



2019 Term 1 Week 10

Newsletter

Contact Us



St Bernadette's Parish School, Lalor Park

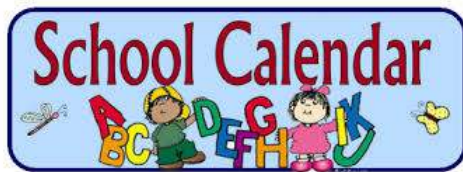
18 Wheeler Street (PO Box 4161)

Lalor Park, NSW 2147

Phone: 8869 6400

Email: stbernadetteslpark@parra.catholic.edu.au **Website:** www.stbernadetteslalorpark.catholic.edu.au

Parent Group Email: sbparentgroup@gmail.com **Canteen:** sbcanteen@gmail.com



April

4th	Big Vegie Crunch 10am
5th	Mufti Day for an Easter Egg
8th	Holy Week Liturgy 9.15am (Hall) Stage 2 & Stage 3 Showcase 2.20pm Fete meeting - Parish Hall 7pm
9th	ES1 & Stage 1 Showcase 2.20pm
10th	Easter Raffle Drawn
12th	Term 1 Ends
29th	Staff Development Day
30th	Term 2 commences (Winter Uniform)

May

7th	Diocesan Cross Country
9th	Mother's Day Craft Stall
10th	Mother's Day BBQ Breakfast
12th	Mother's Day

See more ...

FOUND: A Parent left an umbrella in the uniform shop yesterday. Please visit the school office if you have lost yours. Thank you

Principal's Message

This Lenten season Father Andrew gave me, 'Trust' A Lenten program published by, Catholic Diocese of Wollongong. I was lucky enough to have a CD version so I can listen to it in the car or when convenient.

The program consists of the Gospel reading and two reflections for each Sunday of Lent. I have been drawn back to a reflection provided by Sr Hilda Scott OSB for the second Sunday of Lent.

To take you back, the Gospel reading for that week was Luke 9:28-36, The Transfiguration.

28 About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. 29 As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. 30 Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. 31 They spoke about his departure,[a] which he was about to bring to fulfillment at Jerusalem. 32 Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. 33 As the men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

34 While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. 35 A voice came from the cloud, saying, "This is my Son, whom I have chosen;



listen to him." 36 When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

The Son of God came to earth in the form of a man to be the servant of God and to gift mankind with the greatest gift ever given, eternal life. The transfiguration of Jesus Christ was a visible sign in the presence of reliable witnesses, the apostles, of the reality of the power of God and the glory, which is Christ Jesus.

Sr Hilda talks about love. 'Love usually reveals things to us that escapes others.' This quote resonates deeply with me. We are called to see through individuals imperfections and failings and see the goodness in all. Love truly enables this to happen. Many of us have family and friends who use actions or words that hurt or offend us. Yet, many of us meet this challenge with love, we see past the imperfections and find the goodness in people.

God's glory is evident in all of us. It is our goodness, our love for others and oneself. How often is it that we judge and fail to see the love and glory of God in others? Our challenge is to accept people as they are, imperfect and love unconditionally. We too are a reality of God's glory!

Afternoon Dismissal

In recent weeks it has become apparent that there is a need to clarify the procedure for Kiss and Drop with the students who use this service. Student expectations are important to ensure that the area is safe and that students move quickly to cars. I met with the students last week to communicate expectations. We need to,

1. Sit in the designated area
2. Talk quietly. This is not an area for play
3. Pay attention and listen
4. Watch for our car

We would appreciate your support in ensuring your child is familiar with these expectations

Use of the kiss and drop gate to pick up children is not allowed. This means that parents should not be,

1. Waiting at the gate for their children
2. Entering the school via the gate
3. Leaving the school via the gate

The reasons for these restrictions are;

1. Safety for students getting into cars which is a priority for this area
2. Supervision of this area is clearly defined for staff and parents who try to break school expectations place the safety of others at risk
3. The need to restrict parking in Gardenia Grove so Kiss and Drop moves as quickly and safely as possible.

If your child leaves via the gate to go to the tennis courts then this is where they should be picked up. It should be noted that the tennis courts are unsupervised. Parking in Gardenia Grove is discouraged, however I cannot make parents follow this school expectation. I would say that if you park in this area there is a potential that you are placing the safety of others at risk.

