

St Bernadette's Catholic Primary School

AUGUST 2019 Newsletter



Principal's Message - Mrs Joanne Webster

IMPORTANT DATES

Monday 29th July

3.45pm Yr 6 Parent/student
Confirmation Workshop

Tuesday 30th July

Prep 100 Days of School
Yr 1 & 2 Supreme Incursion

Thursday 1st August

Yr 3-6 Aust. Math Competition
2.40pm Yr 6 Reconciliation for
Confirmation Candidates

Friday 2nd August

Yr 6 Confirmation Retreat Day
6.00pm Family Dance Night

Thursday 8th August

Prep Lego Education
7.00pm Yr 6 Sacrament of
Confirmation Mass

Wednesday 14th August

Yr 4 CCCC's Taster Day

Thursday 15th August

12.15pm Whole School Mass
3.00pm Principal's BookClub

Friday 16th August

7.30am Prep Breakfast
2.00pm Parents in Partnership
Meeting

Monday 19th August

Yr 4—6 Scientist Suzie Lavoie Visit

Thursday 22nd August

Yr 4 Camp Sunnystones
Yr 6 Transition Day 1

Friday 23rd August

Yr 4 Camp Sunnystones

Wednesday 28th August

Father's Day Stall

Friday 30th August

7.30am Father's Day Breakfast

Last Day of Term 3

Friday 20th September @ 1.00pm

Dear Families,

Welcome back to Term 3. I hope you have enjoyed time together as a family over the holidays, having time to rest, relax and re-energise for the term ahead. As I watched students entering the school on the first day, it was so good to see so many of them excited and happy to be back!

This term is a great term for learning and teaching, as by now the students are well and truly into the routine of school, knowing what is expected, and having established relationships with their peers, their teachers and the staff that allow them to have greater voice, ownership and confidence with their learning.

Lots happening this term in:

Education in Faith

Confirmation Retreat Day and Workshop

Sacrament of Confirmation

Grandparents Day Mass and Morning Tea, celebrated last week, with so many of our Grandparents a part of our school and family life!

Mass for the Feast of the Assumption

Learning and Teaching

Year 4 Camp Sunnystones

Prep Camp and celebration of 100days of Learning

Year 5 Excursion to Caroline Chisholm Catholic College Production:
"The Addams Family"

Year 1 and 2 Supreme incursions, building billy carts

Prep excursion to Lego Land to continue to strengthen their learning as designers

Rehearsals for the School Production, including dancing with Renee from DXP Dance, and vocal lessons with Seraphina from Experience Music

Year 4 Caroline Chisholm Taster Day

Chess Workshops each Thursday

Year 3 and 4 Excursion to iMax

School Community

Family Dance Night 2nd August

Father's Day Breakfast

Father's Day Stall

SRC fun events and dates

Year 6 Transition Day with St Paul's and St Peter's.

I look forward to seeing many of you at Family Dance Night this Friday 2nd August.

So much to be present for, and so much to be grateful for.

Prayer

Next Thursday 8th August our Year 6 students celebrate the Sacrament of Confirmation. We pray the Holy Spirit will guide them as they live and become witnesses of the gifts and fruits of the Holy Spirit, in their words and actions.

Lord,

You send out Your Spirit to touch the hearts of all people, so that they may believe in You and in Jesus whom You sent.

Look kindly on all candidates for Confirmation as they listen to Your voice.

Open their hearts to Your Spirit and bring to fulfilment the good work that You have begun in them.

As we prepare these children for Confirmation, make each of us an instrument of Your love.

Teach us to appreciate what is holy in others, and to be patient with what we do not understand.

Deepen our faith in the Gospel and help us to pass it on by our example.

We pray that You will continue to guide us and sustain us.

Through Christ our Lord, Amen.



Staff News We welcome all staff to Term 3.

School News

School Closure

There are no school closure days for Term 3.

Term 4 School Closures are: Monday 4th November: Report Writing Day & Friday 13th December: 2020 Planning Day

Please place these dates in your diaries.

Principal's BookClub

Principal's BookClub will be held on **Thursday 15th August @ 3:00pm**. Parents and toddlers are invited to come along and listen to a story being read by the Principal, Mrs Webster and then take the book home.

