



# St Bernadette's School

Friday 2021 — Term 3 Week 7

No. 27

Dear Parents,

This is a clip that I showed the attendees of this week's P&F Meeting. It has lots of great tips for parents on how to deal with the current COVID situation we continue to find ourselves in. Perhaps it would be good for you to watch also. It only takes about 5 minutes.

[https://schooltv.me/wellbeing\\_news/special-report-instilling-hope-uncertain-times](https://schooltv.me/wellbeing_news/special-report-instilling-hope-uncertain-times)

This week we celebrated Book Week. The children were involved in activities based around this year's theme- **Old Worlds, New Worlds, Other Worlds.** We couldn't celebrate Book Week as we normally would though the children were involved in a virtual incursion a couple of weeks ago in preparation for Book Week activities set by their teacher.



Reading is the avenue through which children learn just about everything! It develops imagination and wonder as well as having academic benefits that stay with a learner for life. We also know that reading and writing are so closely linked, one assisting the other. Reading also offers a child life skills to be able to learn about themselves and the world around them.

Even though reading is often a solitary activity, it can also encourage an understanding of how characters form relationships and deal with problems. It can help cope with stress and anxiety as it provides a form of relaxation and escapism- and we certainly need that at this point in all of our lives!

*"Lord, we give thanks for the gift of Your love and for the gifts we have that distinguish each of us as a unique person. We are grateful for the gifts of sight and touch that enable us to experience the joys of books and reading. Amen."*

## R.E. NEWS



The Season of Creation has a special significance for the Catholic Church, particularly since Pope Francis established 1 September as an annual World Day of Prayer for the Care of Creation.

The Season of Creation or Creation Time, is marked throughout the Christian world from 1 September to 4 October (Feast of St Francis of Assisi) and celebrates the joy of creation as well as encouraging awareness raising initiatives to protect the natural environment. Pope Francis on Caring for Our Common Home.

"Never have we so hurt and mistreated our common home as we have in the last 200 years." "We are not God. The Earth was here before us and was given to us."

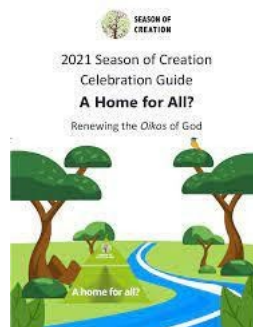
"The idea of infinite or unlimited growth, which proves so attractive to economists, financiers and experts in technology ... is based on the lie that there is an infinite supply of the earth's goods, and this leads to the planet being squeezed dry at every limit."

"Yet all is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start."

During this season of Creation, we as Christians are called to honour God by caring for Creation and each other. This year, amid crises that have shaken our world, we're awakened to the urgent need to heal our relationships with creation and each other.

During the season this year, we enter a time of restoration and hope, a jubilee for our Earth, that requires radically new ways of living with creation. After viewing the following link, you might reflect on how you can be a 'Steward of Creation' and care for our common home?

<https://www.youtube.com/watch?v=NY9ULrc2ZVA>



### Week 8 Dates

**Mon 19 July to  
Fri 27th August  
Remote Learning**

### Term 3 dates:

Tue 13 July to Thu 16 September

### Fri 3 September

9am Father's Day Zoom  
Whole School

Fri 17 September—

**Staff Development Day**

### Term 4 dates:

Tue 5 October to  
Wed 15 December

Thu 16 & Fri 17

December—**Staff  
Development Days**



**ST BERNADETTE'S**  
PRIMARY CASTLE HILL

**Enrolling now**

**for 2022**

357 Old Northern Rd, Castle Hill  
9407 6600 Register at  
[www.stbernadetteschill.catholic.edu.au](http://www.stbernadetteschill.catholic.edu.au)

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

**Email:** [Bernadettech@parra.catholic.edu.au](mailto:Bernadettech@parra.catholic.edu.au) **Website:** <http://www.stbernadetteschill.catholic.edu.au>

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

## Wellbeing Library

Dear Parents and Grandparents

God is talking to one of his angels. He says,

"Do you know what I have just done? I have just created a 24-hour period of alternating light and darkness on Earth. Isn't that good?"

The angel says, "Yes, but what will you do now?" God says, "I think I'll call it a day."

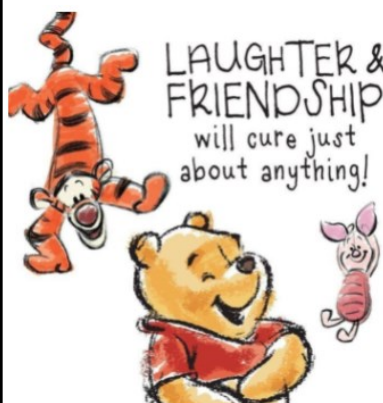


This week we have looked at laughter and why it is truly a very important part of our wellbeing. So what does laughter do?

- Laughter has the power to brighten anyone's mood, and the reason is purely chemical. The physical act of laughing releases endorphins in the brain, causing a feeling of happiness.
- When we laugh, our immune system is strengthened. It increases our production of antibodies and cells which fight off disease.
- And there is even scientific evidence to suggest that laughter really is contagious. We are more likely to laugh if somebody else is already laughing.

