

## St Bernadette's Catholic Primary School May 2018 Newsletter



### Principal's Message - Mrs Joanne Webster

#### IMPORTANT DATES

##### ANZAC DAY PUBLIC HOLIDAY

Wednesday 25th April  
No School

##### First Eucharist

Saturday 28th April 6.30pm

##### First Eucharist

Sunday 29th April 11am

##### Bahay Tuluyan Social Justice

Group Conference

Friday 4th May

##### Mother's Day Breakfast, Mass &

Learning Space Visit

Friday 11th May

##### Public Holiday

Monday 11th June

##### School Closure Days

Thursday 14th June  
& Friday 15th June

##### Yr 4 & 5 Parent Information

Session for Secondary School

Monday 25th June

Dear Families,

Welcome back to Term 2. I hope you all enjoyed the Easter break and this holy time in our Church, praying, resting and re-energizing for the term ahead.

We have many exciting events to begin the Term starting with St Bernadette's Feast Day which was celebrated on Monday 16<sup>th</sup> April, beginning with a Mass. After Mass, the students spent time exploring her life and investigating her sainthood. We continued with the festivities on Friday 20<sup>th</sup> April launching our Houses for the year with a tabloid sports day. Students and staff joined in the festivities.

Students in Year 4 will celebrate their First Eucharist on Saturday 28<sup>th</sup> April @ 6:30 and Sunday 29<sup>th</sup> April @ 11:00am at St Bernadette's Church. The students continue their faith journey, with Eucharist being another sacrament of initiation, preceded by Baptism and followed by Confirmation. At this sacrament the students receive the holy bread and wine, symbolising the body and blood of Christ. Catholics believe the Eucharist, or Communion, is both a sacrifice and a meal. We believe in the real presence of Jesus, who died for us. As we receive Christ's Body and Blood, we also are nourished spiritually and brought closer to God. At this time, we keep the Year 4 students and their families in our thoughts and prayers as they prepare to celebrate this sacrament.

#### Prayer

We pray together this prayer for our Year 4 students celebrating the sacraments of Eucharist and for all our students.

Loving God,

You are the giver of all we possess,  
the source of all of our blessings.  
We thank and praise you.

Thank you for the gift of our children.

Help us to set boundaries for them,  
and yet encourage them to explore.  
Give us the strength and courage to treat  
each day as a fresh start.

May our children come to know you, the one true God,  
and Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow  
in faith, hope, and love,  
so they may know peace, truth, and goodness.

May their ears hear your voice.  
May their eyes see your presence in all things.  
May their lips proclaim your word.  
May their hearts be your dwelling place.  
May their hands do works of charity.  
May their feet walk in the way of Jesus Christ,  
your Son and our Lord. Amen



### Staff News

I would like to welcome Stephanie Crea, to our school as the Italian teacher, during Ms Federica Falco's Maternity Leave.

Miss Lyn Sciberras, Miss Bernadette Fenech, Frederick Zeinstra and Joseph Tabone will take Long Service Leave in May. Miss Lyn Sciberras will be replaced by Donna Hill and Mary Manna, both of which teach here on a casual basis throughout the year. We wish all these staff well on their leave.



## School News



### Mother's Day Breakfast, Mass and Stall

The Mother's Day Stall will be held on **Wednesday 9<sup>th</sup> May**. This is co-ordinated by the Augustinian Sisters and gives the students the opportunity to purchase gifts for their mother's or other significant women in their life. The proceeds of the stall go to the orphanage in the Philippines established by the Augustinian Sisters.

We will also have a very simple breakfast to celebrate Mother's Day and all our mothers do for us, on **Friday 11<sup>th</sup> May from 8:00 to 8:45am**, consisting of coffee and muffins. This will be held in the Undercroft Area. After this, Mass will be held in the church at 9:15. All mothers and significant women in the children's lives are invited. Please mark these dates in your diaries. Further information regarding all these events will follow shortly.

