



St Bernadette's School

Friday 15 October 2021 — Term 4 Week 2

No. 32

Dear Parents,

We are very excited to be welcoming Kindergarten and Year 1 students back to school next week. Years 2-6 will continue to work from home for one more week. Of course, supervision is provided for those children in Years 2-6 that are unable to remain at home.

To accommodate all of the COVID-19 rules and regulations in place we have had to make many changes to our usual method of operation at the school. All this information was communicated with you via a very detailed letter. Please check your COMPASS app or email inbox. If you have any problems or questions regarding the information, please do not hesitate to contact your child's class teacher or the office staff for clarification.



I cannot thank you enough for the amazing way you have supported your children at home with their learning. I know it has not been an easy time. Your ongoing support has enabled our teachers to mainly work from home for these past 4 months. I know they are very grateful, as am I.

I look forward to seeing you soon- even though I will be masked up!

God bless and enjoy the weekend with friends and family.

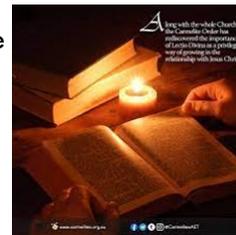
Bianca Cooke

R.E. NEWS



At St Bernadette's when we pray as a staff we read and reflect on Scripture using Lectio Divina. Lectio Divina means "Divine Reading" and refers specifically to an approach to prayer and scripture reading practiced by monastics since the early Church.

The idea of praying with sacred scripture comes to the Church through ancient Jewish tradition. Christians in the early Church continued this tradition and further developed the practice of prayer and meditation using mostly the psalms as a rich source of heartfelt engagement with God.



In the 11th century, a Carthusian prior named Guigo formalized Lectio Divina, describing the practice in a letter written to a fellow religious. This letter has become known as *The Ladder of Monks* and describes a four-runged ladder to Heaven, each rung being one of the four steps in his method of prayerful scripture reading.

These steps are provided below along with a short definition of each and brief quotes from Guigo's letter:

Lectio (reading): An attentive, slow, repetitious recitation of a short passage of scripture. "*looking on Holy Scripture with all one's will and wit*"

Meditatio (meditation): An effort to understand the passage and apply it to my own life. "*a studious searching with the mind to know what was before concealed*"

Oratio (prayer): Engaging or talking with God about the passage. "*a devout desiring of the heart to get what is good and avoid what is evil*"

Week 3 Dates

Mon 18 October
Kindergarten & Yr 1 students return

Week 4—25 October
Years 2 to 6 return

Wed 15 December
Last day for students

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

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 ...

Contemplatio (contemplation): Allowing oneself to be absorbed in the words of God as the Holy Spirit draws us into His presence through scripture.
“the lifting up of the heart to God tasting somewhat of the heavenly sweetness”

It is also to meditate on the scripture from the mass of the day, particularly the Gospel passage. However, any text of scripture will do. The key is not to rush. The goal is not to finish any particular portion of scripture but to purposefully delve into the depths of any passage that will lift our hearts to God.

You could use this process with Sunday’s Gospel, Leaders Must serve Mark 10:35-45.

Mrs Shane Robinson—REC



Dear Parents, Grandparents and Guardians,

As we see the light at the end of the tunnel many commentators are talking about the feelings people are experiencing as we end lockdown and start moving back into ‘normal’ life. Some describe it as anticipation, excitement and relief. Others are worried and a bit cautious, but underlying all these emotions is a sense of stress and anxiety. Children are very perceptive and can easily sense our emotions no matter how hard we try to hide them.

Signs that a child is having intense emotions that they’re struggling with:



After speaking to some parents they agree that they are feeling a mixture of relief and anxiety, all these feelings are completely normal. As adults we can talk about them with others and it helps us cope. Our children often don’t have the words or experience to talk about their feelings so their anticipation and anxiety comes out through their behaviour. At times these behaviours can be very intense and become more frequent.

How can we SUPPORT them?

Acknowledge the Change & Disruption
 Identify & name the specific things that have impacted your child’s wellbeing. Normalise discomfort of coming back & how it may be a little while until they feel ok again.

Don’t Dismiss or Deny Their Emotions
 Allow your child/re to express their emotions freely in a safe & supportive environment where they have a trusted adult to talk openly with them about their emotions.

Reflect Your Own Emotions
 You are a powerful role model for your child/Children if you’re reflecting on your emotions in an age appropriate & positive way, identifying why you feel that way and then linking it to a coping strategy you’re modeling a healthy response.

Make Fun Plans for the Weekend
 Give them something to look forward to while school feels a bit unfamiliar and uncomfortable.

Talking about your own emotions as well as acknowledging theirs will help them cope. Making some special plans for the weekends can help them realise that life goes on even though we are worried and it will help them focus on something fun. It will take a while to get back into a routine and settle into life as we knew it pre-Covid.

[Helpful Hints From the NSW Education Department](#)

Take care

Sally Coppini - Wellbeing Library

Sport Uniform Days—Term 4



Kindy	Thursday & Friday
Year 1	Wednesday & Thursday
Year 2	Monday & Thursday
Year 3	Wednesday & Friday
Year 4	Monday & Tuesday
Year 5	Tuesday & Wednesday
Year 6	Tuesday & Thursday

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 symptoms



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

Canteen News

Our Canteen will re-open on **Monday 25th October** when all students return with a revised menu.



Kindergarten, Yr 1 and any other students on site next week (Mon 18—Fri 22

October) will need to bring their own **recess, lunch and a water bottle.**

A revised menu will be attached to next week's newsletter and only items on this list will be available so please check the menu before ordering. The canteen will also **ONLY** be open for lunchtime sales of frozen items and drinks, not open for recess orders or sales. Lunch orders must be placed in advance. Thank you for your assistance.

