



St Bernadette's School

Friday 27th March 2020 — Term 1 Week 9 No. 9

Dear Parents,

What an interesting week we have had! For those families with your children at home, I hope you have survived the week unscathed. For those families still going out to work, I am sure the commute is much quicker than normal.

As you know, the teachers have been doing the best that they can to ensure that the learning needs of all students are being met. They have had to learn many new ways of working in a very short time, just like many of you.

It has been great to see so many children who are working at home engaging with their teachers in a variety of ways and I have loved dropping in to the background of zoom meetings that have taken place. As I mentioned in my letter yesterday, do not feel overwhelmed by 'teaching' your children as well as trying to work from home. Balance what you do for the best of your family. That being said, if your child is yet to do anything, they MUST be reading every day as a minimum.

If your child is using technology, please encourage your child to sit in a common area of the house and not their bedroom. This way you can easily see what your child is actually doing and ensure their safety online. Group chats like Facebook, Skype, Messenger, Google Hang Outs and House Party etc are not recommended by the school as they are not secure sites for children under 14 years of age.

More information about Cyber Safety can be found at <https://www.esafety.gov.au/>

Don't forget to allow your child to have free time during the day as well as time for physical activity. Mrs Blazevic has some great ideas so check them out further on in this newsletter.

I hope you have a restful weekend, grab some sunshine and fresh air and have some time for quiet prayer and reflection.

May God bless and keep you.

Mrs Bianca Cooke—Principal

I can do all this through him who gives me strength.

Phillippians 4:13

R.E. NEWS



Through prayer we are being called into a dialogue with God. Lent is a time to focus on prayer, so we can build that relationship with God. A first step is that we need to make a commitment for a time and place to pray.

But how to pray? How to find God's voice inside our noisy minds and busy schedules? How to quiet down and listen? 'Lectio Divina' is an ancient form of prayer that's accessible to all. The church provides daily Scripture readings that can be the gateway to prayer. Choose a daily reading and go through it slowly. Pause and recall a word or phrase that particularly speaks to you. Spend time reflecting on what moves you. Then slowly read the entire text again to put the phrase into context and explore deeper meaning.

You could read **John 11: 1-45** (the 5th Sunday of Lent's Gospel).



Here are some reflection questions;

- A) What drew your attention most in this very detailed account? Why?
- b) What is the central and most important point of the whole narrative? Why?
- c) What was the attitude of the disciples? What did they say and do?
- d) What was the attitude of Martha and Mary? What did they say and do?
- e) What was the attitude of the Jews? What did they say, do and plan?
- f) With whom can you identify yourself most: the disciples, the sisters, the Jews, or none of these?
- g) Have you ever experienced times when despair and hope, life and death got confused in your thought? In times such as these, what kept up your faith?
- h) How does Lazarus rise to life today? How does resurrection take place today, giving new life to the poor?

Mrs Shane Robinson—REC

Week 10 Dates
Waste Free Recess & Lunch Everyday

Mon 30 March
8.30am Class lines—then straight into class

Tues 31 March
Uniform Shop—Closed until further notice
Dance Fever—cancelled

Wed 1 April
Student Banking—cancelled until further notice

STOP PRESS
NAPLAN 2020
CANCELLED FOR THE YEAR
This is in response to the delivery, administration and centralised marking of the tests.
Details will be made available as they arrive.

ENROLLING NOW FOR KINDERGARTEN 2021

Please call: 02 9407 6600 for our enrolment pack or download from our website.

Staff—Working from Home

In order to prepare for further shutdowns that may eventuate due to the COVID-19 pandemic, the staff of St Bernadette's will also begin trialling working from home. Grade teachers will organise a roster of the days that they work on site or work at home. This will begin next week. There will be minimal supervision of children at school.

Attendance

The Catholic Education Diocese of Parramatta has just confirmed that students whose parents are following the Premier's advice and are engaged in at home learning will have their attendance recorded as 'F' – Flexible. It will not be classed as absent.

If your child is sick at any stage, please advise the school in writing via email and their attendance will be recorded as 'S'- sick.

If you have not already officially notified the school that your child is engaging in 'at home learning', please do so in writing via email otherwise your child will be marked 'A'- absent.

Great ideas for P.E. at home:

During these difficult times of self isolation, it is important for not only our physical health, but our mental health to keep active. It is recommended that we try to get 30-60 minutes each day. Here are some great sites you can visit to keep active at home:

Easy aerobics moves for kids (Little Sports)- https://www.youtube.com/watch?v=3_oIssULEk0

Free printable DIY exercises (Darebee)- <https://darebee.com/workouts.html>

Free Customisable Follow Along Kids Workouts (Sworakit) - <https://sworakit.com/>

Kids workouts (Glenn Higgins Fitness) - <https://www.youtube.com/playlist?list=PLvuT1Bjs2VSFOYqahj8VAKBwyYFnLjJIDa>

Older kids & Adults workouts - (Fitness Blender) https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ

Daily follow along workouts for kids (PE with Joe) - <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvOafyve889qVcPxYEjdSTl>

Yoga for kids (Cosmic) - <https://www.youtube.com/user/CosmicKidsYoga>

Yoga for Older kids & Adults (Fitness Blender) - <https://www.youtube.com/user/FitnessBlender/search?query=yoga>

Just Dance - <https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>

Dance moves & Activities for kids (Les Mills) - <https://watch.lesmillsdemand.com/born-to-move-free>

Some fun with cup stacking (Speed stacks) - <https://www.speedstacks.com/home/>



Wellbeing

Something to take a look at if you are noticing those around look worried.... It could help https://www.youtube.com/watch?v=Asx9_VyWK1Y&feature=emb_rel_end

Enrolling Now for Kindergarten 2021

Enrolment packs are available from the school office or by downloading from our website:

<https://www.stbernadetteschill.catholic.edu.au/Enrol-Now/How-to-enrol>

Although enrolment interviews have been temporarily suspended due to the current situation, enrolment forms can still be submitted to the school office or via email: Bernadettech@parra.catholic.edu.au. Our enrolment officer will then contact you to confirm receipt of the form/documents. All forms to be submitted by the **end of April 2020** please.

Existing families wishing to enrol their child into St Bernadette's next year are asked to contact the school office before the end of March. All enrolment forms are to be returned to the office by Friday 3rd April 2020. It is very important for our 2021 planning that we know how many sibling to expect in 2021. Thank you.



ENROLLING NOW FOR KINDERGARTEN 2020 & Years 1 to 6

Congratulations to the following children who must be reading like 'steam trains' to have completed the Premier's Reading Challenge:

Jack Ranieri, Rafael Clemente, Hayden Dmello, Bennett Moynahan and Morgan Smith.



Term 1 2020

Thurs 9 April—Last Day Term 1

Term 2:

Mon 27 April to Fri 3 July

Term 3:

Mon 20 July to Fri 25 September

Term 4:

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