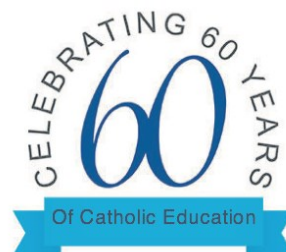




# St Bernadette's School



Friday 1st June 2018

No. 16

Dear Parents,

I am sure that you have heard the belief that, "A positive attitude attracts positive energy", just as I am sure that like many, you believe that in most circumstances there are two ways to look at life, positively or negatively.

Our attitude towards life determines life's attitude towards us. A positive attitude is the outward expression of a mind that dwells on positive matters; "As a person thinks in his heart, so he is". Proverbs 23:7. If we have a mind that conjures up images of difficulties and failures, we need to do something about it. We need to elevate our thought processes and install mental pictures of success and achievement. In this way we can look down on our problems instead of looking up to them.

St Paul encouraged the people of Ephesus to "Put off the old self .... to be made new in the attitude of your mind". Eph 4:22. By changing the inner attitude of our mind, we can change the outer expression of our life.

Attitude is contagious. Positive attitude gives energy to you and to those around you. So what type of attitude training do we give our children? Do we offer them encouraging thoughts? Do we lead them to read and view positive material that will inspire? Do we encourage them to be outward in their thinking? – there's much more to think about in life than themselves. Do we provide for them the "triple goodies" of good nutrition, good sleep, good exercise? Do we encourage them to focus on the "good things" they have in life and to be content?

Samuel Johnston reminds us that, "Our attitude is the expression of our values, our beliefs and our expectations." How is our attitude perceived by our children? It is important for our children to realise that no matter how hard they try to develop positive attitudes, they don't live in a vacuum. They will surely come across people who have an unenlightened view on life. However, it doesn't matter what kind of attitude other people present to them, what matters is how they deal with it and how they perceive its worth.

Hopefully, they will have us to look up to for their models for positive living.

*"May you arise each day  
with a voice of blessing whispering in  
your heart, that something good is going  
to happen to you.*

*May you find harmony between  
your soul and your life.*

*May there be kindness in your gaze  
when you look within.*

*May the presence of the Almighty  
be forever in you. Amen."*

**Mrs Leanne Nettleton—Principal**

## R.E. NEWS



Our St Bernadette's Mini Vinnies group has organised 2 initiatives this term. The first social justice issue is to donate toothbrushes and toothpaste for the Glenhaven's Rotary Oral Hygiene program for the children in the Philippines. In the Philippines, they do not have access to basic dental care or the funds for the basic items for dental care.



The second action that the Mini Vinnies is asking for help with is donations of perishable goods for the food bank for the 'House of Welcome' in Granville. The House of Welcome is a drop-in centre for refugees and asylum seekers. The essential food items help these groups during challenging times. The food bank's cupboard is bare and desperately needs your donations.

There is always a wonderful generous and volunteering spirit in the St Bernadette's community so I'm sure we will receive many donations of toothbrushes and food items.

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

### Week 6 Dates

#### Mon 4 June

8.30am Assembly  
12.30pm Peer Support

#### Tue 5 June

8-10am Uniform Shop

#### Wed 6 June

Student Banking Day  
Waste Free Lunch Day  
Yrs 5 & 6 Cyber Bullying Workshop

#### Fri 8 June

1.40pm Whole School Assembly

### Coming Dates:

#### Mon 11 June

Queen's Birthday Holiday

#### Wed 13 June

Yr 3 Billycart Inc.  
7pm Yr 1 Parent Report Mtg

#### Thurs 14 June

7.30am ICAS Writing Comp  
Yr 4 Hambledon Cottage Exc.

#### Fri 15 June

NSWCPSCC Cross Country, Eastern Creek  
Debating vs St Paul's

#### Sat 16 June

9am P&F Working Bee

#### Wed 20 June

9am School Tour for K to Yr 6 2019

## Half Yearly Report Meeting for All Year One Parents and all Interested Parents

A parent meeting will be held in Week 7 on Wednesday 13 June at 7pm for ALL Year One parents AND any other parent who would like to learn more about the Year 1-6 reports. This is a compulsory meeting for all Year One parents as it contains essential information for parents whose children are moving from the Kindergarten report at the end of last year to the half yearly Year One report. This meeting will be a great opportunity for parents to have any questions answered that they may have about half yearly reports. Please RSVP your attendance by emailing the school (bernadettech@parra.catholic.edu.au) using the subject: Half Yearly Report Meeting.



## Tell Them From Me (TTFM) Partners in Learning survey

Thank you to those parents who have already participated in the Parent Feedback Survey. **To date we have achieved a 22% participation rate.** There is still time for you to participate if you haven't already. Just use the following link to the URL which will give you access to the survey <https://www.tellthemfromme.com/sbchill>

The survey is anonymous and will take approximately 20 minutes to complete. I encourage all families to take the opportunity to provide this very valuable feedback to our school.

