



St Bernadette's School

Friday, 15th August, 2014

No.24

UPDATE!

Dear Parents,

Part of raising our children is to help them to define boundaries. It's a balancing act that requires knowing when to let children take risks in safe environments, as against taking risks in situations where they would endanger themselves or others.

Taking risks allows children to understand the concept of trial and error. Success will certainly build self-confidence within our children and failure will provide them with opportunities to cope with the negative emotions that accompany failure.



Self-confident children have the inner fortitude to try new things, even if there is a possibility of failure. So, if we can control our urge to step in and provide solutions, we may witness our children engage in creative thinking; also, we might witness our children explore their own abilities and rejoice in their own accomplishments.

It's possible, that as parents we might guide our children away from challenging situations, in fear that we want to spare our children experiencing failure. "However, children's development needs to involve taking risks and operating outside of their comfort zone. If we constantly prevent our children from taking risks, they may stagnate within their own comfort zone and impede their own development." David Eager. University of Technology, Sydney.

Positive risk-taking behaviour can be most beneficial to our children and the more practice they have with identifying risks and acting accordingly, the better prepared they will be to handle potentially dangerous situations and to solve problems in the future.

Risk-taking allows our children to try new physical activities, test the limits of their physical, intellectual and emotional development and gain mastery over their bodies. Risk-taking prepares our children for interaction with the real world. If our children are not exposed to risk-taking, they could become fearful and timid children who lack confidence and decision-making skills.



These are the universal attributes of good risk-takers across age and developmental stages:

- **A good risk taker goes for it—after thoughtful contemplation.** We have found that successful people tend to reach just a little beyond where they are; they are able to take measured leaps to take on new challenges.
- **A good risk-taker can tolerate disappointment and failure.** Failure and disappointment are not merely all right in moderation, they are essential and can actually help build resiliency.
- **A good risk-taker is tenacious.** Sometimes the goal is far off, and the child can't readily see the end result in sight; the ability to persist, although the goal is not in one's immediate grasp, is what tenaciousness is about. In the process of being tenacious, good risks are taken.
- **A good risk-taker takes pleasure and pride in her achievements.** A good risk-taker is realistic about her abilities and knows her strengths and limits. She may dream about one day making the high school team, but knows that presently she is a novice. This takes away neither her enjoyment of the game, nor the pleasure derived from her accomplishments. (From Raising Children Who Soar, Davis & Eppler Wolff)

Mrs Leanne Nettleton—Principal

R.E. NEWS



Religious Literacy Assessment: This week our Year 4 students have been working on their Religious Literacy Part B 'Create and Present' part. The assessment focuses on students' knowledge and understanding of the key concepts taught in Religious Education and their ability to communicate this. The online question part will be completed over the next two weeks by both Year 4 and Year 6 students. We wish them all well.



The Assumption: The word assumption is taken from a Latin word meaning 'to take up'. *The Assumption of Mary* is a doctrine which teaches that after the mother of Jesus died, she was resurrected, glorified, and taken bodily to heaven. We celebrate this special feast on the 15th August every year.

Mrs Jenny Godwin
Religious Education Coordinator

Influenza

A large number of children and some staff have presented with the symptoms of the flu. If your child has flu symptoms it is important that they stay home in order to recuperate fully and to confine the spread of the influenza virus. Medical advice is that parents need to watch for fevers that are persistent. Particular caution needs to be taken with children who are asthmatic. Information on influenza can be found on the NSW Health information site. www.health.nsw.gov.au



Coming Dates

WEEK 6	BOOK WEEK — Connect to Reading
Mon, 18 Aug	<ul style="list-style-type: none"> 8.30am Assembly Creative Arts Expo—rehearsal day
Tues, 19 Aug	<ul style="list-style-type: none"> 1.10pm Choir
Wed, 20 Aug	<ul style="list-style-type: none"> Yr 6 Voice of Youth Final
Thurs, 21 Aug	<ul style="list-style-type: none"> 8.30am Book Parade (Top Court)
Fri, 22 Aug	<ul style="list-style-type: none"> Diocesan Athletics 1.40pm Whole School Assembly

BOOK WEEK

16th —22nd August
'Connect to Reading'
is the theme for this year

INVITATION

BE A BOOK CHARACTER FOR A DAY
NO SUPERHEROS PLEASE

When: Thursday 21st August
Where: St Bernadette's School
Parade: 8.30am
Dress: Dress up as a character from a book you have read.