These expectations were devised with representatives from Blacktown Council and CEDP's Road Safety Officer. The ongoing operation of the Kiss and Drop service is conditional on parents following these expectations.

Parents who challenge these expectations can expect to be confronted by staff who are trying to do their job. Such confrontations are unlikely should all parents adhere to the expectations. If you require clarification of these expectations contact the office.

Morning Arrival

A reminder to all parents if you arrive after the second bell, 9.00am your child must enter via the office. This needs to occur even if the school gates are open. The classroom rolls are taken as soon as students enter the learning space and your child could be marked as absent if they enter after the roll is done. This happens when students do not identify themselves as late to the teacher and just join in with learning activities. This results in inaccurate attendance records which means a text message will be sent to you seeking explanation for absence.

Attendance

As of Wednesday St Bernadette's student attendance rate is 89.4%. This is just short of our goal, 90% overall student attendance.

Scholastic Year	Sch Yr Attendance Level %
K	● 91.6%
01	● 97.0%
02	● 93.1%
03	● 81.5%
04	● 86.1%
05	● 91.3%
06	● 71.9%

Peer Review

Next Tuesday representatives from Stage 3 and the Science Team will attend Peer Review. Peer review is a NESA endorsed process that the system uses to ensure that schools are fully compliant according to NESA and CEDP requirements.

Each year a sampling of school documentation is randomly selected to be presented to other professionals as a way of ensuring alignment between documentation, teaching programs and student work.

This year Stage 3 were selected to attend peer review and present for;

1. Religious Education
2. Science

This week the teachers have been preparing their presentation for Tuesday. We wish them well in a process that is professional and very affirming, but still quite daunting.

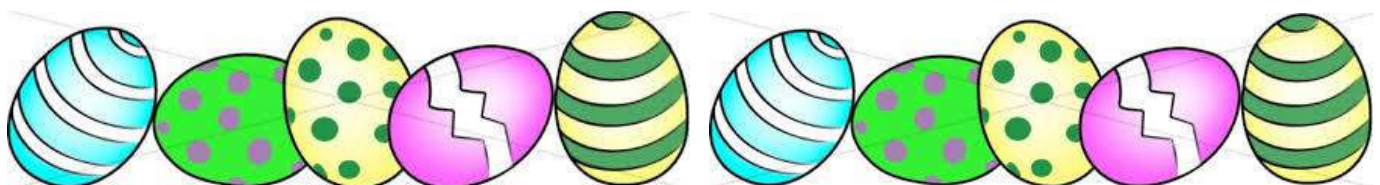
Phill Kapitanow

Principal

MacKillop Representative Rugby League

Congratulations to Joseph Flaviano in year 6 who has been selected to represent the Parramatta Diocese in Rugby League.

Joseph will be a member of the MacKillop Rugby League team who will travel to Canberra in May. We wish him well and offer our full support on this tremendous achievement.



Sleep tips for children

As our term gets closer to its end, we start to notice student's attention, mood and attitude beginning to shift. Students are becoming more weary and it is not uncommon for students to complain of being "tired" and finding it difficult to remain on task. In a previous newsletter I raised the importance of healthy eating as an avenue to help improve some of these problems, but an equally important focus should be on student's sleep. Increasingly teachers hear stories from children about how they have stayed up late playing on iPads, mobile devices or gaming consoles and how this is now affecting them at school. This is not to suggest this is an issue for all families, but rather an opportunity to highlight the importance of stringent sleep routines for children to help them grow, develop and learn. The website from Health Direct has more to add;

"Sleep is vital for children's growth, learning and development. Having a good sleep every night makes your child happier, helps them to concentrate and remember things, and improves their behaviour.

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

- Ages 3 to 5: 10 to 13 hours
- Ages 6 to 13: 9 to 11 hours
- Ages 14 to 17: 8 to 10 hours

Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

- Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it - even at the weekend.
- Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- Help your child wind down: Busy children need some time to relax. Consider playing soft music or reading to them.
- Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- Avoid stimulants: Make sure your child avoids tea, coffee, chocolate or sports drinks, especially in the afternoon.
- Turn off technology: Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Signs of sleep problems

If you establish good sleep habits and your child is still having trouble falling or staying asleep, they might have a sleep problem. You might notice behaviour problems, difficulty concentrating or they might seem tired during the day.