## Canteen

We are pleased to let you know that the canteen will be operational from next Monday 4th June 2018. You are able to use your Munchmonitor account to view the menu and order lunches online. If you would like to set up a Munchmonitor account you can also do this by following the instructions contained in the email sent to you this afternoon. All families are encouraged to use the online ordering system for lunch orders. The new menu is attached and includes a new option for daily meal deals. Children are only able to purchase snack items over the counter and must use cash. All lunches must be pre-ordered.



## Attendance

### Every Learner Every Day

**Attendance rate to date is 93.4%**

Congratulations to the St Bernadette's community!

Over the last week every year group has improved their attendance rate and we now have Kinder, Years 2,3,4 and 5 over our set target with Year 1 and 6 close behind.



K	92.5%	Yr 4	96.1%
Yr 1	88.9%	Yr 5	95.4%
Yr 2	99.1%	Yr 6	88.9%
Yr 3	92.3%		

## Social Skill Focus: Weeks 5 & 6 Self-Awareness: Recognising Strengths

### Being a Creative Student at St Bernadette's

Being creative is not just about being artistic. Being creative doesn't mean you know how to draw or play an instrument. Being creative is a way of thinking, a way of viewing the world. Creative people sometimes make NEW things but they can also think about new things in different ways.

The right side of the brain is used for creative things. Creative people use the right side of their brains more than the left. Some people appear to be born creative, however everyone does have the creative right brain side that they can develop. It takes a concerted effort and at St. Bernadette's we encourage our students and provide activities to allow them to bring out their creative side, for some it just takes time.

### Family Discussion Starters:

Who are the most creative people in your family?  
What would each member of your family like to be better at?

What has been the best invention ever? Do you think it related to the right side or left side of the brain thinking?

**Think of something you can do creatively during the next two weeks.**

*Mrs Kathy Watt*

## Peer Support – Stronger Together

Students at St Bernadette's have the right to be a part of a safe, secure and welcoming community where everyone is treated with dignity and respect. In light of our school values of respect, honesty, tolerance, forgiveness, care and compassion, they also have the responsibility to treat others with fairness, dignity and respect and ensure that they are behaving in a safe manner.

In Week 6, our Peer Support lesson will focus on students working together to reflect on how we can ensure everyone feels safe, secure and a part of our wonderful school community. In our groups, students will discuss their rights with respect to belonging to a community free from exclusion, teasing, harassment or bullying. Although we believe that bullying can occur in any environment, and while we do not consider that bullying is widespread at St Bernadette's, we feel it essential that we have established procedures to not only combat bullying if it arises, but to cultivate a supportive environment where bullying cannot become established. Across the school, Peer Support Leaders, Teachers and students will develop strategies and techniques students can employ to combat the effects of negative behaviours and of students feeling unsafe. Over the weekend we are encouraging parents to discuss with their children strategies they could use to ensure everyone at St Bernadette's feels safe, secure and happy.

*Mrs Borg - Peer Support Coordinator*



## Year 6 Excursion to Canberra

On the 24<sup>th</sup> and 25<sup>th</sup> May, Year 6 spent two fabulous days in Canberra further developing our knowledge of Australian politics and the rich history that lives within our nation's capital. We departed our school, very early in the morning, excited for our Canberra adventure. Although long, the journey on the bus allowed Year 6 as a group to bond and reconnect with students we may not always get a chance to work with or spend quality time with.

Once we arrived in Canberra, we made our way to the Australian War Memorial. This was a reflective time and allowed students to see exactly what our Australian heroes sacrificed for our country and our freedom. Through their dedication, servant leadership, hard work and ultimate sacrifice, these Australian heroes have contributed to the way of life we all enjoy today and for this we are eternally grateful. The highlight at the War Memorial was definitely viewing all the names of our national heroes and being able to write a prayer of gratitude in memory of them.



After lunch, we found ourselves immersed in the world of politics. At Parliament House we learnt how our laws are made and passed through the House of Representatives and the Senate. We were even



lucky enough to sit in on question time in the House of Representatives, where we viewed our Prime Minister Mr Malcolm Turnbull and the Opposition Leader, Mr Bill Shorten discuss critical issues impacting Australian people. Not only did we get to see first-hand how our political system operates, we created our own House of Representatives and role played how to pass a bill. Acting as part of the House of Representatives was not only an educational experience but extremely fun, especially when we acted as ministers persuading others to vote in favour of our ideas. If seeing our future politicians in action wasn't exciting enough, we also enjoyed the experience of meeting with our very own Federal Minister for Mitchell, Alex Hawke. We hope Mr Hawke will be able to come and visit us again soon when we are back at school.

The accommodation at the Ibis Styles Eaglehawk Resort was quite sufficient. However, we didn't have a lot of time to rest as our learning journey for day one was not over yet. Off to the Australian Institute of Sport we went.

After an early morning breakfast, we were back on the coaches once again making our way to The Electoral Education Centre, where we learned about and took part in the process of our preferential voting system. At the beginning of the tour, we watched a multimodal clip outlining how Australia's democratic society was formed. It was affirming to see the connections between this video and our learning in class.