TUCKSHOP ROSTER FOR: Week 6 Term 3

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

Monday	Recess	
	Lunch	
Tuesday	Recess	
	Lunch	
Wednesday	Recess	Lynley Walker
	Lunch	Michelle Robertson
Thursday	Recess	
	Lunch	Jennifer Parsons
Friday	Recess	
	Lunch	Karen Grace

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

UNIFORM SHOP

The Uniform Shop will be open on Tuesday, 19th August between 8.00am and 10.00am.



ST. BERNADETTE'S P&F ASSOC.

'St Bern the Floor' Colouring Competition—

As excitement mounts in the lead up to the 'St Bern the Floor' country dance, children are encouraged to enter the Colouring Competition. In addition to having the chance to win some fabulous prizes, the artwork will be on display at the dance for all to enjoy. All entries for the colouring competition need to be received by Monday 25 August for consideration by the judges. We look forward to receiving the beautiful artworks.

Have you purchased your tickets for this new P&F event?

**DON'T BE SQUARE,
MAKE SURE YOU'RE THERE !**

AT THE
'St Bern the Floor'
Country Dance
Friday 29th August

No babysitters needed- Bring the kids
Dance fever will be calling the dances
Dress the part and win a prize
Bring yer silver- theres lots to buy:

RAFFLES **GAMES** **COFFEE**
PRIZES **HOT DOGS**
CAKES **SPIT ROAST** **SWEETS**
CORN **PHOTOS**

Only \$10 per family
WE WANT YOU! RSVP BY WED 20TH AUGUST



St Bernadette's Catholic Primary School

enrolling now for KINDERGARTEN 2015

Do you have a child due to start school next year?

- We invite you to collect your enrolment pack from either the school office / via email or via our website.
- School office: 9634 2898
- Email: BernadetteCH@parra.catholic.edu.au
- Website: <http://www.stbernadetteschill.catholic.edu.au>
- All enrolment forms are to be returned to the school office by Friday, 11th April, 2014.



Fathers' Day Mass Fri 5th Sept at 6.45am

A photo of dad with his child(ren) may be emailed to: dcrake@parra.catholic.edu.au to be included in the PowerPoint.

ONE photo only per family please! Last day for photos to be received at the school is **Tuesday, 2nd September**.

We are looking for girls from Year 3 or 4 to join our Indoor netball team. We play at Castle Hill Indoor Sports Centre on Saturday mornings. If interested and would like more details please call Marina (Giacinta Makhoul's mum 4W) on 0401 44 99 00 or email:

marina@abbeypartners.com.au. Registration is 24th and 30th August, competition starts 5th September.

Marina Makhoul CA

NEW WEBSITE DETAILS

Child Protection

A reminder for parents who are required to **'UPDATE'** their child protection and for **'NEW'** parents to the school.



It is a Diocesan requirement that parents who volunteer at school must complete the Child Protection Module ONLINE. This training is available online at:

<http://www.kidsguardian.nsw.gov.au> and **MUST** be completed every two years. This is the new link as of July 2014.

All parents must have completed the above prior to helping in the classroom, on excursions, sport days, tuckshop, uniform shop or any help around the school.

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.

Are you moving in 2014?

To estimate enrolments for 2015, it would be appreciated if the school could be notified in writing of any children who may be leaving St Bernadette's at the end of the year from grades other than Year 6.



If your child is changing schools for 2015 please let us know. We have considerable pressure for enrolments into Year 5 and 6 and would like to offer positions to these families. You are reminded that CEO policy is that families need to give the school one full terms notice in writing in these circumstances.