Signs of sleep problems include:

- sleepwalking
- wetting the bed
- night terrors
- teeth grinding
- snoring
- trouble breathing while asleep, or taking long pauses between breaths.

If you think your child may have a sleep problem, talk to your doctor.

For more information visit <https://www.healthdirect.gov.au/sleep-tips-for-children>

Mr Simon Crothers - Assistant Principal



News From Our REC

Dear Parents,

You are welcome to join us next Monday the 8th April for the whole school Remembering Holy Week Liturgy at 9:15 am in the Parish Hall. It is a time to gather together as a community and remember the sacrifice that Jesus made for all of us.

Lent is an opportunity for us to reflect on our lives and to think about the changes we may need to make as we endeavour to embrace God and His teachings.

During Lent it is especially important to think about others. When we prepare for Easter we often give up something or do something for another person. When we do this we are growing to be more like Jesus and

serve others as Jesus did. May God's blessing be with you and your families during this Lenten journey of reflection and sacrifice.

A Lenten Blessing

May the love of God bless us and fill our lives with joy as we look forward to Easter.

With Blessings

Judy Murphy(Acting REC)



Message from Fr Andrew

Easter cards were sent home this week from Fr Andrew. Can you please check your child's bag to receive them.

Thank you



EASTER MASSES

HOLY THURSDAY

Mass of Lord's Supper at 7.30pm

18th April

NO MORNING MASS

GOOD FRIDAY

19th April Stations of the Cross **10am**

Reconciliation 11am

Celebration of the Lord's Passion at **3pm**

Reconciliation 4.30pm

HOLY SATURDAY

20th April Reconciliation 9.30am-10.30 & 4pm-5pm

Easter Vigil Mass **6pm**

EASTER SUNDAY

21st April

8.30am & 10am Mass

**NO MASS OR COMMUNION SERVICE ON
MONDAY 22ND APRIL**





IMPORTANT!

STAFF DEVELOPMENT DAY

MONDAY 29TH APRIL

NO SCHOOL ON THIS DAY

STUDENTS COMMENCE TERM 2 ON TUESDAY 30TH APRIL

(WINTER UNIFORM TO BE WORN)

**UNIFORM SHOP WILL BE OPEN ON
OUR SDD MONDAY 29TH APRIL FROM
8.30AM - 10.30AM.**



Opal Card

One of the requirements travelling on Hillsbus is the need for students to tap on and off when they travel to and from school.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off, services may be cancelled due the lack of recorded patronage.



Student Banking has finished for Term 1.

There will be no Student Banking in
Week 11. Thank you.



CommonwealthBank

Next Wednesday is the last day we can accept cash in the office .

There is no cash kept on the premises over the holidays. Thank you for your co-operation.



PLEASE NOTE:

St Bernadette's will no longer be using the Skoolbag App.

Please make sure you are registered on our website for the newsletter. We will be sending out announcements from our website via email.



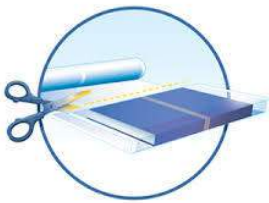
News from the Library

Premier's Reading Challenge

Just a reminder that it's not too late to participate in the Premier's Reading Challenge. Please return your green permission note as soon as possible so you can get your username and password.

Overdue Library Books

Library borrowing has finished for Term 1. Could all library books please be returned to the library this week? Overdue notes will be sent out in Week 11. Students who have successfully completed the Library Borrowing Challenge for Term 1 will receive their certificates and prizes in Week 11.



Book Covering

Thank you to the wonderful parents who have covered books during Term 1. We really appreciate your help. All classes now have received new class readers and will receive new home readers early next term.

Happy Reading!

Mrs Monique O'Brien

Positive Behaviour Support 4 Learning (PBS4L)

PBS4L- 'LISTEN WELL AND SPEAK POLITELY'

Our focus for the next fortnight is 'Listen well and speak politely'. Students can earn "Bluey" cards/ tokens for displaying this behaviour in their learning spaces and on the playground.

