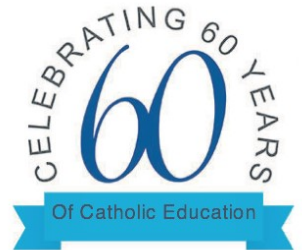


# St Bernadette's School



Friday 9 November 2018 Term 4 Week 4

No. 36

Dear Parents,

*"They shall grow not old, as we that are left  
grow old:*

*Age shall not weary them, nor the years  
condemn.*

*At the going down of the sun and in the  
morning,*

*We will remember them."*

*O God, our ruler and guide, in whose hands are  
the destinies of this and every nation, We give you  
thanks for the freedoms we enjoy in this land and  
for those who laid down their lives to defend  
them: we pray that we and all the people of  
Australia, Gratefully remember their courage and  
their sacrifice may they have the grace to live in a  
spirit of justice, of generosity, and of peace;  
Amen*

Remembrance Day 2018 marks 100 years since the end of World War One and 99 years since commemorations of the war began. This Sunday will be a century since the agreement which ended four years of world war was signed and on Monday 12th November our school community will come together in prayer at our Monday morning assembly to remember those who have given their lives so that we may live in peace and in safety. This year gives us the chance to remember, but also to pray and work for peace, looking forward with hope.



*Heavenly Father,  
thank you for the gift of peace,  
a blessing of fullness and completeness,  
your desire that all of creation be whole.  
Help me to be an agent of your peace,  
to share in word and deed the good news  
and so do your will on earth as it is done in heaven.  
In the name of Jesus, the Prince of Peace,  
Amen.*

Please join us on Monday at 8.30am, to commemorate this event at our assembly when we will remember all of those who have died in wars, with a special service of prayer, reflection and silence.

**Mrs Leanne Nettleton—Principal**

## R.E. NEWS



**The Parish Sacramental Program** will be in transition during 2019. If your child is in Year 2 in 2018 they can enrol in the Reconciliation Program for 2019. If your child is currently in Year 3 they would enrol in the Reconciliation and Eucharist programs. An information night for parents is being held on **Monday 12<sup>th</sup> November or Tuesday 13<sup>th</sup> November**. At the information night Father Fernando will explain the new program.

In 2020 students in Year 3 will participate in the Reconciliation program and receive the sacrament of reconciliation and students in Year 4 will participate in the Eucharist program and then receive the sacrament of reconciliation.

### Mission Sausage Sizzle

Thank you to the huge band of parent helpers who prepared, cooked and served up our sausage sizzle to the children last Friday: Mr Adam Maait, Mrs Dianna Zaiter, Mrs Dianne Zeaiter, Mrs Claudia Azzi, Mrs Rosemary Bounassif, Mrs Maria Monje, Mr Nick Gooley, Mrs Amanda Daniele, Mrs Stacy Daly, Mrs Sonia Kassis, Mrs Laura Symin, Mrs Vanessa Zalloua, Mrs Mary Zeaiter and Mrs Joanne Lagana. The sausage sizzle raised: \$800 for Caritas. Once again congratulations St Bernadette's.

**Mrs Shane Robinson**  
**Religious Education Coordinator**

### Week 5 Dates

**Mon 12 November**  
8.30am Remembrance Assembly  
8.50am Yr 5 LS Tour (Yr 4 parents)  
2.45pm Motiv8sports  
7.30pm Sacramental Preparation Night

**Tues 13 November**  
8:45am Kindy 2019 Orientation & Parent Workshop  
11.10am Yr 5 LS Tour (Yr 4 parents)  
7.30pm Sacramental Preparation Night

**Wed 14 November**  
2pm Yr 5 Learning Space Tour (Yr 4 parents)

**Fri 16 November**  
Yr 5 Spirituality Day  
1.40pm Whole School Assembly—Church

**Tues 20 November**  
8.45am K19 Orientation & Parent Workshop  
Yrs 5 / 6 WSW School Cup Finals, Blacktown

**Wed 21 November**  
7.30pm P&F AGM

**Mon 26 November**  
Swimming Carnival (2-6)

**Mon 3—Fri 7 Dec**  
K-2 Swimming Programme

**Mon 10 December**  
9am Thanksgiving Mass

**Tues 11 December**  
9am Primary & 11am Infants Awards

**Thurs 13 December**  
5pm Christmas on the Grass

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**PLENARY COUNCIL**

Yesterday your child brought home a flyer which contains information about the Plenary Council of 2020.

**What is the Plenary Council?**

The Plenary Council is an opportunity for all Australians to engage in an open and inclusive process of listening, dialogue and discernment about the future of the Catholic Church in Australia.

**Why are we having a Plenary Council?**

There are many reasons for having a Plenary Council for the Catholic Church in Australia: Pope Francis has invited the local church to dialogue; the contemporary society of Australia has changed significantly, and the Royal Commission into Institutional Response to Child Sexual Abuse has been a significant and influential event that requires deep consideration and response. When the Australian Catholic Bishops announced the decision to hold a Plenary Council, Archbishop of Brisbane Mark Coleridge said that “the Church is not the presence in our society it once was. We need to take a measure of that and make decisions accordingly. The culture in which we have to proclaim the Gospel is very different to what it was even 20 or 30 years ago.”