### Prep Enrolments 2019

Enrolments for Preps 2019 are now open. Enrolment applications are available from the School Office. A non-refundable \$50 Enrolment Fee is payable with each new family's application. Parents are also asked to provide copies of: Baptismal Certificate, Birth Certificate and Certificate of Immunisation Status for Primary School Enrolment. Interviews and school tours will be conducted with the children and parents, from late April to end of June. **Siblings of current students who will be in Prep in 2019 also need to complete an enrolment application.** If you have any queries please call our school office on 93118872.

### Capital Works



Over the holidays the works have continued on the refurbishments. The flooring to learning spaces is now in place and the framing in the new admin area has also been constructed. There have been some delays with the structural side, however these have now been resolved so we should see more progress in the coming weeks.

### Winter Uniform

All students are expected to wear Winter Uniform from **Monday 30<sup>th</sup> April**, up until this time, a transition period exists whereby students may wear either summer or winter uniform.

The Winter Uniform is:

**Boys:** Burgundy windcheater, dark grey school pants, long sleeve white shirt with logo, black school shoes, white or grey socks



**Girls:** Burgundy windcheater, dark grey tunic or dark grey school pants, long sleeve white shirt with logo, black school shoes, burgundy stockings or long white socks

**Sports:** Windcheater, long sleeve polo top, tracksuit pants, lace up runners

**Optional Coat:** Black rain jacket with logo



### Principal's Book Club

Principal's Book Club will be held on **Thursday 3<sup>rd</sup> May** and **Thursday 21<sup>st</sup> June @ 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.

### School Closure Days for the 2018 Year

The School Closure Days for this year are:

Thursday 14 <sup>th</sup> June:	School Conference: Berry Street Professional Learning
Friday 15 <sup>th</sup> June:	School Conference: Berry Street Professional Learning
Thursday 28 <sup>th</sup> June:	Learning Conversations
Friday 31 <sup>st</sup> August:	Berry Street Professional Learning
Monday 5 <sup>th</sup> November:	Professional Learning: Report Writing
Monday 3 <sup>rd</sup> December:	2019 Planning Day: Kath Murdoch



## Student News

### St B's Got Talent Term 2

St B's Got Talent is an opportunity for students to showcase their talents in the Performing Arts whether it be singing, dancing, telling a story, tricks and illusions or playing an instrument. Year 5 and 6 students had their opportunity to lead this fun filled event during first term and now it is Year 3 and 4 students chance to have a go. Again, SRC will host this event and all students will be invited to attend. All families are also invited to the auditions and finals on the following dates and times. We look forward to seeing you there.



## Student News Cont.



### St B's Got Talent Term 2 Cont.

Years	Dates	Time	Event	Venue
Year 3 and 4	Friday 18 <sup>th</sup> May	Closes at end of day	Submission of performance or acts	Box In the office
	Thursday 31 <sup>st</sup> May	11:15 - 12	Auditions	Outdoor Stage Area
	Monday 4 <sup>th</sup> June	11:15 - 12	Auditions	Outdoor Stage Area
	Thursday 7 <sup>th</sup> June	11:15 - 12	Auditions	Outdoor Stage Area
	Monday 18 <sup>th</sup> June	11:15 - 12	Finals	Outdoor Stage Area

### Victorian Premiers' Reading Challenge

It's a very exciting time at St Bernadette's with the Premiers' Reading Challenge ready to launch! Many students will have received their log in which enables readers to record their book online. And for those who haven't it's not too late to join the fun! If you're interested to participate please see your teacher to receive a Premier's Reading Challenge Permission note. All permission slips must be returned by the closing date **Friday April 27<sup>th</sup>**. Remember many of the books on the reading list are in our school library, but you can also visit your local library too. So don't wait another day, join the challenge! What will your first read be?

### NAPLAN

On 15<sup>th</sup>-17<sup>th</sup> May, NAPLAN (National Assessment Program - Literacy and Numeracy) will be undertaken by our Year 3 and Year 5 students. The results of the tests provide information for parents and teachers about a student's performance in Literacy and Numeracy. This information can be used to support teaching and learning programs and improve student achievement.