We look forward to seeing you there.

Social Justice News

In Term 3, our Social Justice awareness activity will be to raise money on behalf of Compassion Australia. Every day in the developing world, over a thousand children die from waterborne diseases that are easily preventable. The Catholic Social Teaching Principle of Preferential Option for the Poor tells us that caring for the poor is everyone's responsibility. We are called to attend to the needs of the poor and vulnerable who are all children of God. Attending to their needs helps them to live a life where their dignity is upheld. Through Compassion Australia a gift of \$79 will help change this by providing children, families and communities with access to safe drinking water with the use of a water filter.

In Term Three, Wednesday lunchtimes will be designated as a time for each Year level to fundraise for these water filters. Each level will run their own fundraising activity. At this stage teachers and students are still deciding on the activities they will run and you will notified of the activities and on which Wednesday they will occur soon. If you would like further information about how effective these water filters are, please view this YouTube clip.

<https://www.youtube.com/watch?v=znK7Ve72CH4>

St Bernadette's Reading Challenge 2019- *'Reading is our secret power'*

The St Bernadette's Reading Challenge is happening from Monday 29th July - Friday 16th August. During this time, St. Bernadette's students are being challenged to read as many books as possible to win an amazing prize for their class.

The winning classes will have a movie afternoon, where they will get to watch a movie based on a book. There will be a prize for a class from Prep-Year 2, and from Years 3-6.

We encourage all students and families to get involved and challenge themselves to read as much as possible during the Reading Challenge!



Student News

Save the Dates:

School Production: Wednesday 4th and Thursday 5th December

Students will perform on one of these days. There will be two performances; a matinee and an evening performance.

Year 6 2018 Graduation Monday 16th December

Year 6 students and families please keep this date in your diaries for Graduation this year.

Australian Mathematics Competition

On Thursday 1st August, students in Year 3 - 6 will be participating in the Australian Mathematics Competition (AMC). This is an internationally recognised competition that has an emphasis on problem solving, a valuable life skill. Each student who will be participating will receive a certificate and a report of their AMC results at the end of the competition, however, if a student has outstanding results, then a prestigious AMC medal may be awarded to them. On this day, all the other students from Year P-6 who are not participating in the AMC will be involved in a 'Maths Hour' to complete a mathematics investigation task with their peers. We are very excited to be part of the AMC and 'Maths Hour' this year as both these events will be a fun and engaging way for students to learn mathematics.

Social Emotional Learning

SEL talk with Max and Thy, Year 5H

5H have been investigating stress and ways to de-escalate when we are feeling highly stressed. This is an important aspect of the Berry Street Educational model.

We have been learning about stress so that we can recognise stress in ourselves, cope with our own stress and help others to cope with theirs. All people have things that worry them or makes them stressed.

A little stress can be good. Stress increases blood pressure to give you more energy. This helps us when running a race or doing an important test.

Student News Cont.

SEL Talk Cont.

Too much stress is not good, it can:

*cause anxiety
increase heart rate for a long time
effect your thinking and decision making
effect your mood and make your grumpy
have long term effects on your health*

*Some strategies to help cope and manage stress include:
Moving, going for a run or doing some exercise
Calming down by breathing, doing some mindful colouring
or listening to music
Sleeping, have a breaking.*

An interesting fact- playing some games can make you more stressed, so it's important to monitor stress levels and have breaks often.

At home you could talk about:

What makes you stressed? What helps to calm you down?
(these might be different for each person in the family)



School Production: Seussical the Musical

Wow! Is the expression I would use when I view some of the moves and the singing and creative talents of our students. Dance rehearsals have begun on a Thursday with Renee from DXP Dance. Zerafina, our singing specialist from Music Experience is helping individual singers on a Wednesday.

Remember to keep early December free for our production of Seussical. Art's Core Team.



Parent News

Parenting News: Helping Kids Feel Good by doing Good

This month's article from the Parenting Ideas website is titled 'Helping kids feel good by doing good'.

