

PDHPE		Homework	
This term as part of Personal Development and Health students will participate in lessons designed to develop their understanding of our school wide expectations, referred to as 'The Bernie Roo Way'. Students will be involved in a variety of learning activities that explore and explain our four overarching expectations: We are Respectful We are Safe We are Learners		<ul> <li>Reading IS the Kinder homework.</li> <li>Home readers and sight words will come home later in the term and need to be in the reading pouch/folder everyday.</li> <li>Return the pouch each day.</li> <li>Later this term, Kinder will have access to an online reading collection. More details will follow.</li> <li>Premier's Reading Challenge: 28th Feb 2022 and closes on Friday August 19th 2022.</li> </ul>	
Term 1 Highlights	0	ther KLA's	Communication
<ul> <li>Meet the Teacher Zoom Meetings Week 3</li> <li>Shrove Tuesday 1st March</li> <li>Ash Wednesday 2nd March</li> <li>Week 4 English books to go home 18th Feb</li> <li>Week 7 Catholic Schools Week (7th-12th March)</li> <li>Week 8 Mathematics books to go home 18th March</li> <li>Monday 21st March Cross Country &amp; Harmony Day</li> <li>Friday 8th April- Last Day of Term 1</li> <li>Term 2 TUESDAY April 26th</li> </ul>	move. They will be involved in active play and structured ga interact positively and safely <b>Creative Arts Focus:</b> Drama- students will be study explore and convey stories an communicate the actions of D to a wide range of Drama for performing and appreciating	move? oloring different ways their body can a variety of movement skills through mes. Students will also learn how to with their peers. <b>Mrs Blazevic</b> ying Drama for Semester 1. Students ad feelings through roles to Drama. They experience and respond ms and elements by making,	Please direct all emails to bernadettech@parra.catholic.edu.au Like and follow our Facebook page for regular updates- St Bernadette's Primary, Castle Hill Compass Parent Portal Email sent to all parents inviting them to sign up for the Compass Parent Portal. School website- www.stbernadetteschill.catholic.edu.au

## Wellbeing at St Bernadette's

Numerous studies have shown that wellbeing is more than just being happy or having good health. It is a condition of 'flourishing', where children thrive in many aspects of their lives. A strong sense of wellbeing contributes to good mental health as well as enhances a child's learning. Wellbeing helps us:

- Stay resilient when times get tough
- Build social supports
- Semerge from our challenges even stronger, knowing we have the ability to cope

Our St Bernadette's wellbeing lessons will include:

- Meditation and mindfulness practices
- Understanding our strengths
- Cultivating good relationships
- ✤ Gratitude
- Understanding our emotions and how to regulate them.

