



St Bernadette's School

Friday, 21st November, 2014

No.36

UPDATE!

**"Our very lives are fashioned by choice.
First we make choices. Then our choices make us."**

Anne Frank

It is important that our children see how we, as adults, can positively manage stress, particularly the fast pace of life at this time of the year. When children experience adults who can make positive choices that will enable them to achieve a better balance in their lives, they gradually learn how to do this for themselves when they become overwhelmed. On the other hand if our children continually hear the adults in their lives make statements such as "I am so stressed", "All I do is run from this place to that", "I don't have time to ..." they come to believe that they have no control over the pace of their life. It is great for our children to experience the deliberate choices that the adults in their life make to 'slow things down'. Here are some simple suggestions that may work for you:

Choose to Disconnect

We all readily admit they we overuse our smartphones. Instead of freeing us up to go anywhere anytime, they've made us on call 24/7. Unplug once a week. Go on ... try it and see what a difference it can make to your quality of life during that time.

Choose to Be Mindful

Mindfulness is being called society's next wonder drug. Some meditate or practice yoga – Part of my morning ritual, is to pray for at least 10 minutes. This enables me to find a sense of peace that centres me upon what is important.

Choose to Make Time for Sleep

Sleep loss harms your thinking, your health and your mood. Psychologist Norbert Schwarz says, "Making \$60,000 more in annual income has less of an effect on your daily happiness than getting one extra hour of sleep a night." Realise that watching your favourite movie may not be restful when you're exhausted. Go to sleep early with your mobile phone in the kitchen where it can't wake you.

Choose to Get Outside and Get Moving

The positive effects of exercise are well known - five minutes after moderate exercise, you get a mood-enhancement effect. Exercise is shown to be a powerful intervention for clinical depression, diabetes, and anxiety. Even five minutes of green exercise (outdoors) is also shown to boost your mood. So get outside and exercise.

Choose to Be Happy

First, happiness is a choice. Choose to be the first one to smile at everybody you meet. Use happy triggers to boost your mood when you get upset. A 'Happy Thoughts' or a "Things That Make Me Laugh" display board in an obvious place at home or in your office.

Choose to Be Grateful

Research studies have shown that keeping a gratitude journal will 'increase your long-term well-being more than winning a million dollars in the lottery'.

Leanne Nettleton—Principal

R.E. NEWS



Throughout the year the children and teachers have been reading, exploring and reflecting on the Gospel of Matthew. We began at the start of his Gospel and each day we have read a passage from it. The children have spent time discussing questions; What is the story saying? Why did Jesus tell us this story? What can we do or change in our lives now that we have read this passage?

We are nearly at the end of Matthew's Gospel and it will be interesting to ask the children what they have learnt or what they have discovered in reading Matthew from beginning to end. Do they have a favourite story and why?

Thanksgiving Mass: Parents are invited to our end of year final Mass as a school community on Friday 12th December at 9:15am. At this mass we will farewell our Year 6 students and any other staff and students leaving our school. It is an opportunity for the staff to say a special thank you to all the parents who have helped the school in any way this year. Morning tea for our parent helpers will be supplied after the Mass in the school library.

Christmas Celebration: Following our Mass, we will have our unique 'Aussie Christmas' on Top Court at 11:15am. Parents are then invited to join their children for a picnic lunch. The children get very excited and really enjoy having their parents come to school and spend time with them during their school day.

We hope you will be able to join us for this jam-packed and fun-filled day.



Term 4
Staff Spirituality &
Pupil Free Day:
Fri 28th Nov

Mrs Jenny Godwin
Religious Education
Coordinator

From the Principal:

Thank you to the 2014 Parents and Friends Executive

On Wednesday evening the P&F held its AGM. I would like to take this opportunity to sincerely thank the 2014 P&F Executive and Committee members for all their hard work throughout the year. This group has always been there at the end of the phone whenever the school has hosted a function or has needed assistance – great with ideas and generous with support. A special thanks to office bearers and committee members who have stood down:-



President: Jeff Younis, Vice President: Rachel Gibb,
Treasurer: Brenda Hughes, Secretary: Katrina Leonardi, Book Club
Coordinator: Ann Hishion and Donation & Sponsorship Coordinator:
Helen Stockdale.

I would like to sincerely thank each of the parents who attended the AGM and in particular those who accepted positions on the P&F for 2015 (see page 3 for full details).

The Parents and Friends would like to encourage all parents to consider attending meetings in 2015 as it is a FUN FAIR Year.

Staffing News

Best wishes to Mrs Amanda Thorpe and her husband Peter as they prepare for the birth of their first baby. Amanda will commence maternity leave at the end of Week 8. Miss Cassandra Barry will be teaching Year 6 for the remainder of the school term.

Diocesan Works Fund (DWF)

During the month of November, all schools and parishes in the Diocese of Parramatta are working to help support the Diocesan Works Fund (DWF). Also known as faith@work, this fund reaches out to people in our local communities who are not supported by regular parish contributions. Collection envelopes for this appeal are being sent home today. Please return these envelopes by Thursday 27th November if you wish to contribute. Many thanks.