It explores how when parents and guardians encourage their children to be kind, they are also helping their children to attain true happiness! It's not ground-breaking news to know that doing good and being grateful, is the best way to have lasting 'feel good' feelings, but it's good to remind ourselves about what is really important. This connects to our upcoming Social Justice fundraiser where students will be raising money to purchase water filters for those less fortunate in our world. How else could you help your child practice kindness in their day to day life? Please see the attached flyer.

Cybersafety Awareness: How to Build Digital Intelligence

Part 3:

Encourage safe and responsible behaviour

- Work on achieving a healthy balance in your child's online and offline activities and set boundaries for digital device use in your home.
- Remind your child of the importance of safeguarding personal information that can be used to identify or locate them.
- Explain why they should be suspicious of unsolicited messages and emails, and avoid clicking on pop-up ads on websites. Some pop-ups that seem safe can lead to inappropriate sites or ask for personal or financial information.
- Help them configure the strongest privacy settings on all the apps and sites they use. It is best that only their circle of friends can view their information. And get them to check their settings regularly as updates can sometimes change them back to the default.
- Ensure your child uses strong passwords on devices and accounts, and explain the importance of not sharing passwords, even with friends.

Taken from [eSafety Commissioner](#) Australia's leader in online safety.

Parents in Partnership Team

A reminder of the dates for 2019: August 16th, October 25th and November 22nd

We invite as many of you to attend and look forward to welcoming you all.

The team wishes to thank all our families for their contribution and support throughout the Woolworths Earn & Learn Program. We were able to purchase some indoor games and play equipment for the sand pit and passive play areas.

Dance Night is this Friday 2nd August at 6pm at the Community Centre, Cooke Avenue Sunshine \$10.00 per family. **DON'T FORGET YOUR DANCING SHOES.**

Our next meeting will be held on Friday 16th August at 2.00pm. Heidi Chapman-Foehn will talk to us about the features and uses of the new "SeeSaw" app platform.

AUGUST Calendar - 2019

ST BERNADETTE'S CATHOLIC PRIMARY SCHOOL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
July 29 3.45pm Yr 6 Parent / Student Confirmation Workshop	July 30 9.00am Prep 100 Days of School Celebration Yr 1 & 2 Supreme Incursion 3.00pm Tuesday Tea Time	July 31 2.30pm Assembly All Welcome 3G Hosting Signing Lessons for Production Cast	August 1 Experience Music Yr 3-6 Australian Math Comp. 11.15am Chess 2.40pm Yr 6 Reconciliation for Confirmation Candidates	August 2 Yr 6 Confirmation Retreat Day 9.15am Yr 3 Class Mass Experience Music 6.00pm Family Dance Night	August 3	August 4
5	6 3.00pm Tuesday Tea Time	7 2.30pm Assembly All Welcome 3C Hosting Signing Lessons for Production Cast	8 Experience Music Prep Lego Education 11.15am Chess DXP Dance 7.00pm Yr 6 Sacrament of Confirmation Mass	9 Experience Music 9.15am Yr 2 Class Mass Yr 5 CCCC's Excursion "The Addams Family"	10	11
12	13 3.00pm Tuesday Tea Time	14 Yr 4 CCCC's Taster Day 2.30pm Assembly All Welcome 2P Hosting Signing Lessons for Production Cast	15 Experience Music 11.15am Chess DXP Dance 12.15pm Whole School Assumption Mass 3.00pm Principal's BookClub	16 7.30am Prep Breakfast Experience Music 2.00pm Parents in Partnership Meeting	17	18
19 9.00am Yr 4-6 Scientist Suzie Lavole Visit	20 3.00pm Tuesday Tea Time	21 2.30pm Assembly All Welcome 1S Hosting Signing Lessons for Production Cast	22 Yr 4 Camp Sunnystones at Bacchus Marsh Yr 6 Transition Day 1 Experience Music 11.15am Chess DXP Dance	23 Yr 4 Camp Sunnystones at Bacchus Marsh 9.15am Yr 1 Class Mass Experience Music	24	25
26	27 3.00pm Tuesday Tea Time	28 Father's Day Stall 2.30pm Assembly All Welcome 2H Hosting Signing Lessons for Production Cast	29 Experience Music 11.15am Chess DXP Dance	30 7.30am Father's Day Breakfast 9.15am Prep Class Mass Experience Music	31	Sept 1