Stage 1 classes have received their 20 tokens and will be celebrating this with a movie and popcorn afternoon this Friday. Well done Stage 1!

Please continue to talk to your children about what they are learning and how they will behave while at school.



St Bernadette's

is now enrolling for Kindergarten 2020.

If your child turns 5 before 31st July 2020 he / she is eligible to enrol for Kindergarten.

Enrolment packages are now available at the school office

For more information please contact the school office on 8869 6400



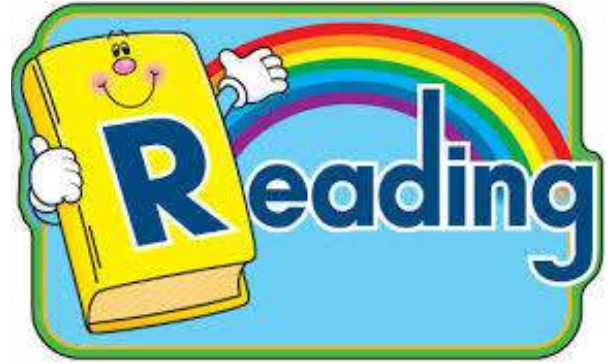
Now Enrolling!



Literacy News with Mrs Maher

Some tips for home reading

- Establish a home reading routine. Read aloud with your children everyday. Ten minutes for each child around a book of his/her choice. If English is your second language, read in your home language. Talk about the illustrations and contribute where you can. Share your excitement for reading and this will be the model your child will adopt.
- The reader holds the book! There is a lot of power and control in the world of reading. The reader needs to have the power. During home reading time, turn off electronic devices and give each child ten minutes of your undivided attention.
- Before you read a book, set your child up for success. Reading is not a test! Reading time is only ten minutes so do some of the following: Keep the introduction short – one minute is enough. Talk about the illustrations and the title. Read the blurb and talk about the author, talk about any unusual words, read a page here and there as your child flicks through the book, discuss the characters.
- Find a reading time that works for your family. Limit the time and set the timer if reading in the past has always been difficult. It is better to have an enjoyable 10 minutes than a laborious 30 minutes where everyone is left feeling frustrated.
- At the end of the 10 minutes, ask questions that encourage discussion, for example: What was your favourite part? Tell me about the characters. What do you think will happen next? What did you think about that setting? What do like/ dislike about this book?
- Encourage your child to read independently. A bedside light is one of the best enticements for your child to read before going to sleep. After the 10 minutes of reading with you, the child can elect to continue reading independently.
- Visit the local library — make it a family ritual on a set day every week. Let your children select their books while you select books you are interested in reading.



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SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?

 No Stopping Do not stop near a No Stopping sign.	 No Parking 2 min to drop off or pick up, stay within 3m of vehicle.	 Bus Zone Only a public bus can stop in a bus zone.

Help keep our children safe

Get Active with Scouts!

Scouts welcome children and young people from Kindy to

Year 12, offering a safe and supportive environment where your child can make new friends, learn life skills and embark on new adventures!



Scouts is an eligible provider of the NSW Government's Active Kids Program.

SAVE \$100 on membership fees!

Your local Scout Group is: 2nd Kings Langley Scouts

20 Venn Ave, Lalor Park

**For any queries, please contact: Group Leader:
Joshua Fisher**

Mobile: 0449928513

Email: 2klgroupleader@gmail.com

Please contact us about a free trial...

Note that have been sent home recently:

- Stage Showcases
- Parish Good Friday Play
- Mufti Day - Easter Egg
- Fete Meeting Notice



School
Notes

Photos recently added to our website

- Our Garden
- Harmony Day
- CSW BBQ



Photos

Baby News

Congratulations to Ava Gabriel (Stage 2 Gold) and Dominic Salt (Early Stage 1 Blue) on the birth of their little brother Ezra

Welcome to the St Bernadette's Community.



ST BERNADETTE'S SCHOOL AND PARISH FETE



SAVE THE DATE

Friday 8th November

Please Contact Zeina Yaacoub on
0411 185 121 if you can assist in any way. Ideas are always welcome.

