



St Bernadette's School

Friday 12 February 2021 — Term 1 Week 3 No. 3

Dear Parents,

A simple formula for parenting- Michael Grose

- Show kids how to behave.
- Keep pets to develop nurturance and responsibility.
- Be the adult in the parent-child relationship.
- Cultivate good manners.
- Build character daily.
- Catch kids being kind, gentle and strong.
- Establish healthy habits early.
- Stick to routines.
- Have fun.
- Eat together every day.
- Focus on excellence, not perfection.
- Spend individual time with each child each week.
- Expect kids to change.
- Keep an adult only place at home.
- Admit it when you're wrong.
- Choose time and place to deliver big messages.
- Keep the meal table free from arguments.
- Prepare for tomorrow the night before.
- Expect children to help.
- Encourage siblings to apologise.
- Send kids to school with breakfast, a kiss and a smile.
- Celebrate success as a family.
- Spend time in nature together.
- Let go.

<https://www.parentingideas.com.au/blog/>



Mrs Bianca Cooke—Principal

R.E. NEWS



Next Tuesday is Shrove Tuesday. 'Shrove' means being forgiven for wrong doings. Another name for Shrove Tuesday is Pancake Day. A long time ago this was a day for feasting and having a good time. People went to church to confess the bad things they had done and would be forgiven before the start of Lent. As rich foods such as eggs were forbidden during Lent, one way of using them up would be to make pancakes.

Wednesday, 17th February is Ash Wednesday and this marks the beginning of Lent. The season of Lent goes for forty days and is a time for Catholics to prepare for Easter. Lent is usually a time of fasting and repentance as well as a time for reflecting on Christ's suffering and sacrifices for us.

On Ash Wednesday, Kindergarten to Year 6 will have a grade Liturgy in the Prayer Garden throughout the day. The children will receive their Ashes at this Liturgy. The Ashes will have been blessed by Father Fernando at 6:45 am Mass and then the teachers will distribute the ashes at the grade Prayer Service.

Due to COVID the children will not receive the ashes as a cross on their forehead but a small amount will be sprinkled on the children's head.

See below the letter we received from The **Congregation for Divine Worship** and the Discipline of the Sacraments (Latin: Congregatio de Cultu Divino et Disciplina Sacramentorum) is the **congregation** of the Roman Curia that handles most affairs relating to liturgical practices of the Catholic Church.

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Week 4 Dates Waste Free Recess & Lunch

Mon 15 February
8.30am Class Lines
3-4.30pm Motiv8sports

Tue 16 February
8-10am Uniform Shop
(Emailed orders only)
Shrove Tuesday

Wed 17 February
Ash Wednesday

Fri 19 February
Band Lessons
CENSUS DAY
Zone Swimming

Coming Dates:

Tues 23 February
CEDP AFL Trials

Wed 24 February
CEDP Soccer Trials

Fri 26 February
MacKillop Basketball & Tennis Trials

KINDERGARTEN 2022

OPEN DAYS:
Tues 9th March
9.15—10.15am

Fri 12th March
11.30—12.30pm

Registration
essential via
our website.

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>

RE News Continued ..

NOTE ON ASH WEDNESDAY Distribution of Ashes in Time of Pandemic

The Priest says the prayer for blessing the ashes. He sprinkles the ashes with holy water, without saying anything. Then he addresses all those present and only once says the formula as it appears in the Roman Missal, applying it to all in general: "Repent, and believe in the Gospel", or "Remember that you are dust, and to dust you shall return".

The Priest then cleanses his hands, puts on a face mask and distributes the ashes to those who come to him or, if appropriate, he goes to those who are standing in their places. The Priest takes the ashes and sprinkles them on the head of each one without saying anything.

From the Congregation for Divine Worship and the Discipline of the Sacraments, 12 January 2021.

Robert Card. Sarah

Prefect

Arthur Roche Archbishop Secretary

Mrs Shane Robinson—REC

KINDERGARTEN 2022 OPEN DAY

Tues 9 March—9.15am

Fri 12 March—11.30am

Prospective parents are invited to attend one of our Open Days for Kindergarten 2022. Due to

COVID restrictions this year, parents **MUST** register their interest on our website: [here](#)

A total of 30 people only per session. Therefore, in order not to miss out on this opportunity please inform any friends or relatives that are planning on coming to our Open Days that they need to register first. Enrolment packs will be available on the day or are available to download from our website.

Existing families wishing to enrol their child into Kindergarten 2022 are asked to contact the school office before the end of February. All completed enrolment forms can now be submitted with all necessary paperwork by **Friday 2nd April 2021**. It is very important for our 2022 planning that we know how many siblings to expect. Your assistance in notifying the school is much appreciated.



