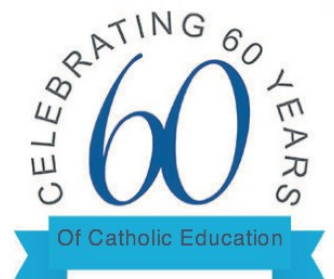




# St Bernadette's School



Friday 3 November 2017

No. 34

Dear Parents,

*Make it your ambition that your word be a very precious thing and that others value it. Resolve to be an honest, reliable, faithful and trustworthy person.*

In the Bible, God made honesty one of his commandments. The Eighth Commandment, which calls us to be people of honesty and integrity, should be our guiding rule in all daily activity and interactions. We do not need to "swear to God" about this or that. We should not feel a need to convince another that we are telling the truth in one situation or another. Rather, if we are people of honesty and integrity, then our word will suffice and what we say will be true simply because we say it.

If we are each to reflect, today, upon how honest we are in all areas of our lives how would we rate ourselves?

Have we built a habit of truthfulness in both big and small matters of life?

Do people recognise this quality in us?

Honesty is a necessary part of authenticity and integrity. As children grow and develop they learn about this strong connection through family and school example. At St Bernadette's honesty is one of our core values and is included in the School Prayer. Children and teachers reflect on ways in which honesty positively impacts all of our relationships and how speaking the truth and being a person of the truth are ways of proclaiming the Gospel with our actions.

*Lord, help me to be a person of honesty and integrity. For the times that I have twisted the truth, deceived in subtle ways, and outright lied, I am sorry. Help my "Yes" to always be in accord with Your most holy will and help me to always turn from the ways of error.  
Jesus, I trust in You.*

**Mrs Leanne Nettleton—Principal**

## R.E. NEWS



On Wednesday we attended the Parish mass to celebrate All Saints' Day. All Saints Day is a feast day celebrated on 1st November. In the ninth century, Pope Gregory IV designated this day to remember all the saints living in God's presence.



All Souls' Day, 2nd November, is a time to pray for departed souls. Throughout the month of November we will continue to pray for all those departed. We remember especially those who have died in the past year. There is a 'Book of Remembrance' in our front foyer. If you would like any names added, please send them to the school office. A candle will be kept alight during the day.



At the weekend masses, all the children who will begin their preparation for the Sacramental Program, will be presented to the St Bernadette's community. We ask that the community pray and support the families, as they begin this journey.

**Mrs Shane Robinson—REC**

### Reminder:

**Staff Spirituality / Staff Development & Pupil Free Day**

**Monday 6 November 2017  
(next Monday)**

Please note that staff are not on site on this day.

### Week 5

**Mon 6 November**  
Staff Spirituality Day & Pupil Free Day

**Tue 7 November**  
8-10am Uniform Shop  
8.30am Assembly  
1.10pm Choir

**Wed 8 November**  
Stage 3 Boys & Girls Basketball  
WASTE FREE LUNCH  
Student Banking  
8.45am Kindy 18  
Orientation & Parent Workshop  
Waste Free Lunch Day

**Fri 10 November**  
2018 Parramatta Cricket Trials  
Yr 5 Spirituality Day

### Coming Dates:

**Tues 14 November**  
8.45-10.15am Kindy 18  
2nd Orientation Day & Parent Workshop  
7pm P&F Final Meeting  
8pm P&F AGM

**Tues 21 November**  
8.45—10.15am Kindy 18  
Final Orientation Day & Parent Workshop

**Thurs 23 November**  
Swimming Carnival

**Tues 5 December**  
9am Thanksgiving Mass & Farewell to Mr Visser

**Thurs 7 December**  
5.30pm Christmas on the Grass Celebration

**Tue 12 December**  
9am Primary Awards  
11am Infants Awards

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Facebook: <https://www.facebook.com/stbernadettesprimary/> Twitter: <http://www.twitter.com/StBernadettes2>

**Student Council War on Waste initiative – Waste Free Wednesdays**  
**Don't forget – EVERY Wednesday pack a waste free lunch.**

### Vehicle entry to the School

Thank you to parents for using the Brisbane Road driveway entry and exit to the school. You are requested **not** to enter the school from Old Northern Road as this poses a significant danger to our students who walk across the driveway when they arrive at school by buses that drop off on Old Northern Road or for children who are walking across the pedestrian crossing in the car park. Thank you for your attention to this and for keeping our children safe.