**Fete Meeting Monday 8th
7pm Parish Hall - All Welcome**

Picnic in the Park

Sunday
5 May
10am - 2pm

Chifley Park
Freeman Street
Lalor Park

Bring a Picnic or enjoy lunch from our food stalls.
Shop the market for Mother's Day gifts,
Live entertainment, Giant raffle,
Face painting, Plants and Arts & Crafts.
Shop Local. Support Local.



For more info find us on Facebook or
contact The Lalor Park Community Garden
lalorparkcommunitygarden@tpg.com.au



Designed by LeDesign ledesign@icloud.com

St Bernadette's Garden



More Photos

On Wednesday 20 March **The Super Pollinators** Incursion took place in the Library, for Stage 1 students. The Incursion ran for 2 hours and included a 30 minute presentation given by Abbie Mitchell from Kids Connecting Nature.

www.kidsconnectingnature.com.au

Abbie says: "The Super Pollinators Incursion is a great support to gardening programs and class studies exploring habitat, lifecycles, pollination or minibeasts (including bees of course!). In it we discuss bee life cycles, their important pollinating roles, and threats to bees and also showcase many

of the 2000 native bee species we have in Australia. We also make a bee hotel suitable for about 24 bee species in the Sydney area. During the workshop the students have access to view over 100 preserved invertebrates under magnification and inspect models (large 'pat-able' bee, and large model of carpenter bee lifecycle), posters, UV viewer (how a bee sees flowers) and related bee items (a preserved stingless bee nest, pollen and nectar reserves and even bee pool!)"

At lunchtime, some students identified a **Blue-Banded Bee** in the Cuphea, which is a ground cover, growing outside the Canteen!



To be part of the learning and fun make contact via: claresgarden118@gmail.com and visit <http://kitchengardensinschools.blogspot.com> or the school office on 8869 6400 or stbernadetteslpark@parra.catholic.edu.au Please see our website www.stbernadetteslalorpark.parra.catholic.edu.au for more photos from the garden

PARENT GROUP EASTER RAFFLE - MUFTI DAY

All tickets due in by Monday 8th April.

Send in your sold or unsold tickets. Easter raffle will be drawn next Wednesday.

Friday 5th April will be a mufti day and children are encouraged to bring in an Easter egg donation for the easter raffle.

Tickets are \$1 each.

Extra books will be available from the school office.

Thank you for your support,

Maria Xiberras, Fundraising Coordinator





Just over one week to go until Holiday Club starts!

With just over a week to go, now's the time to sort out your school holidays and book into –
Jungle Jam Holiday Club!

This is going to be our most creative season yet and we have some amazing activities lined up that are sure to unlock the childrens' imaginations. We've got something for everyone!

To **book now**, visit:

www.campastralia.com.au/holidayclubs

or call: **1300 105 343**

24 hours a day, 7 days a week.

We look forward to seeing you and your family at **Jungle Jam**.

The Camp Australia Team



Fundraising Champions!

Epilepsy Action Australia relies on the generous support & commitment of the community to enable us to deliver innovative education and services across Australia.

We acknowledge the wonderful contribution of:

St Bernadettes Primary School

who helped us make a huge difference to the lives of those living with epilepsy by fundraising for Purple Day.



CA Ireland
Carol Ireland
Chief Executive Officer

ST BERNADETTE'S

Where We Learn and Grow Together

St Bernadette's Parish, Lalor Park

Parish Priest:	Fr Andrew Robinson	Secretary:	Mrs Bev Baxter
Office Hours:	Tues, Thurs & Fri 9am to 4pm	Telephone:	9672 4037
Email:	admin@stbernadetteslalorpark.org.au	Fax:	9671 5377
Web Page:	www.stbernadetteslalorpark.org.au		

Mass Times at St Bernadette's Parish

Mass: Saturday Vigil 6pm; Sun 8:30am & 10:00am

Children's Church - Sat 6pm; Sun 10am except school holidays and at First Communion times.
Blessings at all Masses for children.

Youth Mass at 6pm Vigil Mass on 4th Saturday of the month.

