



St Bernadette's School

Friday 28 August 2020 — Term 3 Week 6

No. 26

Dear Parents,

Spring is just around the corner and I have noticed the days are getting longer so it's time to think about getting that summer uniform ready. Students can wear the summer uniform from Day 1 Term 4 (or sooner if the weather continues to heat up at it's current rate). If you need to purchase a new summer uniform, place your order now!

As you probably have heard from your children, our weekly Bernie Roo focus this week was about wearing our school uniform correctly and with pride. Congratulations for the way your children are presented for school each day. They are certainly displaying great pride in the St Bernadette's uniform. The children are beautifully groomed from head to toe, even with polished school shoes.

It seems that many children went home Monday afternoon speaking about our school uniform and how to wear it with pride, which I am thrilled about. One thing that was mentioned was that long sleeves shouldn't be worn underneath sports shirts. Normally, on a cold day, children keep their jumpers and jackets on all day and I would never see these long sleeves, that can be of a multitude of colours and patterns! Though now that the days are warming up, the children are overheating as they run around at sport and break times and need to remove their extra layers. I know the mornings can still be a bit chilly, so I suggest the children who feel the cold wear their jumper and jacket with their sports uniform so they can remove layers easily as they warm up during the day. Some parents may be wondering why this has been mentioned so late in the winter season and they would be right! It coincided with our Bernie Roo focus. With 4 weeks of the winter uniform remaining I will leave uniform matters to your discretion and remind families of winter uniform expectations before the winter period in 2021. If you are unsure of the uniform requirements, please take the time to have a look at our school website for details.

Once again, I thank you for your continued support of the St Bernadette's community and myself. It is the combined effort of all that help to build the wonderful reputation our school has in the wider community.

Enjoy the sunshine and some family time this weekend.

Mrs Bianca Cooke

R.E. NEWS



Confirmation

Many of our students in Year 6 and St Bernadette's Parish have just enrolled to prepare for the sacrament of Confirmation. Although we normally receive this sacrament after First Communion, the Church considers it to be the second of the three sacraments of initiation as it completes Baptism.



In our Baptism, our parents and godparents make the promises for us, during Confirmation we as adult Catholics renew our faith for ourselves. The introduction to the Rite of Confirmation states: 'by the sacrament of Confirmation, the baptised are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit.'

Therefore, they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.'

We pray for all the children as they prepare to learn about the gifts of the Holy Spirit and how they are strengthened by the gifts so they can use them in their Christian life.

This weekend at special masses, some of the children of our parish will receive the Sacrament of the Eucharist for the first time. Please keep these children in your prayers.



Mrs Shane Robinson—REC

Week 7 Dates

Waste Free Recess & Lunch

Mon 31 August

8.30am Class Lines
3-4.30pm Motiv8sports

Tue 1 September

7.30am ICAS Maths
8-10am Uniform Shop
(Emailed orders only)

Wed 2 September

No Choir
Student Banking

Thurs 3 September

3pm & 3.45—4.30pm
Hills Hornets Basketball

Fri 4 September

Band Lessons

Coming Dates:

Mon 7 September

Kindy, Yrs 1 & 2
'Olympics'

Fri 11 September

Yrs 3 & 4 'Olympics'

Mon 14 September

Yrs 5 & 6 'Olympics'

Fri 25 Sept

Staff Development Day
& Pupil Free Day

**ENROLLING NOW
FOR
KINDERGARTEN
2021**

**School Tours
Please call
02 9407 6600**

Address: 357 Old Northern Road, Castle Hill NSW 2154 **Phone:** 9407 6600 **Fax:** 9407 6699

Address: 357 Old Northern Road CASTLE HILL NSW 2154 **Phone:** 02 9407 6600

Email: Bernadettech@parra.catholic.edu.au **Website:** <http://www.stbernadetteschill.catholic.edu.au>

School Calendar: <http://www.stbernadetteschill.catholic.edu.au/en/Community/Events>

Student Council War on Waste initiative – Waste Free EVERY DAY

COVID-19

Your support has been much appreciated this week if your child was sent home from school or you have kept them home if they have been feeling unwell. A reminder if your child has 'flu like symptoms' and a COVID test is done, please ensure that the results are forwarded to the school email address (Bernadettech@parra.catholic.edu.au) before your child returns.



PBS4L

At St Bernadette's Primary School we are dedicated to promoting our overarching expectations of:

- being respectful,
- being resilient,
- being safe, and
- being a learner.