Early Years Assessments

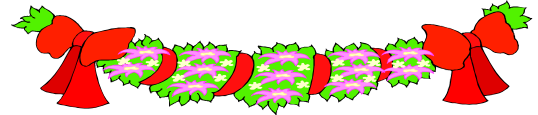
The students in Kindergarten and Year One are undergoing their 1:1 reading and writing assessment interview with their class teachers. This interview provides a literacy assessment of each child that teachers can compare with the assessment that they underwent at the commencement of the year. While the class teachers are conducting these assessments replacement teachers will be teaching the Kindergarten and Year One classes. Each of these teachers is well known to St Bernadette's and they understand the routines and procedures at the school.

Class Groupings 2015

A reminder that in 2015 the children in Years 1, 3 and 5 will progress to their next grade in the same class grouping that they are currently in.

The children in Kindergarten, Year 2 and Year 4 will be progressed to their next grade following a class splitting process giving these grades an opportunity with a new group of children as they enter a new stage.

Thank you to those parents who arranged appointments with me to discuss classes for next year. These interviews have now been completed and we will be organising class groups for 2015. As you know, when forming classes, we take considerable time to ensure that we have the best combinations of children, providing a balance of educational and social need. This is a complex task and we always endeavour to do our best.



St Bernadette's Thanksgiving Mass & Christmas Celebration

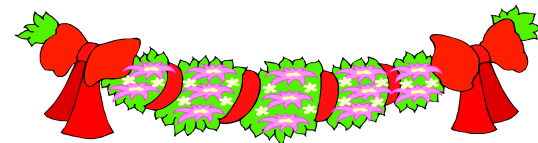
Friday, 12th December

9.15am Thanksgiving Mass

11.15am Christmas Celebration

followed by a picnic lunch with your children.

Hope you can join us for a very special Christmas celebration.



Coming Dates

WEEK 8

- Mon, 24 Nov**
- 8.30am Assembly
 - 12.30—2.30pm Kindy 2015 Playgroup (in COHSC building)
- Tues, 25 Nov**
- 9am Yr 4 Parent Visits to Year 5 Learning Space
 - 1.10pm Choir
- Wed, 26 Nov**
- 3-4pm Dance Fever Club
- Thurs, 27 Nov**
- 8.45—10.15am Kindy 2015 Orientation & Parent Workshop
 - 1.40pm Whole School Assembly & School Values Awards (T4)
- Fri, 28 Nov**
- **STAFF SPIRITUALITY & PUPIL FREE DAY**

December:

- Tues, 2 Dec**
- 8.45—10.15am Kindy 2015 Orientation & Parent Workshop
- Wed, 3 Dec**
- 9-11am Kindy 2015 Playgroup
- Tues, 9 Dec**
- 9am Awards Ceremony K– Yr 6
- Thurs, 11 Dec**
- 8.30am Whole School Assembly & Principal's Awards (T4)
- Fri, 12 Dec**
- 9am Thanksgiving Mass
 - 11.15am Christmas Celebration
- Mon, 15 Dec**
- 10am Principal's Morning Tea (T4)
 - 7pm Yr 6 Graduation Mass
- Tue, 16 Dec**
- Yr 6 Activities Day
- Wed, 17 Dec**
- **Last Day for Students**
- 18/19th Dec**
- Staff Development & Pupil Free Days

ST. BERNADETTE'S P&F ASSOC.

A big thanks to the 2014 P&F Committee for all their hard work this year and past years. Especially our dedicated President who went over and above the call of duty on many occasions, Jeff Younis.

The 2015 P&F Committee was voted for this week and congratulations and thanks to the following parents for putting their hands up in an all important Fun Fair year:

President:	Lara Thom
Vice-President:	Sarah Hope
Treasurer:	Amanda Egan
Secretary:	Karen Grace
Executive Member:	Alison Silvester
Executive Member:	Craig Stevens
Executive Member:	Damian Kelly
Hospitality Committee:	Katrina Leonardi & Fiona Carrozzi
Uniform Shop:	Therese Oasabian & Pam Waters
Parent Representative Council:	Karen Orsini, Naffa Arraf and Sarah Hope
Grade Parent Coordinator:	Rachel Gibb
Book Club Coordinator:	Lucy Losurdo and Cherie Ann Kelly
Maintenance Coordinator:	Naffa Arraf
Donations & Sponsorship Coordinator:	Vacant. TBA
Mothers/Fathers' Day Stall Coordinators:	Melissa Younan & Bernadette Rushe
Social Media Coordinator:	Lara Thom
2015 Fun Fair Coordinator:	Sharyn Walsh

ADVANCE NOTICE

**P&F Welcome BBQ
for all Kindergarten and
new families to the school in
2015**

**Friday 6th February
5.30pm**

**Further details to follow!
Just save this date in your
calendar.**

Congratulations and thank you to all! 2015 is shaping up to be a very positive, social and busy one for our school. If anyone is in a position to volunteer for the Sponsorship and Donations position, please feel free to contract Lara Thom at lara@conceiveproductions.com.au for more information on the role and what is involved.