### 'Christmas on the Grass'

Please join us for the St Bernadette's Christmas Concert on **Thursday 7th December**, commencing at 5:30pm. Bring either a picnic blanket or low chair to watch the children who will perform on the grass area. Each grade will perform a part of the Christmas Story through song and action. Hope you can join us for a lovely community celebration. The P & F will be providing a free Sausage Sizzle and will have soft drinks on sale for \$2 and water for \$1.



### Week 3 & 4 Social Skills

#### Identifying Emotions - (Self Awareness)

We all start each and every day with different emotions and this has an impact on how we interact with others and complete our work successfully. Identifying our emotions and feeling positive and confident about ourselves allows us to feel good about our approach to the day.

Worry is an emotion that can cause us to lose confidence. When we are *extremely worried*, we do not perform as well because our level of self-confidence goes down. Sometimes we worry because we are afraid of what people think of us. Children can have such big worries about what their classmates think of them that they choose not to say or do things. That way, they protect themselves from others thinking negatively about them. A way of thinking that can help us worry less is called "Being Independent." Being Independent means thinking that it's important to try new activities and to speak up, and have confidence.

At St Bernadette's we continue to encourage all students to identify their own feelings and how to interact with others, especially believing in their own worth and independence - being confident in what they say and do!

#### Positive Habits of the Mind

**Accepting Myself** means when I make a mistake or someone is mean to me thinking that I am not useless or a total failure, I am still me. I accept myself no matter what.

**Taking Risks** means preferring but not needing to be successful and thinking that it's good to try something new even though I might not be able to do it.

**Being Independent** means preferring but not needing the approval of others and thinking that it's important for me to try new activities and to speak up even if classmates think I'm silly or stupid.

#### Negative Habits of the Mind

**Self-Downing**—thinking that I am a total failure or useless when I have been rejected or have not achieved a good results.

**Needing to be Perfect**—thinking that I have to be successful in everything important I do and that it's horrible when I'm not.

**Needing Approval**—thinking that I need people (parents, teachers, peers) to approve of what I do and that, when they don't, it's the worst thing in the world.

Something to try at home - discuss the following with your children

1. Not being afraid to make mistakes
2. Believing you will be more likely to be successful than to fail if you keep having a "red hot go"
3. Not worrying too much what people think of you if you say something that is wrong or silly
4. Using green light rather than red light thinking about yourself when you make a mistake or someone is mean to you
5. Looking and sounding confident
6. Understanding your own emotions and how you interact with others.

*Mrs Kathy Watt*

#### Attendance

Our minimum target for attendance is 90%. This week we have dropped from last week to:

**89.5%**

While this is only a small drop in attendance, it is still below our MINIMUM target for attendance. We ask for your help in this area as time away from school is time that cannot easily be caught up.

Years 3, 4 and Year 5 achieved over the 90% target—well done!

Please remember that as parents it is your responsibility for ensuring your child complies with attendance requirements – that is – that they attend **whenever instruction is provided.**

#### Illness and injury

**notwithstanding, do you encourage your child to attend school on a regular and on time basis? If not, what does this say about the value you place on your child's education and their future?**



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

***Social Skill: Identifying Emotions (Self Awareness)***

<b>Class</b>	<b>Student of the Week</b>	<b>Student of the Week</b>	<b>Social Skill Award</b>
<b>KB</b>	Emily Boxshall	Jessica Coghlan	Elliot Dalton
<b>KG</b>	Alexis Mortel	Lila Oliver	Isaac Sung
<b>KW</b>	Emma Sakkal	Hetika Vijay	Thomas Macey
<b>1B</b>	Emma Ballesty	Elizabeth D'Souza	Gabriella Papandrea
<b>1G</b>	Emily Mitchell	Juliana Zaiter	Chelsea Fayle
<b>1W</b>	Savannah Jaucian	Sophia Khamis	Aaron Pereira
<b>2B</b>	Renee Sakkal	Taylor Zeaiter	Chloe Karam
<b>2G</b>	Camellia Fernando	Caterina Porte	Jesse Oliver
<b>2W</b>	Annabelle Farag	Paul Makhlof	Jack Robinson
<b>3B</b>	Layaan Arraf	Joel Dierkx	Joshua Zeaiter
<b>3G</b>	Hannah Cherian	Ella Hammersley	Samuel Akle
<b>3W</b>	Ysabella Jaucian	Rhys Zerafa	Frederick Anderson
<b>4B</b>	Eva Cooper	Zelda Mormul	Mark Bradshaw
<b>4G</b>	Lachlan McLaren	Jasmine Azzi	Not for Publication
<b>4W</b>	Olivia Boxshall	Mark-Anthony Zeaiter	Amy Ballesty
<b>5B</b>	Aimee Coulter	Ethan Zerafa	Marisa Frketic
<b>5G</b>	Shydan Magtoto	Savannah Moubarak	Katerina Giannakakos
<b>5W</b>	Thomas Heyes	Isabella Muscat	Blake Noonan
<b>6B</b>	Ysabella Salalila	Franz Goseco	Akilah Perez
<b>6G</b>	Sera-Marina Farfoud	Logan Ragno	Tayla Milicevic
<b>6W</b>	O'Shea Gooley	Priscilla Leib	Mathilda Martin