In our current lockdown we need to find ways to smile and even laugh together. I encourage you to watch this video, I hope you enjoy it. [The Train Station](#) - I guarantee that at the very least you will have a smile at the end of it.

Take care  
Sally Coppini



### Resources for Week 7

Kindy—Yr 2 [The Importance of Laughter](#)

Yr 3—Yr 6 [Why do we laugh?](#)

K-6 [Funny kid jokes!](#)

## Father's Day

We hope all dads can join our whole school Liturgy Celebration via Zoom on **Friday 3<sup>rd</sup> September at 9am.**

We appreciate that many dads are working though we hope you will be able to spare a short time via zoom to pray with us to celebrate the great work that you do for your family.



<https://parracatholic.zoom.us/j/65482837020?pwd=RWxHaEJaV0VFU2w4YmtqK0tZek5OOT09>

Password: 649395

This prayer time and celebration will replace our regular afternoon 2pm whole school Zoom assembly.

## KINDERGARTEN & Years 1 to 6 2022

Have you enrolled your child for Kindergarten 2022? If not, limited places remain for next year's Kindergarten intake. Interviews are now taking place with Mrs Cooke, school principal (and for Yrs 1 to 6 2022).

If you have not yet submitted your enrolment form and accompanying documents could you please contact the school office as soon as possible.



## Staff Development Day—Fri 17 September

No classes are scheduled for this day as it is a professional learning day for staff and pupil free day for students.

**Thursday 16 September**  
**is the last day of school for Term 3.**

## School Counsellor

Is your child experiencing difficulties coping with lockdown and need someone to talk to?

Did you know that we have a school counsellor who is available Mondays-Wednesdays? Her name is Kristy Washington and if you would like Kristy to give you a call to discuss your concerns, please contact the office.

A message will be passed to Kristy, who will then contact you.

### 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



## Book Club—Term 3

This term bookclub will be a little different, and we are so excited to be able to offer Bookclub during these unprecedented times.

**Firstly** the **ISSUE 5 & 6** brochure is online - <https://www.scholastic.com.au/media/6360/bc521.pdf>

**Secondly** deliveries **will not** be sent to school but directly to your home for \$7.50 delivery fee. For our new parents and those ordering for the first time please use the following link to register and order.

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

**Remember** - 20 percent of all orders goes back to the school to purchase new material for our children. For any further assistance you can call Scholastic directly on 1800 021 233.



**Book Club LOOP**  
The EASIEST way for parents to order and pay for Book Club!

**Parents: Are you registered for LOOP?**  
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for LOOP receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!



**Closing date for orders:  
Fri 17th September!**

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## Go Swifts!

Goodluck to Briony Akle (mum to Xavier—KW) and the NSW Swifts Netball team as they compete in the grand final on Saturday this weekend.



## COMPASS PARENT PORTAL

Have you downloaded it yet? So many benefits ... ease of communication, push notifications, update family details, quick & easy absentee notification, school calendar and more! Contact the office for further details.

# COVID-19

## Community Resources for Western Sydney

### Walking and cycling ideas

Walking and cycling can be great ways to 'actively travel' to work or just to enjoy public spaces for fun.

#### Pop up cycleways & safer speed zones

View [locations](#) for more options to travel safely.

### Western Sydney parklands

Visit somewhere new. Explore [Western Sydney Parklands](#) and community places where less people go.

### Great West Walk

The [Great West Walk](#) is a 65km walking route stretching from Parramatta to the foot of the Blue Mountains. Check the site and try one of your local walks.

### Explore your local area

Blacktown City Council Local Government Area:

[Walk, run and cycle](#)

[Cycle tracks](#)

Cumberland City Council Local Government Area:

[Parks and gardens](#)

The Hills Shire Council Local Government Area

[Parks and recreation venues](#)

[Bushwalk tracks and trails](#)

[Cycleways](#)

City of Parramatta Local Government Area

[Walk and cycle](#)



**24/7 Mental Health Services**

#### NSW Mental Health Access Line

Professional help and referrals to services

**1800 011 511**

[health.nsw.gov.au](http://health.nsw.gov.au)

#### Lifeline

Anyone having a personal crisis

**13 11 14**

[lifeline.org.au](http://lifeline.org.au)

#### Kids Helpline

Counselling for young people aged 5 to 25

**1800 55 1800**

[kidshelpline.com.au](http://kidshelpline.com.au)

#### Beyond Blue

Anyone feeling anxious or depressed

**1300 22 4636**

[beyondblue.org.au](http://beyondblue.org.au)

#### Suicide Call Back Service

Anyone thinking about suicide

**1300 659 467**

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

#### MensLine Australia

Men with emotional or relationship concerns

**1300 78 99 78**

[mensline.org.au](http://mensline.org.au)

#### Open Arms

Veterans and families counselling

**1800 011 046**

[openarms.gov.au](http://openarms.gov.au)



#### Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**



Health  
Western Sydney  
Local Health District