School Leavers

We are planning for the 2022 school year and to help us with this please advise the office via email if your family will not be continuing at St Bernadette's in 2022.

A reminder to families that a term's notice (10 school weeks) in writing **MUST** be given to the principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during the term for the next term and where appropriate notice has been received, a pro-rate credit will be calculated. Where a term's notice has not been given to the principal, the term's school fees will be charged for your child/children.

ENROL NOW FOR COSHC FOR TERM 4 AND 2022!

We offer an exciting and safe space for children of all ages to come before and after school. We are currently accepting bookings!

Please email stbcastlehill@cdpsl.org.au for any enquiries. We look forward to having you join us soon!

Term 4 Incursions & Excursions

Unfortunately all of the previously planned incursions and excursions have been cancelled due to the ongoing COVID situation. Mrs Cassidy and the CEDP Finance team are currently working on refunds/credits to school fees. All refunds will be offset against 2022 fees. For those families that are leaving the school, an email will be sent to you shortly with details. Thank you.

Term 1 2022:

Fri 28 Jan—Staff Development & Pupil Free Day

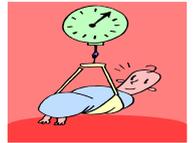
Mon 31 Jan—Staff Dev Day & MAIs

Tues 1 Feb—Years 1 to 6 commence

Wed 2 Feb—Kindergarten 2022 commence

Fri 8 April—Last day of Term 1

Our congratulations to the Tran family on the birth of a baby girl, Madeleine, sister to Sophia in KW. Our best wishes to the family.



LAST FEW REMAINING PLACES KINDERGARTEN & Years 1 to 6 2022

Have you enrolled your child for Kindergarten 2022? Limited places remain for next year's Kindergarten intake. Interviews are also taking place for Yrs 1 to 6 2022. Please submit your enrolment form and accompanying documents to the school office as soon as possible.



P&F News:

Summer Uniform

Our summer uniform is now available to order via the **Quickcliq App**. Please note that the uniform shop remains closed to parents so the only way to order uniform is via the App. Pre-loved uniform items are also available to purchase from the App.

Collection of uniforms will be via your child (if they are on-site) or by drive by and pick up from the office if your child is not yet on site. You will receive a 'completed' notification on your quickcliq app when the order is ready. Please collect from school office

The long sleeve polo shirt is in stock and available to purchase! Parents who had previously emailed the uniform shop to go on the waiting list can now order and pay for the item via Quickcliq.

Summer uniform is to be worn from Week 3 onwards—so now is the time to start ordering!

Pre-Loved Uniform

If you have any 'pre-loved' items you would like to donate to the uniform shop—please send them into the office. Thank you.

Thank you to our Cookbook Sponsors

stuart PLUMBING & HOT WATER
1300 449 551
www.stuartplumbing.com.au

CATRON SIMMONS
LAWYERS



PHOENIX BUILDING APPROVALS

ST BERNADETTE'S PRIMARY SCHOOL



Dear St Bernadette's families,

We hope you are all well as can be during the current lockdown and period of home learning.

As stated in the newsletter, the Cookbook Committee are writing to provide our school community with an update on the production and distribution of the planned St Bernadette's Cookbook. Unfortunately lockdown and public health orders have had a significant impact which has made production of the cookbook to date, almost impossible.

Update

The production and distribution of the St Bernadette's Cookbook has been postponed to early 2022 (restrictions permitting).

Why?

There is a large proportion of work which requires the committee to gather together to complete the work collectively. It also requires that all the wonderful families that have submitted a recipe would need to provide their cooked recipe for photography. All of which has not been able to be facilitated due to COVID restrictions and public health orders.

We look forward to receiving your cooked recipes in the near future (date yet to be determined) and bringing the cookbook to life. We would also like to thank all the sponsors that have signed up to date for their patience and generosity. If you haven't submitted a recipe and would like to, this is also a great opportunity to do so.

Your continued support and understanding is greatly appreciated. If you have any questions or are interested in buying a sponsorship package within the cookbook, please feel free to contact us via email at cookbook.stbpnf@gmail.com

Kind Regards,
Mrs Cooke & The Cookbook Committee



HAVE A BLAST!

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NON-CONTACT

ACTIVE KIDS

YOU COULD PLAY WOOLWORTHIES CRICKET BLAST FOR FREE!

Claim your voucher today

BE PART OF THE CREW!

Get into Woolworths Cricket Blast. It's a fun and active program for kids of all abilities - whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make lifelong new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Rewards await! In fact, you can join in too!



JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with a Backpack, Ball and choice of bonus item!



STARTER KIT



+ FREE ADD ON
RETURNER KIT



MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.

Sign up now for your Master Blasters Pack!



JOIN YOUR NEAREST CLUB

- Baulkham Hills Cricket Club
- Castle Hill RSL Cricket Club
- Hills Barbarians Cricket Club
- Kellyville Supersonics Cricket Club
- Rouse Hill Rams Cricket Club

Programs for all ages & skills

Blasters, Junior & Senior Teams

REGISTER NOW – playcricket.com.au



SCAN ME

HOW TO PLAY FOR FREE!

Every NSW school student (K-12) is entitled to 2x \$100 Active Kids vouchers each year. Learn more at service.nsw.gov.au/campaign/active-kids

OFFICIAL KIDS PROGRAM






CASTLE HILL

Knights





CASTLE HILL KNIGHTS

TRY T-BALL/BASEBALL DAYS

CASTLE GLEN RESERVE, RIDGECROP DRIVE, CASTLE HILL

SUNDAY 31ST OCTOBER 10AM-12PM

covid restrictions may apply

NEW DATE



T-BALL 5-8 YRS OLD

MODBALL 9 YR OLDS

LIVEBALL 10YRS +