ST BERNADETTE'S NETBALL CLUB

A reminder that Grading Day for 2015 Winter Netball Competition will be held on Sat. 22nd November 2014 at the Dural Indoor Sports Centre, 1 Pellitt Lane, (cnr Kenthurst Road), Dural between 1pm and 5 pm. Times are subject to change, but all times will be confirmed prior to grading day. All players must be registered for 2015 season to attend grading day.

If you require any further assistance, please contact Club Registrar, Karen Maher on 9680 2103 or via email: karenmaher@tpg.com.au.



Term Dates 2015

Term 1

Tue 27 Jan	(am) Staff Development Day (pm) Maths Assessment Interviews (MAI)
Wed 28 Jan	Staff Development & MAI Day
Thurs 29 Jan	Years 1 to 6 commence
Fri 30 Jan	Kindergarten 2015 commence
Thurs 2 April	Last day for Term 1

Term 2

Mon 20 April to Fri 26 June

Term 3

Mon 13 July to Fri 18 September

Term 4

Tue 6 October to Fri 18th December

PLEASE NOTE: NO STAFF DEVELOPMENT DAYS HAVE BEEN INCLUDED FOR TERMS 2, 3 AND 4.

Catholic Out of School Hours Care

Friday 28 November, Thursday 18th and Friday 19th December 6.45am to 6.15pm

If you are interested in placing your child into Out of School Hours Care then please contact the Supervisor on 0408 582 535 or coshcstbernadettescastlehill@parra.catholic.edu.au for further details.

Good Guy's Vouchers

A huge thank you to parents for sending in their Good Guy's Vouchers. We raised \$470! Thanks again for your support.



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.



Library

Sydney Writers Festival
Children's
Mem Fox Talk - Lennox Theatre
Parramatta Riverside Theatres
Thursday 4 December
6:30pm Cost \$10

Russ the Bus - travelling story bus
Take one of your favourite books
and swap it for a new one.
Stopping at Riverside Theatres,
Parramatta
Fri 28 November 12pm - 8pm
Also 'Stories from the
Pyjamaverse' on the website:
www.swf.org.au

Are you moving?

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 term's notice in writing in these circumstances.

UNIFORM SHOP

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



2014 Kindergarten families,
We are hoping you can join us to celebrate the year we've had
and the start of the Christmas season. Bring the entire family
for pizza or bistro dinner and pay as you go.

We are looking forward to seeing you there.

Your Kindy Grade Parents,
(KG) Rachel 0407501007
(KB) Kate 0411 643 071
Jo 0415 626 085
(KW) Edith 0439 550 075
Jeanette 0418 609 845

TUCKSHOP ROSTER FOR: Week 8 Term 4		
Parent helpers please arrive at 10.25am for recess and 12.45pm for lunch		
Monday	Recess	
	Lunch	Amber McLean
Tuesday	Recess	
	Lunch	
Wednesday	Recess	
	Lunch	Kelly Valletta
Thursday	Recess	
	Lunch	
Friday	Recess	Staff Development Day
	Lunch	Staff Development Day

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



UNIFORM ROSTER FOR 2015



Would all parents wishing to help in the Uniform Shop, please complete the form below and return it to the office by **Friday 12th December**. If you volunteer, you will be helping between 8am and 10am on a Tuesday morning. Two volunteers per morning are required. You must also have completed the Child Protection Course online in the last 2 years.

I,(Name, please print) Mobile Number

c/o Eldest child in Class:

am available *1st, *2nd, *3rd, *4th or *5th Tuesday in the month.

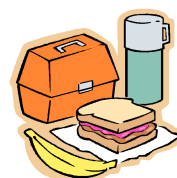
(*please circle) in month/s:

am available any Tuesday, please roster me as appropriate.

***For any queries, please contact Therese Qasabian -
Uniform Roster Co-ordinator on 9659 8171***

Please return this sheet to the school office if you would like to help in either the Tuckshop or Uniform Shop next year. Thank you

Tuckshop Roster for 2015



If you are interested in being a parent helper to serve in the Tuckshop either at recess or lunchtime, please fill in the form below and return to the office by **Friday 12th December**. You must also have completed the Child Protection Course online in the last 2 years.

TUCKSHOP ROSTER FOR 2015

I,(Name, please print) Mobile Number.....

am currently on and will help on this day next year

please nominate week and day of the month: (eg. third Monday)

am currently on and would like to change to

am currently on but I am not available to help next year.

am not on the roster but would like to help next year on

am able to help between 10.15 and 11am 'recess' duty

am able to help between 12.45 and 1.45pm 'lunch' duty

Eldest child's name: Class: