



St Bernadette's School

Friday 5 November 2021 — Term 4 Week 5 No. 35

Dear Parents,

Supporting our children's mental health is becoming a more important consideration for parents in this modern day and age. We know that when we make children feel connected to and welcome in our family or school, we are supporting their positive adjustment, self-identification and their sense of trust in others and themselves.

When we support our children to achieve reasonable levels of academic success and help them to develop their talents and interests, we are helping them to feel competent and more able to deal with any stress they may have or experience as they grow up. Helping them to be socially competent, having friends and staying connected to them, can enhance mental wellness.

As adults we also need to promote a healthy participation in activities though there are some activities that we need to discourage from too much engagement- particularly a child's use of technology, the internet and too much screen time. Supervised use of technology from a very young age is vital if parents are to be the leading influence in the development of their child. It seems that many children of all ages are watching things on Netflix or Youtube that are highly inappropriate for their age group and often are accessing technology in their bedrooms, out of sight of parents. As convenient as this may be for some 'quiet time', checking in with your child as to what they are accessing is just as important as making sure they cross the road safely or wear a helmet when riding their bike.

For more information about the use of technology and ways to have a healthy engagement with it, click on this link. <https://raisingchildren.net.au/>

This website also offers a wealth of information on other topics for families.

May God bless and keep you.
Bianca Cooke—Principal

R.E. NEWS



Remembrance Day (also known as Poppy Day or Armistice Day) is a Memorial Day observed in Commonwealth countries since the end of World War I to remember the members of their armed forces who have died in the line of duty.



On Thursday 11th November we will commemorate this event and remember all those who have died in wars, with a special service of prayer, reflection and silence. The service of prayer will take place in the children's classrooms.

*O God, our ruler and guide, in whose hands are the destinies of this and every nation, we give you thanks for the freedoms we enjoy in this land and for those who laid down their lives to defend them: we pray that we and all the people of Australia, gratefully remember their courage and their sacrifice may they have the grace to live in a spirit of justice, of generosity, and of peace.
Amen*

Our St Bernadette's Mini Vinnies Group has organised to support the Parish St Vincent de Paul Christmas Appeal. Each class will be collecting donations of non-perishable foods and small gifts to contribute to Christmas Hampers. All donations will need to be in by Wednesday 1st December so they can be packed and ready for delivery by the St Bernadette's Parish, St Vincent de Paul Society to needy families.



Mrs Shane Robinson—REC

Week 6 Dates

Wed 10 November
Yrs 5&6 ICAS English

Thurs 11 November
Yrs 3&4 ICAS English

17 & 18 November
Yr 6 'Becoming your Best' days

Thurs 18 November
Yrs 3&4 ICAS Maths

Fri 19 November
Yrs 5&6 ICAS Maths

Wed 1 & 8 December
K22 Orientation

Tues 14 December
7pm Yr 6 Graduation

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>

Feeling Unwell?

A reminder that if your child is feeling unwell or has cold/flu like symptoms, to please get a covid test or a Drs clearance note before returning to school. If a covid test is requested by the Dr then please forward the results to the school email prior to your child returning to school. Thank you for keeping everyone safe.



Also please remember to send your child with a water bottle every day. There are many students coming to school without one.



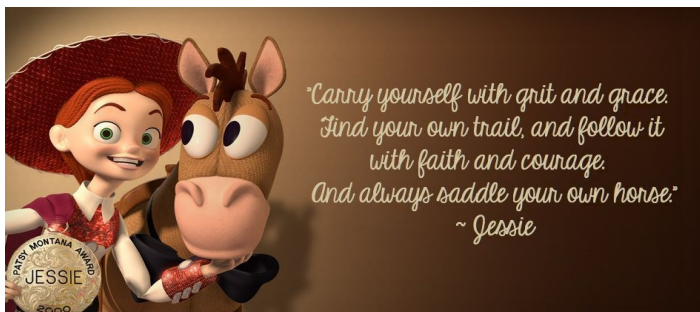
This week to support our wellbeing we spoke about our passions. Our passions are what gets us up out of bed in the morning and helps us to be enthusiastic about our day. It is something that helps us look forward to things and gives us something to aim for. Michael Carr-Gregg, the Child Psychologist speaks about the importance of helping children find their 'spark', their passion. Having a passion helps us create a balance in our lives and is proven to help relieve stress and anxiety. A child's passion, whatever it may be, can create excitement and a sense of purpose. Through their passion they can find out who they are and this helps them have a sense of wellbeing.

The infant grades focused on what they were good at and what they would like to do when they grow up. We listened to the song from *Matilda* and many shared some lovely talents they have and how these would help them when they grow up.

Year 5 and 6 also shared what they hoped for in the future, and if their answers are anything to go by, the future of our world is in good hands.

Take care,

Mrs Sally Coppini



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.

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.



School Absences

Just a reminder that if your child is absent from school, please notify us via the Compass Parent Portal App or a note to the teacher please. It is a requirement that every absence is notified to the school.

Library News

During the 14 weeks of lockdown many exciting things have been happening in our School Wellbeing Library. The shelving for the picture books has been replaced with forward facing shelving so the children can see the covers of the books. It has added an exciting array of colour and images to the picture book section. We have added lots of colourful bunting and a splash of LED lights to the space which we hope will continue to motivate the students to love coming to the library to read, read and read some more. Thank you to the Mums who before the holidays covered the many hundreds of new books we have purchased for the library.



Before



After

Birthday Treats for Classmates

Due to COVID conditions it is preferred if birthday treat items are store bought and individually wrapped - no lolly bags or whole cakes. Thank you for your cooperation.



Executive Directors Summer Reading Challenge

Taking part in the Executive Director's Summer Reading Challenge is easy! Students just need to read something they enjoy and tell us in 50 words or less why they loved it. The more a student reads, the more times they can enter the reading challenge and the more chances they have of winning one of two \$500 JB Hi-Fi vouchers or one of 30 runner-up gift vouchers to the value of \$30. Students can enter [online](#) by visiting the CEDP website. **Entries open on 1 November 2021 and close at 5:00pm on 25 February 2022.** Terms and Conditions can be found [here](#).



Uniform Shop

Our summer uniform is available to order via the Quickcliq App. Please note that the uniform shop remains closed to parents for now so the only way to order uniform is via the App.



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.

PARISH NEWS: Sacramental Program-Reconciliation

There will be a Parent's Information Evening on Tuesday 16th November at 7pm in the Church for any parents wishing to register their child for the Sacrament of Reconciliation next year. The program is for students in Year 3 and up in 2022, who have already completed the Sacrament of Baptism.

For more information please contact Laura Burton at sacraments@stbernadette.org.au or 9634 2622

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

ENROL NOW FOR COSHC FOR TERM 4 & 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!

Band News:

Putting The Band Back Together!

Last term and across the school holidays, students from St Bernadette's band were given the opportunity to participate in an optional recording project run by Teaching Services Australia (TSA). Over 300 students joined from more than 50 school to rehearse weekly on Zoom. They worked in 5 groups at various levels ranging from beginner to advanced and each group learned and recorded a band song. Some students submitted audio recordings whilst others also participated in the video recording session. Everyone worked hard, learned a lot and enjoyed making music together. Congratulations to those students from St Bernadette's who participated, you have done an amazing job keeping music alive in these challenging times. If you would like to see an example of what these students achieved, see the link below:

<https://vimeo.com/628944425/b11501d6b3>

NOTE: the picture above has a hyperlink attached which could be used in place of the video link.

If you would like to include them, here are the other four songs we recorded:

Star Wars – <https://vimeo.com/630025576/38c34823d2>

Monster Rock – <https://vimeo.com/628940687/6d08a268cb>

Old MacDonald Had A Band – <https://vimeo.com/629506441/e15dd17a4a>

Power Rock – <https://vimeo.com/629653737/0364f30ae7>



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ST BERNADETTE'S SCHOOL BAND JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2022 and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a band demonstration highlighting the different instruments available to learn at school. **After this demonstration they will receive a flyer with information** about school band and how to enrol.

What do you need to do?

1. **Carefully read the flyer** for information about the school band (or visit www.teachingservices.com.au/EOI)
2. **Select which instrument**** your child would like to play in the band – there are some important factors to consider when selecting an instrument and these are all covered on our website
3. **Enrol online** – once you have confirmed which instrument your child wishes to play, please finalise your enrolment online

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

***Selecting an instrument during remote learning and COVID restrictions will be different to previous years – TSA will provide parents with clear and simple advice to help you find the instrument best suited to your child.*



(02) 9651 7333

enrolments@teachingservices.com.au

www.teachingservices.com.au

