



St Bernadette's School

Friday 26 February 2016

No. 4

Dear Parents,

It is so important, that we teach our children to have a positive attitude to life and to be optimistic about themselves. We all know from experience that what we believe about ourselves affects the way we act. Our children's belief in their own ability to do things is of great influence on their motivation, perseverance and success. Self-belief and a 'have a go attitude' can motivate our children more than their actual skill level. If they truly believe that through effort they can succeed at a test or write a poem, they may be more likely to achieve it than other children who have better ability, but who don't believe they can achieve it. The more our children believe they can do, the more likely they are to generalise that self-belief to other areas of their life. They then believe they have the ability to attempt, persevere and succeed in a whole range of activities.

Parents can help children to believe in their own ability by teaching them to take the initiative to make things happen, instead of waiting for them to happen. Likewise, parents can help children to be proactive by helping them – not telling them – to think about options and solutions instead of problems and barriers.

When we, as adults, evaluate our lives, we are more likely to regret challenges we did not confront, risks we did not take and contests we did not enter as a result of self-doubt or lack of self-belief. We are less likely to regret actions we took as a result of innovative self-belief or being too optimistic or even foolish. At least we made the attempt and knew the result.

Leanne Nettleton
Principal

R.E. NEWS



Children from our Parish and school community who are preparing to receive the sacraments of Reconciliation and Eucharist have begun their second week of the Parish Sacramental program.

Sacramental initiation is parish-oriented. Introduction to the Church's sacramental life is the means through which one enters more fully into the life of the faith community. It is therefore proper that the faith community, expressed in the parish, be responsible for and intimately involved in, the sacramental preparation and presentation of children.

The progressive introduction of children to the sacraments includes discernment of their readiness, which is not simply a matter of age. Priest and parents both have a role in ascertaining that the child has achieved appropriate faith development, and that adequate faith support is assured.

Please keep the children in your prayers as they prepare for Reconciliation and their First Eucharist.

Mrs Shane Robinson
Religious Education Coordinator

Week 6 Dates

Mon 29 Feb
8.30am Assembly
2.45—4.30pm
Motiv8sports Club

Tue 1 March
1.10pm Choir
3—4pm Club Dance
Fever

Wed 2 March
STUDENT BANKING
3-4pm Aussie Hoops
Basketball

Thurs 3 March
3-4pm Aussie Hoops
Basketball

Fri 4 March
Yr 2 Exc. Rouse Hill
House

Coming Dates:
Tuesday 8 March
9.15am Kindy 2017
Open Day

Wed 23 March
School Cross Country,
Fagan Park
5pm Dance Fever
Challenge, Homebush

Term Dates 2016

Term 1:
29 January—9 April

Term 2:
26 April—1 July

Term 3:
18 July—23 Sept

Term 4:
10 Oct—20 Dec

KidsMatter—Australian Primary School Mental Health Initiative

Introducing KidsMatter in our School Community

At St Bernadette’s we have a strong connection with our school motto: ‘Strength through Gentleness’ and our school values of Respect, Honesty, Tolerance, Forgiveness, Care and Compassion.

Our motto and school values encompass everything we do every day. Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met.

This year at St Bernadette’s we will be commencing the KidsMatter whole school approach to children’s mental wellbeing. It is all about growing healthy minds to nurture happy balanced kids.

KidsMatter is a national initiative that aims to contribute to:

- Improving student mental health and wellbeing
- Reducing mental health difficulties amongst students
- Increasing support for students experiencing mental health difficulties

Congratulations to our 2016 School Leaders:

Captains

Connor O’Reilly & Macy McCutcheon

Vice Captains

Cooper Thom & Kaylah Street

Leaders

Marcus Bruzzano, Jake Collyer, Lachlan Daly, Jack Kinnane, Joseph Georges, Rachel Antoni, Audrey Dimataga, Georgiana Haywood, Grace Hay and Rebecca Sarah.



Hills Zone Swimming Carnival Monday 22nd February 2016

**2016 Age Champions
Senior Girls – Caitlin Gething
Junior Girls- Chloe Gething**

CHILDREN WHO WILL REPRESENT AT DIOCESAN SWIMMING CARNIVAL

EVENT	NAME	PLACE OVERALL
100m Freestyle	Caitlin Gething	2 nd
50m Freestyle	Flynn Batty Caitlin Gething Chloe Gething Tayla Milicevic	4 th 1 st 1 st 2 nd
50m Breaststroke	Jarrat Allan Caitlin Gething Tayla Milicevic Alexandra Duke	4 th 2 nd 3 rd 3 rd
50m Backstroke	Flynn Batty Caitlin Gething Chloe Gething Tayla Milicevic	4 th 1 st 1 st 3 rd
50m Butterfly	Tayla Milicevic Caitlin Gething Chloe Gething	2 nd 2 nd 1 st
200m Individual Medley	Caitlin Gething	2 nd
Senior Girls Relay	Flynn Batty Tayla Milicevic Audrey Dimataga Caitlin Gething	2 nd

Congratulations to all of our team members who placed in the top four in their events they will be representing the Hills Zone and St Bernadette’s at the Parramatta Diocesan Swimming Carnival on Friday 26th February at Blacktown Swimming Pool, Boyd St, Blacktown. Best of luck to all.

Special thanks to Miss Rhiarna Thomas who looked after our team in the stands on the day and to all of the parents who represented our school as timekeepers during the carnival, your assistance is very much appreciated.

*Mr Anthony Bye
Sports Coordinator*

**Congratulations to the following
STUDENTS OF THE WEEK**

**Social Skill:
For helping others in need at St Bernadette's**

Class	Student of the Week	Student of the Week	Social Skill Award
KB	William McManus	Chelsea Nicolaou	Samuel Lean-Fore
KG	Charlotte Ward	Harry Wigham	Tiana Symin
KW	Sebastian Haywood	Juliana Zaiter	Ella Tegg
1B	Felicity Miller	Xavier Xiberras	Audrey Sullivan
1G	Sofia Aiossa	Sethiel Intal	Anna Dimitriou
1W	Paloma Lopez	Charlie Thom	Isabella Matthews
2B	Nathaniel Barone	Olivia Kirkham	Mia Khoudair
2G	Mekenna Vickers	Not for Publication	Alannah Ceh
2W	Jason-Leigh Knight	Annika Parker	Ella Macey
3B	Tyler Beames	Zelda Mormul	Cassandra Losurdo
3G	Joshua Foo	Ailish Lincoln	Holly Williams
3W	Nicole Del Rio	Gabriel de Ponte	Daniel Egan
4B	Emily Kouchoo	Seth Robinson	Chloe Henrico
4G	Ryan McMahon	Gabrielle Younis	Laila Campagna
4W	Jacob Goss	Dominique Jothy	Daniel Samperi
5B	Annaliese Besters	Egor Vishnivetskiy	Luciana Romanski
5G	Ella Metwally	Alec West	Darcey Sullivan
5W	John-Paul Edge-Bennett	Caitlin Ransome-Haberley	Jack Miller
6B	Laura Gracie	Fintan Hogan	Cooper Thom
6G	Jake Collyer	Kaylah Street	Clayton Coutinho
6W	Mariah Lopez	Christian Younis	Bianca Gomes

Celebrating Talents

Congratulations to **Katherine Sing in 6B** as her Hills Hornets U12 Div 1 representative basketball side won the Central Coast Classics pre season tournament recently.

If your child has achieved something other than a school event ie, dance, music, weekend sport then please email Dawn Crake via the school email and it will be published in this section.

Principal's Awards:

Lachlan Daly 6W
Mia Khoudair 2B
Ella Hammersley 2B
Antonio Zeaiter 2B
Joshua Zeaiter 2B



Parent /Teacher Interviews

Parent Teacher Interviews will be held in Week 8 from 14th to 18th March. The times of these interviews will vary according to the needs of the individual teachers. Bookings will once again be made through the School Interviews website. The previous issue of not allowing parents to make consecutive bookings has now been corrected, so you will be able to meet with your children's class teachers one following the other - providing that teachers' times are available to do so. We look forward to meeting with you to work together to enhance the children's learning and to keep open lines of communication with regard to the children's specific learning needs.



Parent Workshop

Following our previously successful workshops with parents in the area of Mathematics, we will once again host an evening workshop in Week 7. It will likely commence at 7pm [7:30pm possibly]. Further details will follow in the newsletter next week. We ask that interested parents reply by email to indicate their attendance.

Mount St Benedict College—Open Day—

Sunday 6 March 10 am—2 pm. Prospective parent Information Evening for Year 7, 2018 Tuesday 8 March 7pm. Please note: families with a daughter in Year 5 should apply now for Year 7 2018. Registration for Waiting List forms should be lodged by the end of Year 4.

Contact: 9980 0415 449C Pennant Hills Road, Pennant Hills.

Student Transport

CHANGE TO HILLSBUS 603—Parents are advised that bus route 603 in the morning will depart Rouse Hill Town Centre at 7:15am NOT 7:25am.



TUCKSHOP ROSTER FOR: Week 6 Term 1

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

Monday	<i>Recess</i>	
	<i>Lunch</i>	
Tuesday	<i>Recess</i>	
	<i>Lunch</i>	
Wednesday	<i>Recess</i>	
	<i>Lunch</i>	
Thursday	<i>Recess</i>	
	<i>Lunch</i>	
Friday	<i>Recess</i>	
	<i>Lunch</i>	Kevin Wall

UNIFORM SHOP

The Uniform Shop will be open **EVERY Tuesday** morning (term time) between 8 and 10am for the purchase of school uniform. EFTPOS, Cash & Cheques are accepted.



R.I.P. †† Our prayerful sympathy is extended to the Kamel family (Mark Mina in 6B), following the recent passing of his grandmother. May she rest in peace.

R.I.P. †† Our prayerful sympathy is extended to the Kelly family (Isaac in 5W & Emerald in 3W), following the recent passing of their step-father. May he rest in peace