How can I find out about the 2020 Plenary Council?  
Read the pamphlet sent home with your child or visit the following website which has further information on the Council [www.parracatholic.org/haveyoursay](http://www.parracatholic.org/haveyoursay)

Congratulations to **Angelina Zaiter** & her cousins who cut their hair, and raised just over \$11000 for the Charlie Teo Foundation and \$5500 for Variety Hair for Heart.

**Attendance**

**Every Learner Every Day - Attendance rate to date is 86.9%**

Our community believes that every day counts for every child. Our target is for at least 90% attendance each week. Congratulations to Year 2 for achieving our attendance goal each week. Well done! We have also reduced our number of outstanding notes for absences. Thank you for attending to these in a timely manner.

Kindy	86.6%	Yr 4	87.9%
Yr 1	85.2%	Yr 5	89.4%
Yr 2	91.5%	Yr 6	81.6%
Yr 3	86.1%		

**Did you know**  
Your child's best learning time is the start of the school day just a little bit late doesn't seem much but

He/she just missing,	That equals ..	Which is ...	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

every learner every day  
Catholic Education Diocese of Parramatta

**Student Council War on Waste initiative - WASTE FREE EVERYDAY**

**Social Skills—Weeks 4 & 5**

**Identifying Your Own 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- be confident in what they say and do!

<u>Positive Habits of the Mind</u>	<u>Negative Habits of the Mind</u>
<b>Accepting Myself</b> 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.	<b>Self-Downing</b> – thinking that I am a total failure or useless when I have been rejected or have not achieved a good result.
<b>Taking Risks</b> 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.	<b>Needing to be Perfect</b> – thinking that I have to be successful in everything important I do and that it’s horrible when I’m not.
<b>Being Independent</b> 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.	<b>Needing Approval</b> – 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.

### Social Skills continued ...

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. Understand your own emotions and how you interact with others

**Mrs Kathy Watt**

### Our Band 'On Tour'

Today 17 senior members of the St Bernadette's Concert Band loaded the bus and went 'on tour' for the day. Students visited *Only About Children* Childcare in Castle Hill, *Bryan King Gardens* at Anglicare Retirement Villages, *St Gabriel's School* in Castle Hill and finished off their day with a performance in the Courtyard at *Castle Hill RSL*.

Each venue enjoyed 30-40 minutes of musical entertainment and our preschool hosts in particular were most excited to see the variety of instruments we have in our band up close and personal.



Huge congratulations to our band members for their maturity and for representing their school so marvellously and thank you to Mr Masman, Mr Ciccarelli and Mr Lavis from TSA for their musical leadership of this group. We look forward to hearing the band perform at their 'Instrument Demo Concert' for year 2 students on November 23.

### Celebrating Talents

Congratulations to **Nicholas Ward in KG** who was awarded a silver medal at the NSW State Gymnastic Championships.

Congratulations to **Amelia Lavis in 2B** who achieved an A+ for her AMEB preliminary grade exam last week.

### Term 4

Mon 15 October—Staff & Students return  
Fri 9 November—Staff Development & Pupil Free Day  
Wed 19 December—last day for students

### 2019 Term 1:

Tues 29 Jan—SDD / Pupil Free Day / \* MAI (pm)  
Wed 30 Jan—MAI Day / Pupil Free Day  
Thurs 31 Jan—Years 1 to 6 commence

\* Maths Assessment Interviews

### Student Leave

As part of the implementation of the formulated National Standards, holidays taken by students outside of school vacation periods will now be included in Student Attendance Data as absences.

Parents are requested to complete an Application for Extended Leave form for absences of **5 school days or more**. This form is on our website: Community/School Notes/Administration Forms.

Please submit this form together with a copy of your travel documentation (e-ticket/booking form) **at least three weeks** prior to the proposed leave date. This Application for Extended Leave will then be responded to by Mrs Nettleton. Thank you for your assistance.

### Lost Property

We ask all parents to please label **EVERY** item of their child's uniform so if found it can be returned. These are some of the lost property items found recently. If your child is missing some of their uniform—please check in lost property, located next to the school library.



### Medication at School

A reminder to parents that medication can only be given to students at school if we have the following:

- Note signed by the prescribing doctor stating it must be given during school hours
- Medication in original box with students name on it and dosage.

### Oakhill College Tour

We warmly invite all prospective students and families to attend an Oakhill College tour on Thursday 22 November 2018. From 9.30am—11.30am the morning provides a great opportunity to see how the College inspires students to aspire to greatness. Explore our beautiful grounds and facilities at the College and meet the Principal, Brother Steve Hogan. Visit <http://www.oakhill.nsw.edu.au/enrolments/book-a-tour/> to reserve your place or contact the Registrar on 9634 0802 for further information.

### Jazz At the Pines

**Sunday 18th November**—featuring 'Nigel Hearn's Quintet & Valerie King.' Tables can be booked for groups and individuals or turn up on the day. Tickets \$20 Adults & \$15 Concessions. Tea, coffee and freshly baked cakes available. Book online: [www.jazzatthepines.org.au](http://www.jazzatthepines.org.au) or email [infor@jazzatthepines.org.au](mailto:infor@jazzatthepines.org.au) or telephone: 02 9651 4411.