Later in the year, parents receive a personal report. The report will describe the child's particular skills in reading, writing, language conventions and numeracy.

Please remember this is but one test your child is given. Throughout the year, your child's teacher keeps an enormous amount of up to date data and evidence to assess your child's progress. This ongoing data is used to support and plan programs to enhance your child's learning.

### Interschool School Sports

Interschool Sports begins next Friday 4<sup>th</sup> May for students in Years 5 and 6. They will compete against other schools in the Footscray District Interschool Sport Competition. The sports include A.F.L., Netball, Newcombe Volleyball and Soccer. We participate at home and travel away in accordance with a fixture. We would like to offer the opportunity to any parent or guardian to be part of the coaching team alongside one of our members of staff. Even if you do not wish to help coach a team, you are more than welcome to come along and support your son or daughter and their team. Looking forward to seeing you. **Go St Bernadette's!**

### Social Justice News



During Lent and in the lead up to Easter, our students have been learning about the three practices of Lent—Fasting, Almsgiving and Prayer. One of the main forms of Almsgiving that students have taken part in is the contribution to Project Compassion through Caritas. One of the Principles of Catholic Social Teaching is Preferential Option for the poor and it is in this Principle Caritas promotes "caring for the poor is everyone's responsibility. Preferential care should be shown to poor and vulnerable people, whose needs and rights are given special attention in God's eyes." Our school community has made a great effort to try to create a socially just world, with a total sum raised for Caritas being \$551.75. Thank you to everyone for your generosity.

### SEL talk: Morning Meetings with Raymond 6C, Elizabeth 6E, Madelyn 5K, Evan 5H and Zia 3O

As a school we have introduced 'Morning Meetings' to ensure we start each day in a positive way, welcoming and acknowledging each other. Morning meetings may look different in each learning space.

What happens during your Morning Meetings?

- \*First, we sit in a circle, then we do the roll, one person chooses a way to greet others. We go around the circle and greet each other by saying good morning with a hand shake or high five and then we sit down and say prayer together.
- \*We stand or sit in a circle, do the roll and each person says good morning to the next person on the roll. We then say prayer and talk about the schedule for the day.
- \*Sometimes we play a game after we have prayed and said good morning to each other.



## Student News Cont.

SEL talk: Morning Meetings with Raymond 6C, Elizabeth 6E, Madelyn 5K, Evan 5H and Zia 3O Cont.

How is that different to the way you started the day last year?

It's more fun

It feels more organised

Last year we didn't know what we were doing for the day, now we do.

It's a nice way to start the day



How do you feel about morning meetings?

Excited

Happy

Calm

Brave

What are the benefits of having morning meetings?

We have a positive start to the day and it makes the whole year more positive

Everyone gets to know each other more

If helps us to know each other better and we learn new things about people

## Parent News

### Cybersafety Tips—Social Media and Screen Time

Here are some great tips to help you manage your child's use of technology at home. These tips are taken from the government website - <https://esafety.gov.au/education-resources/iparent>. Here you will find an excellent interactive tour designed for parents to learn about the digital environment and how to help your child have safe and enjoyable experiences online.

**Social media Fact:** On average, children aged 10 to 14 years have 2 active social media accounts

1. Talk regularly with your child about privacy settings on social media. Updating your own privacy settings sets a great example and helps you understand potential safety issues. Be aware of any minimum age requirements.
2. Keep your ears and eyes open. Other parents and the media can be a great source of information when it comes to the latest or most preferred app.
3. Let your child know that you're really interested in how they're connecting with friends. They might be more inclined to talk openly about social media if you talk about what others (their friends and peers) are doing online.

**Screen time Fact:** On average, outside of school, 10 to 14 year olds spend 23 hours online per week

1. Try to encourage positive screen time, like content that you can view and enjoy together. Discourage anything that is overly aggressive or disrespectful.
2. Negotiate key rules together, such as when screens can be on and when they need to be turned off. Young teens are likely to respond better to rules that they've contributed to and see as being fair and consistent.
3. Agree ahead of time on the rules and strategies to get your child to switch off from the screen. With gaming, think about a timer that signals that game time is nearly over and be clear about the consequences for not switching off.

