



# St Bernadette's School

Friday, 21st March, 2014

No.7

## UPDATE!

### How to Find Time in the Day for Lent

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But even with the busiest of schedules we can manage to weave in moments of spiritual awareness and service. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day.

The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way:

#### **Praying Daily**

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favour, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church's call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, your self more centred, and your Spirit more aware of God's presence.

#### **A Different Type of Fasting**

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumours? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticises you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence.

#### **Give of Yourself**

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others. So no matter how busy you are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning.

<http://www.loyolapress.com/how-to-find-time-in-your-day-for-lent.htm>

## From the Principal:

### 2015 KINDERGARTEN SIBLING ENROLMENTS

If you are intending to enrol any sibling/s of students already at St Bernadette's for Kindergarten in 2015, please submit an enrolment form at the school office. This information will assist us in preparing for next year's intake of students. Thank you.

### EASTER EGGS AT SCHOOL

In keeping with our policy for ensuring a safe environment for all our students, most especially those who have food allergies, parents are asked to support us by ensuring that lollies/chocolates/Easter eggs are not brought to school by the children, as gifts for their friends/buddies or to share with others. Thank you for your cooperation

### NAPLAN

The dates for NAPLAN 2014 are

	Tuesday 14 <sup>th</sup> May	Wednesday 15 <sup>th</sup> May	Thursday 16 <sup>th</sup> May
Year 3	Language Conventions 40 minutes  Writing 40 minutes	Reading 45 minutes	Numeracy 45 minutes
Year 5	Language Conventions 40 minutes  Writing 40 minutes	Reading 50 minutes	Numeracy 50 minutes

### Making Maths Real

Helping children to discover mathematics in their daily lives is an excellent way for families to enjoy mathematics together. Here are some suggestions:

#### **Around the Home**

- Explore opportunities for your child to make connections with mathematics through activities such as organized sports, instrumental music lessons, or art classes. Be sure to talk with your child about the math connections in these activities.
- Play board games, number cube (dice) games, card games, and dominoes. Solve puzzles together. Ask your child to tell you what he or she did to try to win the game or solve the puzzle. Then ask your child to tell you whether he or she would do the same thing next time, giving reasons why or why not.
- Have your child use anything with columns and rows, such as muffin tins or egg cartons, to practise multiplication and early division concepts.
- Sort a variety of items at home (e.g., toys, utensils, dishes, socks, mail, shoes, colouring tools, fabric, recyclables). Ask your child to describe the rule that you used to do the sorting. Then ask him or her to try sorting the same item(s) again using a new rule.

#### **In the Neighbourhood**

- While waiting in line to pay for your groceries, ask your child to estimate how much the bill will be. This activity can also be done at the end of a meal at a restaurant.
- Play "I Spy" with your child, looking for and describing shapes in a playground, on a farm, in a town, or in a city.

#### **On the road**

- Make the largest three-digit number possible from the numbers on a licence plate.
- Ask younger children to name the largest single-digit number and the smallest single-digit number on a licence plate and to call out the numbers in order from smallest to largest. Some children may just name each number.

# R.E. NEWS



This week we celebrated the feast days of two very significant saints, St Patrick and St Joseph.

Very little is written about St Joseph even though he was the stepfather of Jesus and the spouse of Mary. In contrast, St Patrick is widely celebrated as the saint that brought Christianity to Ireland. On St Patrick's Day many people wear green and tell Irish jokes (even Mrs Nettleton couldn't resist!) St Joseph was a righteous man and is known as the patron saint of workers. He was a loyal and protective father to Jesus.



*Mrs Jenny Godwin*  
*Religious Education Coordinator*

## UNIFORM SHOP

The Uniform Shop will be open on Tuesday, 25th March between 8.00am and 10.00am.



Our Dance Fever lessons are going well and the children in Years 3-6 are currently preparing for the Challenge Night on Friday 4th April. Rehearsals are in full swing for our School Show Dance.

'Grease is the word' as the children 'shoo bop' their way through their routine. What an exciting night it is going to be as we go up against other schools at the Homebush Sports Centre. We look forward to lots of school spirit cheering our performers on. A note with all details was sent home last week. Please return permission note together with \$5 for the t-shirt as soon as possible.



## TUCKSHOP ROSTER FOR: Week 9 Term 1

Parent helpers please arrive at 10.25am for recess and 12.45pm for lunch

<b>Monday</b>	<i>Recess</i>	
	<i>Lunch</i>	Amber McLean
<b>Tuesday</b>	<i>Recess</i>	
	<i>Lunch</i>	
<b>Wednesday</b>	<i>Recess</i>	
	<i>Lunch</i>	Kelly Valetta
<b>Thursday</b>	<i>Recess</i>	
	<i>Lunch</i>	
<b>Friday</b>	<i>Recess</i>	
	<i>Lunch</i>	Karen Grace

Thank you for your help and support in the Tuckshop. It is very much appreciated.

## Volunteers Needed Book Covering

The school has had some wonderful volunteers who have covered books purchased for use in the classrooms but we still need more help to complete the task. Please contact the school office if you can help cover some books.

Please also advise how you would like the books coming home, either collection or sending via eldest child. *Thank you!*

*Thank you to the families who came to the School Working Bee last Saturday.*



*The continued support of our families is very much appreciated.*



Thank you to our Movie Night Sponsors



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## Coming Dates

### WEEK 9

- |                             |  |
|-----------------------------|--|
| <b>Mon, 24th<br/>March</b>  | • Morning Assembly   |
| <b>Tues, 25th<br/>March</b> | • Dance Fever<br>• Choir   |
| <b>Fri, 28th<br/>March</b>  | • Assembly<br>• Wanderers Skills Clinic Yr 2&3<br>• NSWCPSS Swim Trials-Homebush |

### Good Guys' Vouchers

Just a reminder that if you make a purchase at the Good Guys, to ask for your 'School Reward Vouchers'. The school buys goods from them to help with A-thons, Fun Fairs etc.

### Lollipop's Playland

Lollipop's - a local playland and café - is supporting St Bernadette's. For every dollar spent at Lollipop's on entry fees or a party, they will donate 10 cents to our school.

The Hills Leisure Centre,  
10 Hudson Avenue,  
Castle Hill Ph: 9680 8868  
www.lollipopspayland.com.au/castlehill

**Celebrating Talent**

Congratulations to the following girls who made it to the final of the Castle Hill indoor sports 2013/2014 junior netball

- Michelle Zeaiter 3B
- Sofia Giallonardo 3B
- Mea Cavallo 3G
- Sienna Vines 3G
- Darcey Sullivan 3W
- Emma Mizzi 3W
- Helena Gibb 3W

The girls had a fantastic first season playing together and we are very proud of their efforts




## P&F MOVIE NIGHT

POSTPONED DUE TO WET WEATHER

**NEW DATE:**  
**LAST DAY OF SCHOOL TERM**  
**FRIDAY 11<sup>TH</sup> APRIL**

**NEW TIME:**  
**Picnic dinner from 5.30pm**  
**Movie will start at 6.30pm**



*\*\* It's not too late to purchase tickets if you would like to attend*

### FREE fun program for kids to become fitter, healthier & happier



**Go4Fun Tip: Go4 a healthy breakfast and beat the brain drain!**



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Do you have a child 7 to 13 years old?  
Are you worried about their weight?  
Go4Fun can help. Now on weekdays & weekends.

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