As many of us play and follow sport, we were thrilled to see just where professional athletes train for national and worldwide competitions. We know that it will only be a matter of time before a number of our students are back at the AIS, only this time they will be the ones that school tours admire and aspire to be. Year 6 were then enrolled in our very first and exciting election, where we voted for our electorates; apple, orange, banana and peach. Who would you vote for?



Our last stop on our adventure was Questacon. What a way to end our tour exploring all the scientific elements across a range of fun activities such as how lightning is created, the impact of natural disasters, exploring flight and other ways we use science each and every day. The highlight of our visit had to be experiencing gravity through the freefall adrenaline ride. That feeling of weightlessness as you fall towards the ground and the relief when your body finally connects with the slide is an experience not to be missed.



Finally, we arrived back at St Bernadette's safe and sound ready to share all of our learning with our families. Thank you to all of the teachers who accompanied us on this jam packed amazing excursion. Although it was a very busy schedule, all of the teachers made the two days as much fun as it was educational. A truly wonderful experience that will remain a memory we will remember forever as part of our time at St Bernadette's.

***Written from a collection of our Year 6 reflections.***

## Premier's Reading Challenge

What wonderful readers we have at St Bernadette's. Congratulations to the following children for completing the PRC:

Jacob Baker, Oscar Barone, Nicholas Ward, Matilda Cowper, Arianni Sebastian, Jaden Zaiter, Ashton Baker, John Dimitriou, Riley McGlynn, Charlotte Ward, Alexander Barone, Anna Dimitriou, Chloe Karam, Zoe Kouknas, Samantha Simmons, Maya Salloum, Charlie Barone, Isabella Botros, Claudia Chambers, Zander Cheng, Alivia Dowling, Daniella Jelwan, Lucas Karam, Caitlin Leong, Isabella Muscat.



## World Youth Day Raffle Tickets

A reminder to send in all sold ticket butts **AND** unsold ticket books on Monday to your child's class teacher. Thank you to families who have already sent theirs in and good luck!

## AUSTRALIAN GOVERNMENT ASSISTANCE FOR NATIONAL CAPITAL EXCURSION

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist you (the parent) in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per eligible student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion. This amount has already been factored into the overall cost of Year 6 excursions for this year. We would like to thank the Australian Government for their support of this program.

## Student Leave

As part of the implementation of the National Standards, holidays taken by students outside of school vacation periods are included in Student Attendance Data as absences. Absences of this nature are to be considered seriously by parents before requesting leave. Parents are requested to complete an **Application for Extended Leave** form for absences of 5 days or more. This form is on our website: Community/Notes from School/Administration Forms/Application for Extended Leave. 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 considered by Mrs Nettleton. Such leave is not automatically approved as individual circumstances must be taken into consideration. Thank you for your assistance.

**R.I.P.** †† Our prayerful sympathy is extended to the Fernando family (Rovinya in 1G), following the recent passing of her grandmother. May she rest in peace.



Our congratulations to the Naoum family on the birth of a baby boy, brother to Miriam in 1G. Our best wishes to the family.



## P&F Working Bee - Saturday 16 June

As autumn comes to an end the gardens and grounds at St Bernadette's are ready for a bit of 'TLC'. The school P&F are organising a working bee and invite all members of the St Bernadette's community to come along and help us keep St Bernadette's beautiful.



We will be working from 9am-12:30pm but you don't have to come for the full day, just whatever time you can spare. Morning tea is provided and it is a great way to meet new friends and families whilst making a difference to our community. To register your interest in attending please click on the link below - <https://goo.gl/forms/EgyqrryZzSLjzZZn2>

## PARISH NEWS:

### St Bernadette's Parish, Castle Hill: Altar Servers Training and Recruitment

St Bernadette's Parish, Castle Hill, is currently looking to recruit young Catholics who have received their First Holy Communion as guardians at the altar (i.e. **altar servers**), assisting the priest in the Sacrifice of the Mass. Training sessions:  
*Wednesday 13<sup>th</sup> June, 2018 at 6:15pm for 6:30pm start;*  
*Sunday 17<sup>th</sup> June, 2018 after the 10:30am Mass*

## SACRAMENT OF CONFIRMATION 2018

Parish families who are interested in their child commencing preparation for the sacrament of confirmation are asked to attend one of our information evenings held on: **Monday 25 or Tuesday 26 June.**

Both evenings will commence at 7:30pm in the Church. This preparation process is suitable for children who are in Year 6 or above, who have received the sacraments of baptism, reconciliation and eucharist (holy communion). Evenings will last approximately one hour and children do not need to attend. Please contact Alice Bradshaw (Sacramental Co-ordinator) at the parish office on 9634 2622 or [sacraments@stbernadette.org.au](mailto:sacraments@stbernadette.org.au), for more information.



## NEW RESTAURANT OPENING:

### Guzman y Gomez

Mexican Restaurant, Castle Towers. St Bernadette's families are invited to our Free Burrito Day from 11—8pm on Wednesday 6th June. Entertainment to include Mariachi band, face painting, balloons etc. Hope to see you there!

