrooms on your way up to the library. Please feel free to have a look for any of your children's lost items. Remember to label all items so that we can return them to your child should they go missing.



P&F News:

Uniform Orders—Winter

Winter uniform is now available to order via the Quickcliq App. Uniform orders will be sent home via your child on a Tuesday afternoon. Thank you for your support in sending your child to school everyday in the correct uniform.



COME JOIN US

P&F Meeting

WEDNESDAY AUGUST 17, 7:30 PM
SCHOOL LIBRARY

- Reports on P&F and school activities
- Meet other parents
- Contribute to our school community

Other Items:

The Hills Library Service is holding a workshop on Cyberbullying and How to Stay Safe on Social Media. It is targeted at parents and will provide parents with important and practical solutions to cyberbullying to reduce your child's risk and increase their privacy and security. With presenters from Headspace and Western Sydney Legal Centre, this presentation includes safety awareness, pathways to get help and how to access legal support. This is a free event but bookings are essential online at the link below

<https://www.eventbrite.com.au/e/cyberbullying-and-how-to-stay-safe-on-social-media-for-parents-tickets-373046631517>

Term Dates for 2022

Term 3:

Mon 18 July—**Staff Development & Pupil Free Day**
Tues 19 July to Thursday 22 September

Fri 23 September—**Staff Development & Pupil Free Day**

Term 4:

Mon 10 October - **Staff Development & Pupil Free Day**
Tues 11 Dec to Fri 16 December (for students)