Congratulations to the following students receiving Social Skills Awards

KB	Matthew Kalina	Zachary Cook
KG	Chelsea Di Matteo	Michelle Nguyen
KW	Xavier Akle	Sebastian Barone
1B	Eve Palmer	Aidan Shalala
1G	Harrison Duff	Not for Publication
1W	Cameron McVean	Mila Vijesh
2B	Xavier Shalala	Victoria Kalina
2G	Poppy Thornton	Jack Scotti
2W	Elliana Escobar	Jeremy Tan
3B	Eve Lincoln	Sebastian Aloschi
3G	Sophie Vioria	Savannah Younis
3W	Daniel Rowe	Eva Chambers
4B	Xavier Ranieri	Lucia Aiossa
4W	Adam Gamble	Hanna Scanlon
5B	Sophie Pratt	Philippa Smith
5G	Michael Saad	Zara Osborn
5W	Ashton Pace	Laura Scanlon
6B	Matthew Khoudair	Mitchell Woo Chan Lee
6G	Jesse Oliver	Angelique Deblak
6W	Haley Gonzales	Christopher Zaiter

Wellbeing



This year at St Bernadette's the children will be involved in a wellbeing program during their library lesson. Wellbeing is often described as the quality of a person's life.

The children are learning that wellbeing is when 'our head and heart are happy'. Maintaining wellbeing even when we are sad, lonely, disappointed or even angry is really important. In our lessons we will learn strategies that can help our wellbeing so we are happy, 'most of the time'.

This week we are focusing on the students' identity. Self-awareness involves students understanding their physical and mental impact on the world and having an idea of what they stand for. It is important that students develop a sense of self as it contributes to self esteem. This week we talked about what they love and represented this on a picture of a hand that will be displayed in our wellbeing library. Have a discussion around the table at home and share with them what you love.—*Mrs Coppini*

Reminders:

- School starts at 8.30am and finishes at 2.45pm
- No parking in the bottom car park on Brisbane Road (Teachers only parking)
- Water bottle & school hat required every day
- Enter carpark via Brisbane Road only

Grade Parent Contact List

Each year the P&F put together a list for each grade containing contact information for other parents in their grade. This helps parents plan social events (birthdays, play dates, etc) but also provides the P&F with up to date contact details for our correspondence.

This list is distributed to other parents in your grade and is not published or shared beyond that group.

Please provide your contact details (using the link below) if you wish to be added to the class list for 2021. You will need to submit this form once for each child, ensuring that you complete the required details each time.

LINK: <https://forms.gle/rsC9NJJH4GSCSdgT9>

The closing date to complete these details is **Friday February 19**. Any questions please email secretary.stbpnf@gmail.com

Upcoming Sports Days

School Cross Country Fri, 5 March (T1, Wk6)
Crestwood Reserve

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Athletics Carnival Fri, 16 July (T2, Wk 1)
AH Whaling Reserve

Note that the Cross Country & Athletics Carnival are for students who are in years 3-6 or any Year 2 students who turn 8 in 2021 and would like to attend. More information will be shared about the carnivals when we are closer to the time of the event.

P & F News:

Summer Uniform

The link to our order form is below.

[2020 2021 Summer Uniform Order Form](#)



Pre Loved Uniform Sale -

Next Tuesday 16th Feb, we will be holding a pre-loved uniform stock sale!! Items will be on show at the Brisbane Road gate—and payment is by card only.

St Bernadette's Football Club

Come and join your fellow classmates at St Bernadette's Football Club! We are a school community club which caters for students in Kindy (u/6) to Yr 6 (u/12) Training is held on a Thursday evening at Eric Mobbs Reserve Castle Hill. Games are on Saturdays in the local Hills area. Our fees are tailored to assist our families - we offer a \$20 early bird discount and a \$20 sibling discount. The Club provides the playing jersey. Combined with the Government Active Kids \$100 voucher it makes the 2021 season fees very reasonable You can register here: <https://registration.playfootball.com.au/common/pages/reg/welcomeregplus.aspx?entityid=75337&id=74937> For any further information go to <https://sbfc.org.au/>, email sbfcfooty@gmail.com, or call our club registrar, Leighton Hawkes on 0412 751 724. We look forward to welcoming you to our football club for the 2021 Winter season.



Rugby League—Baulkham Hills Brumbies JRLFC

Registrations will be held on Sunday 21st February at Castlewood Oval, Castle Hill.

Further details: brumbies.jrlfc@gmail.com

Oakhill College Open Day—Sunday 7th March

We warmly invite prospective students and families to the Oakhill College Open Day from 10—2pm. Student led tours around our campus/subject displays/meet staff and students/watch some co-curricular activities and performances. Principal's address is at 10am and 12pm. Booking are essential, so please register on our website and for any COVID-19 updates: www.oakhill.nsw.edu.au.

Mount St Benedict College Open Day—Sunday 7 March

Families with a daughter in Year 5 should apply now for Year 7 2023. Online Expression of Interest forms should be lodged by the end of Year 4.

Term 1:

Fri 29 Jan to Thurs 1 April

Term 2:

Mon 19 April to Fri 25 June

Term 3:

Mon 12 July to Fri 17 September

Term 4:

Tues 5 October to Fri 17 December