Students receive Bernie Roo tokens when they display one or more of our school expectations. Bernie Roo tokens are received in all settings - before and after school, on the playground, in the classroom and in any other school location. Students are responsible for taking care of their Bernie Roo token and any misplaced tokens will not be replaced. If your child does happen to lose a Bernie Roo token this is a great learning opportunity to build resilience.

This coming week our school wide focus is:

Resilient - Owning and Accepting Consequences

Students will be participating in lessons that teach this expectation and will be acknowledged with a Bernie

Roo token when displaying resilience. If your child mentions to you that they received a Bernie Roo token this could be a great conversation starter about why they received it and how we can display resilience in our everyday lives.

We do kids a disservice when we step in so soon so they never experience making mistakes. In fact, children learn more when we allow them to make mistakes; it's all in how we teach them to handle it.

- from 'Eight Ways to Help Your Students Build Resiliency'

**ENROLLING NOW
FOR
KINDERGARTEN 2021
& Years 1 to 6
LIMITED PLACES
SCHOOL TOURS NOW
AVAILABLE**

**Please contact the school
office on 9407 6600.**



Summer Uniform

Our uniform shop is now stocked with summer uniform for parents to order ready for Term 4. Students are permitted to wear their summer uniform from Week 1, Term 4. All students should be in full summer uniform by Week 3.



An email was sent to all parents with the uniform order form attached. Orders can be placed from next Tuesday. Place your orders now to avoid delay!

Lost

If anyone accidentally picked up a book club order left lying on the ground at blue wall recently, please return it to the office on Monday. Thank you.

IT'S GIVEAWAY TIME!

Father's Day

This Father's Day, we will be giving out hampers to seven lucky dads at St Bernadette's.

Everybody needs a little spoiling, especially all our hard-working Dads. So let's show them how much we love them!

One family from each grade will be drawn by a teacher and Mrs Cooke. Best of luck to every St Bernadette's dad we are all so grateful to have.

Love, The St Bernadette's School Captains and Debbie and Laura

COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

Stay Safe



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands

Congratulations to the following students receiving Social Skills Awards



KB	George Habkhouk	Mia Hanna
KG	Indiana Sebastian	Eve Palmer
KW	Stephen Raic	Khloe Andrei Calapan
1B	James Tsang	Ava Zeaiter
1G	Leonardo Bird	Joshua Hough
1W	Abigail Symin	Kevin Yohan
2B	Samuel Wakim	Rachel Zeaiter
2G	Nicholas Botros	Clare Baker
2W	Jamie Haj	Samara Colaco
3B	Jaden Zaiter	Thomas Macey
3G	Nicholas Masina	Danibel Elia Gallaza
4B	Isaac Beshay	Addisyn Ream
4G	Samuel Lean-Fore	Natalie Alam
4W	Khiara Heyes	Emily Mitchell
5B	Angelique Debelak	Sienna De Juan
5G	Isaac Frketic	Charlotte McLaren
5W	Xavier Xiberras	Michael Lalli
6B	Rosemary Carroll	Joshua Zeaiter
6G	Kaiden Taggart	Sebastian Van Jour
6W	Natalie Samperi	Matthew Barone

Congratulations to the following children who
have completed the reading challenge.

What a great achievement!

Abel Alatli	Angela Kamel
Hugh Thorpe	Asia AhSiu
Jerico Celestino	Annabeth Lean-Fore
Isla Stuart	Charlize Alatli
Emilia Crecca	Christopher de Ponte
Zachary Drogaris	Daniel Rowe
Emily Boxshall	Nicholas Masina
Arianni Sebastian	Caleb Tan
Tayla Van Ryswyk	Fabian Crecca
Mark El Bitar	Tess Gooley
Samuel Lean-Fore	Thomas Masina
Riley McGlynn	Jai Stuart
Jasmine Drogaris	Annabelle Farag
Carla Kamel	David Lievano
Chloe Malandrino	Thomas Nouridine
Jai Salter	Layaan Arraf
Eva Bailey	Lucas Heyes
Liam Worne	Andrew Zalloua



Tell Them From Me Survey

Thank you to the many families who recently completed the TTFM Survey. Your involvement and feedback is appreciated. Once the data is collated, relevant details will be shared with you.

Compass Parent Portal

Before the end of this term all parents will receive an email from the CEDP Compass Parent Portal team to invite you to install on your phone and join a new school app. For those with children in high school, you may already be familiar with Skoolbag. Compass works in a similar way to allow parents to receive school notifications quickly and easily, as well as do a range of other actions. More details to come.

ICAS

Mathematics on Tuesday - Please arrive promptly at 7:30am so we start our test at 7:45. Stage 3 students please bring your own devices. The test will take place in the Year 4 rooms.

Parenting Ideas

An article we hope you find interesting. It's by Michael Gross at www.parentingideas.com.au

One of the keys to parenting success is the ability to adapt strategies and principles to suit the gender of the children in your family. Here are some essential strategies to help you successfully parent the boy in your life.

Understand their psychology

Many boys feel uncomfortable standing out from the crowd and will go to extraordinary lengths to blend in – wearing the same clothes, dumbing down rather than standing above the pack, and enjoying the same interests as their peers. The need to fit in impacts so much of their behaviour and attitudes.

Work with their physiology

Boys are constantly fighting their physiology. Differing maturity rates affect boys' school readiness, their transition to secondary school and their transition into adulthood. There's no doubt – it takes longer to grow a boy!

Crack their communication code

Boys will respond if the communication method suits them. Time and space are important factors to use in your favour. The use of banter, shoulder-to-shoulder communication and movement are some other ways to get young male conversational clams to open up.

Match their relational style

Some boys like to talk, others like to share an activity, some like you as the adult to do something for them. Others are very kinaesthetic and love to be cuddled and hugged, while some just love gifts and mementos. Work out the relational preferences of the males in your life and you'll discover a wonderful way to build or deepen your relationship.

Build a management repertoire on respect and fairness

Respectful, fair treatment are essentials if you want to gain a boy's cooperation. Many learn from experience rather than the fine words of parents so be prepared to allow them to learn some of life's lesson the hard way. They also respond favourably to visual measures such as gestures, charts and lists as they play to their strengths and take the authority away from you.

Know that confidence is key

Helping boys feel confident can be tricky. It's part environmental – that is, allowing them to spend time in places and activities where they experience success. Part personal – that is, they respond to encouragement and private, descriptive praise (often rejecting public praise) and part patience, as it takes longer for many boys to find their feet.

Play to their learning strengths

Knowing a boy's learning strengths can be the way to unlock his learning potential.

Term 3:

Mon 20 July to Thurs 24 September

Fri 25 September—Staff Development & Pupil Free Day

Term 4:

Mon 12 October to Wed 16 December (last day for students)

Build their emotional smarts

Boys education expert Ian Lillico believes that much of boys' aggression that plays out at home and at school stems from a denial of their feelings. It's essential to help boys recognise and give voice to their emotions safely and in healthy ways so they don't act out angrily, aggressively and violently.

Defuse their digital focus

The current crop of digital devices and online games that have many boys glued to screens with zombie-like expressions on their faces play right into the hands of boys. The need for balance between real world activities and the digital world has never been greater than it is for our boys right now.

Build an attitude of respect

Create conversations with boys about respectful treatment – what it looks like and feels like. Pick them up on disrespectful attitudes and behaviour they may show toward others, including siblings. Respectful relationships need to be a high priority when raising boys. Our daughters depend on it.

Coach boys in interpersonal skills

Girls are primed for interpersonal skill development while boys often need to be taught the intricacies and nuances of working with and relating to others. Give young boys scripts for making friends, asking a teacher for help or how to solve a problem with a mate. Coach teenage boys in the finer points of talking with adults, speaking in different situations and give them ideas about how they should speak to and treat girls and each other.

In closing

Research tells us that parenting boys can be more problematic than parenting girls, particularly in the early and primary school years. With a solid understanding of what makes a boy tick, a toolkit at your disposal of boy-friendly communication, management and confidence-building techniques, the confidence to support your boy as a continuous learner and a willingness to coach him personal and respectful relationship skills you will be well-prepared to give your son the support and parenting he needs to become a fine and successful young man.

R.I.P. †† Our prayerful sympathy is extended to the Kaufmann family (Tess in 2B and Macy KB), following the recent passing of their great grandmother. May she rest in peace.



R.I.P. †† Our prayerful sympathy is extended to the Xiberras family (Xavier in 5W), following the recent passing of his Aunty. May she rest in peace.



Child Protection—NEW

CEDP has launched a new Building Child Safe Communities form and online training module that ALL volunteers are required to complete by the end of September 2020.



ALL parents/volunteers must have completed this new online training in order to be able to help in classrooms/ around the school and on excursions (including grandparents that help with reading).

The new link is:

https://cedp.aul.qualtrics.com/jfe/form/SV_eg4ATdmnllyyfNH

Thank you for your support.