### Parenting Ideas

This Month's article by Michael Grose is titled '8 Confidence building strategies every parent and teacher should know'. Michael discusses how children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels, but acknowledges that building children's confidence is complex. He explains that instilling confidence takes more than just praising and heaping positive comments on a child at the first sign of them doing something well, but rather, confidence building requires a number of approaches that impact on how they think, how they feel and what they can do. Michael offers eight practical strategies that you could use at home to build real self-confidence in your child or children!

### Assembly Term 2

Assembly's in Term 2 will return to the **Wednesday 2:30pm** timeslot. It will continue to be hosted by our very talented students. All families are invited to attend. We look forward to seeing you there in Term 2!

### Parents In Partnership Team

A reminder of the dates for 2018:

May 11<sup>th</sup>, June 22<sup>nd</sup>, August 10<sup>th</sup>, September 7<sup>th</sup>, October 26<sup>th</sup> and November 30<sup>th</sup>.

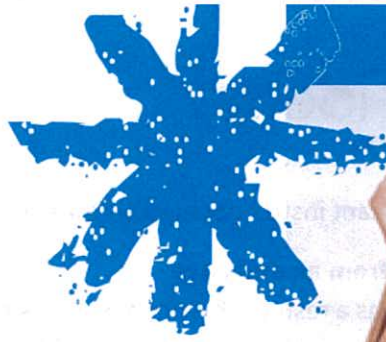
The agenda for the next meeting includes: Principals update, Information Sharing topic is Flexibuzz and Fundraising. Be on the lookout for an update as we get closer to the next meeting in May.

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





# insights



## 8 confidence-building strategies every parent and teacher should know

by Michael Grose

*Instilling confidence takes more than heaping praise on kids. Here are 8 practical confidence-building strategies for parents and teachers of children and young people.*

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

**Here are eight practical strategies that you can use to build real self-confidence in kids of all ages:**

### 1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

### 2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.



### 3. Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive



statements that have significant instructional value for kids.

#### 4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

#### 5. Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.



#### 6. Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

#### 7. Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

#### 8. Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



#### Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*

# MAY Calendar - 2018

## ST BERNADETTE'S CATHOLIC PRIMARY SCHOOL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30th April Week 3	1 May  3pm Tuesday Tea Time	2 May  2.30pm 6C Hosting Assembly	3 May  3pm Principal's Bookclub	4 May 9.15am Yr 2 Class Mass Bahay Tuluyan Social Justice Group Excursion 11am Interschool Sport at home	5 May	6 May
7 Week 4	8  3pm Tuesday Tea Time	9 Mother's Day Stall  2.30pm 5H Hosting Assembly	10	11 8.00—8.45am Mother's Day Breakfast then 9.15am Mass 11.00am Interschool Sports @ Footscray North 2.15pm Parent in Partnership Meeting	12	13
14 Week 5	15 NAPLAN Yr 3 & 5 Students  3pm Tuesday Tea Time	16 NAPLAN Yr 3 & 5 Students  2.30pm 4S Hosting Assembly	17 NAPLAN Yr 3 & 5 Students	18 9.15am Yr 1 Class Mass 11am Interschool Sports @ St John's St B's Got Talent submissions due	19 6.30pm Rite of Enrolment Yr 6 Confirmation	20 11.00am Rite of Enrolment Yr 6 Confirmation
21 Week 6	22  3pm Tuesday Tea Time	23  2.30pm 3G Hosting Assembly	24	25 9.15am Yr Prep Class Mass 11am Interschool Sports @ home	26	27
28 Week 7	29  3pm Tuesday Tea Time	30  2.30pm 2P Hosting Assembly	31 11am Lunch In Houses 11.15am St B's Got Talent Auditions Yr 3 & 4—Parents Welcome	1 June 9.15am Yr 6 Class Mass 11am Interschool Sports away	2 June	3 June