Weekday Masses: Tuesday, Thursday, Friday and Saturday 8.45am

Wednesday 7pm Exposition, Devotions to Mary Immaculate and St Bernadette. Mass at 7:30pm

Exposition of the Blessed Sacrament on Tuesday, Thursday, Friday & Saturday 8:15am-8:45am
Saturday 9.30am to 10.30am and 4.30pm – 5.30pm. First Saturday of the Month 8:30am

Reconciliation: Saturday 9.30am – 10.30am & 4.30pm – 5.30pm

NB: No reconciliation in the morning on the First Saturday of the month

COME HOME!

Gospel in Life

Take a moment to look at your fingerprint. Experts say it is unique. You share it with no one who lives or has ever lived. Let it remind you that God wanted you, specifically you, to come into this world. And let it remind you that our loving God grieves for you, when you hurt, and misses you, specifically you, when you turn away.

Let this week's Gospel dispel all the false views of God you may have heard. God is not angry or vengeful when you sin. God is not an accountant who tallies our sins against our good deeds or a cop who waits to punish us.

Unfortunately, many people hold on to those images. Some pastors and teachers even teach them, often because they misunderstand Old Testament Scripture passages that seem to portray God as angry or vengeful.

Jesus tried to dispel those images of God as he announced the beginning of God's Reign. "Rejoice", he said. God is running to greet you right now. Turn toward God and let God embrace you.

Look at the lost son in the Gospel story this week. He basically had wished his father dead by asking for his inheritance. But when he returns because he has nowhere else to go, the father runs to him, gives him the family ring, clothes him in the best robe, and kills fattened calf (people ate meat rarely).

If you read the text closely, you see that the father doesn't even let his son complete the apology before ordering all this.

Lent is a time to come home. We all stray. We live in a world that often calls us away from God. But God knows each of us by our fingerprint, knows when we turn away, and still always stands waiting, scanning the horizon, maybe weeping, hoping to see us turn back, looking for a chance to run toward us and embrace us once again.

In what ways do you need to come home to God this Lent?

Weekly Parable from e-News

WEDNESDAY NIGHTS DURING LENT

Another opportunity to come together as a faith community for Eucharist, Devotions to Mary Immaculate and St Bernadette, Stations of the Cross and Adoration of Blessed Sacrament during Lent.

Wed 3 April Devotions & Adoration @ 7.00pm

Mass @ 7.30pm

Wed 10 April Devotions & Adoration @ 7.00pm

Stations of the Cross @ 7.30pm

Wed 17 April Chrism Mass at the Cathedral

No Devotions/Stations/Mass) ALL WELCOME



St Bernadettes Parent Group



We need your help family and friends of St Bernadettes Lalor Park. We all know that we need to look after our planet and what a better way to help than with two recycling programs.



Colgate Community Garden Challenge

Vote for our school to help us win a community garden set valued at \$6000.

<https://www.terracycle.com/en-AU/brigades/colgategarden> (St Bernadette's Primary School Lalor Park)

Also please bring in your empty used toothpaste tubes, toothbrushes, plastic toothbrush packaging, interdental brushes, wisps, pumps, stand up toothpaste bottles and any kind of non-electric toothbrush or toothpaste tube and all affiliated non-recyclable packaging. (all brands welcome)

Collection boxes are located in the classrooms and the parent group will arrange the postage of the recycled items to increase our chances of winning. Motivate your children to talk with family and friends about our fantastic recycling opportunity.



Return and Earn

Located at the canteen is a dedicated container recycling bin. We encourage all parents/guardians to discuss with their children the importance of only placing the correct bottles, cans and UHT containers in this bin.

Recycling just one plastic bottle saves enough energy to power a light bulb for 30 hours!





HELP OUR SCHOOL WIN!

RECYCLE & WIN

A COMMUNITY GARDEN FOR YOUR SCHOOL

By recycling oral care waste, we're in the running to win a recycled community garden set!

DROP YOUR ORAL CARE WASTE HERE TO HELP US WIN

We accept any brand of used:

Toothpaste tubes and packaging, Non-electric toothbrushes and packaging,
Floss containers and packaging, Interdental brushes and packaging.



You can also vote for us online at

www.terracycle.com.au/colgategardenvoting

To find out more about the Colgate Community Garden Challenge and for full terms and conditions, please visit: www.terracycle.com.au/colgategarden.
If you have any further questions, call TerraCycle on 1800 983 324