**Celebrating Talents**

Congratulations to **Lucas Heyes in 3B** for displaying our school value of '**Honesty**' recently for handing in money he found at our Fun Fair.

Congratulations to **Isla Clark in 4G** who has been invited to perform with the Australian Ballet in Alice's Adventures in Wonderland in December. She has also been accepted into the 2018 summer programs with both the Bolshoi and the Houston Ballet in the USA.

Secondly, **Mali Clark in 6B** has been accepted into the advanced summer intensive program with the Bolshoi Ballet in 2018 as well as the Queensland Ballet's summer program in January.

Congratulations to **Annalise Besters in 6B** who has successfully auditioned for the Holroyd Musical and Dramatic Society's production of Annie. Annalise will play the role of July, one of the Orphans. This production will be held at the The Redgum Centre, Wentworthville in April 2018.

**Principal's Awards:**

Alyssa Khoudair 4G  
Charbel Zeaiter 4G  
Ella Macey 3W  
Leah Symin 3W  
Sarah Lievano 4W  
Isla Clark 4G  
Antonio Zeaiter 3B  
Scarlett Sahyoun 2G  
Elle Gaya 2G  
Jet Jackson 2G  
Evie Hogan 2G  
Sienna Leuzzi 2G  
Maya Keremelevski 2G  
Liam McGovern 2G  
Charlotte Lee 4W  
Christopher Khoudair 4W  
Terence Nwabuokeyi 4W  
Zoe Baroni 4W



## **P&F Association Final Meeting & AGM**

**Tuesday 14th November 7pm / 8pm – School Library**

All parents are invited to attend the P&F Association's final meeting of the year at 7pm which will be followed by the AGM at 8pm.

An email for the Annual General Meeting was sent to all families last week with a nomination form to be part of next year's P&F Committee. All forms are to be returned by Monday 13th November.

## **Band News**

Is your child interested in joining the band next year? Would you like more information on the School Band program? The School Band is now taking enrolments for 2018 and participation is open to all students who are currently in year 2-5. No prior experience is required.



Students will have recently attended a Concert by the band and Teaching Services Australia (TSA) staff demonstrating the variety of instruments available for tuition next year. They will also have received a *green Instrumental Band Program-Introduction* form. Students who return this tear-off form, **Expression of Interest** will be given the opportunity to test a variety of instruments to help them find the one most suited to them. They will then be given a comprehensive Enrolment Pack with the results of this instrument test.

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer. TSA is committed to providing a quality concert band program, with full band rehearsals, great value tuition and rent-to-buy instrument hire.

This green Expression of Interest form is due back to the school office within 5 days. You can download this note at [www.teachingservices.com.au](http://www.teachingservices.com.au) or for more information email: [info@teachingservices.com.au](mailto:info@teachingservices.com.au)

## **St Bernadette's Playgroup**

Our playgroup extends a warm invitation to families with children starting in Kindergarten 2018 to attend playgroup on Monday and Thursday mornings in Term 4. Come along and meet other families and children, have a cupcake and let the kids play and meet each other. Monday 10am and Thursday 9.30am. For further information contact Carolyn Lincoln on 0411 547 285. We would love to see you there.

## **School Carnival—Our Lady of Lourdes, Baulkham Hills**

Sat 4 November 10—4pm. Lots of fun activities, Rides, International Food, Art & Craft, stalls and so much more. Hope you can join us for a great day out.

## **Term Dates 2017**

### **Term 4:**

Mon 9 October to Fri 15 December (for students)  
Mon 6 November—Staff Spirituality Day & Pupil Free Day  
Monday 18 December – Staff Dev & Pupil Free Day

### **Term 1 2018**

#### **Mon 29 Jan**

Staff Dev Day / Pupil Free Day / \*MAI Day

#### **Tue 30 Jan**

\*MAI Day / Pupil Free Day

#### **Wed 31 Jan**

Yrs 1 to 6 commence

#### **Thurs 1 Feb**

Kindergarten 2018 commence at 8.30am

\*Maths Assessment Interview