



# Newsletter

## Contact Us



## St Bernadette's Parish School, Lalor Park

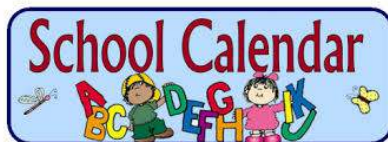
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## November

8th	<b>Spring Fair</b>
12th	Basketball Gala Day PDHPE Evening - Stage 3 Parents
15th	Infants Liturgy 10am
17th	Youth Group - 6pm - 7.30pm
22nd	Primary Mass 10am

## December

5th	Christmas Craft Stall Christmas Concert
11th	Infants Water Fun Day Swimming Carnival
13th	Reconciliation: Year 5 & Year 6
15th	Youth Group - 6pm - 7.30pm
17th	End of Year Whole School Mass and Year 6 Graduation Ceremony 10am Year 6 Dinner Dance
18th	Last day for students Year 6 Afternoon Tea (Parents to provide)



[See more ...](#)

## Principal's Message

Just one more school week until our Spring Fair. The school will be transformed into a carnival atmosphere including rides, games, food, entertainment, fun and don't forget our very own fireworks display!

We look forward to seeing EVERY student, parent and community member, current, past and future at the Spring Fair enjoying and celebrating together. The Spring Fair, formally the Fete has always been a demonstration of our strong community. As we move to this new Friday night format we hope that you will continue to prioritise this event. 100% of the funds raised go back to the school to support all of the students at St Bernadette's.

Thank you to our fantastic Spring Fair organiser, Mrs Yaacoub for all her hard work and dedication. Mrs Yaacoub has been supported by a fantastic group of parents who have worked behind the scenes to ensure preparations are done. School events are strongly supported by all members of the Parent Group. This group helps to ensure a strong culture of community is maintained. And lastly the school staff who have demonstrated their ongoing support of the Fair.

The Spring Fair promises to be an exciting event for the school and parish community. Make sure you are there to be part of the fun!

## Kindy Transition

Over the last two weeks we have welcomed our 2020 Kindy students and their families to St Bernadette's. We currently have a very strong Kindy enrolment for 2020.

The staff have spent the time getting to know our future students to enable planning for 2020 learning whilst parents have developed an understanding of primary school.

We want to thank all our presenters over the last two weeks for the gifts of their knowledge and time. Additionally I want to thank the office staff in particular Mrs Robyn Carruthers who works so hard with our new parents and students. Lastly, our staff for their ongoing flexibility during these events.

### **Online Safety**

An increasing area of concern for parents, educators and the broader community is child safety whilst online. Our children are spending more time online. What children are doing is at times unknown and only comes to light when other students or parents complain.

The eSafety Commissioner recommends the following three steps to help children use the digital world and minimise risk.

#### *1. Be engaged, open and supportive*

Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.

Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.

Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online — this is a real concern that may stop your child from communicating with you openly.

If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, consider seeking professional help — from your GP, a psychologist or school counsellor.

#### *2. Set some rules*

Set age-appropriate rules for devices and online access, with consequences for breaking them. Seek your child's input — this will help them understand risks. As they get older you can review your rules.

Consider creating a family online safety contract as a way to help you agree on the rules, and renegotiate it as required. The contract could cover the type of websites that can be visited, time spent online and acceptable online behaviour. This example from ThinkUKnow Australia can be a good starting point. The consequences for breaking the rules should be clear and should mean something to your child. Raising Children Network has some useful tips and advice.

Consider making some 'rules for parents' too — and stick to them! Model behaviour that you would like to see.

#### *3. Use the available technology*

Get to know the devices you and your children use and set them up for privacy and online safety. Take advantage of parental controls to monitor and control screen time and access to content in ways appropriate to your child's age and experience. See our guide to taming the technology.

Choose apps and games carefully, taking age ratings and consumer advice into account. Check the App Store or Google Play, and for games, the Australian Classification Board's online database. NetAware (UK) has a comprehensive guide to popular social media apps and games. The Australian Council on Children and the Media and Common Sense Media (US) both offer information about apps, games and websites searchable by age.

Have a good week.     Phill Kapitanow, Principal

## Sports with Mrs Huntington

### 2020 Parramatta Diocesan Team Sport Trials are OPEN

ALL 2020 Team Sport Trials are OPEN, however, the Summer Sports of BASKETBALL & TENNIS registrations close for these sports only on Monday 11th November as these trials will be held in November 2019.

All other sports trials will be held in Term One & Two in 2020.

Any Primary students enrolled in Year 5 and 6 in 2020 are invited to participate in the Parramatta Diocesan Team Sport Trials.



It is important to note that these trials are generally for those children who display an above-average ability and/or have representative experience in their chosen sport. While teams are open in age it is strongly recommended that only children of a representative standard in Years 5 & 6 in 2020 be invited to attend.

Parramatta Diocesan trials will be held in the following sports: AFL, Basketball, Cricket, Hockey, Football, Hockey, Netball, Rugby League (11yrs & Opens), Rugby Union, Softball, Tennis & Touch football. The sports of Diving & Golf will be held at the MacKillop level.

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed below.

This online form is an EXPRESSION OF INTEREST for the 2020 Parramatta Diocesan Primary Sport Team trials. Parents may complete this form to attend a selection trial. One form is to be completed per child, per individual sport. Each sport has its own criteria, therefore, it is imperative that the correct form is completed.

Please note that your online registration is an EXPRESSION OF INTEREST ONLY and MUST be approved by the child's school. In order for the child to attend the nominated trial or event, this may come down to the discretion of the school as to who is selected to attend the trial. In some sports, only 2 students per school can be nominated. All fields and especially "Representative Experience" MUST be completed. Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

<http://www.primarysportparra.catholic.edu.au/Representative-Selections>

## 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

PENRITH CITY COUNCIL

Blacktown City Council

## News from our REC

Thank you to all the families who joined us for Stage 1 Family Mass last Sunday. The children participated with reverence. Thank you to the Parent Group who provided delicious morning tea after mass. Also thank you to the teachers who prepared the children and supported them at mass. Our final thank you is to Father Andrew for celebrating with us and his homily about Perfect Polly!



All Saints and All Soul's day is coming up this weekend. Pope Francis calls us all to be saints that are committed to our faith and beliefs but live in the 21st century with a spirituality appropriate to our times. He challenges us all to be saints that advocate for social changes that make our communities fairer and more accepting of others. We also keep in our prayers all those who have gone before us who are now at eternal rest.



With blessings

Judy Murphy (Acting REC)

## Are you being the safest you possibly can be?

A reminder to all parents / carers:

The beginning and end of the school day are busy times for pedestrians and drivers outside schools. Help keep children safe by remembering to model safe and considerate pedestrian and driver behaviours to your child. Remember:

- drop your child off and pick them up on the school side of the road
- never call out to them from across the road - it is very dangerous
- follow all parking signs - these help keep your child as safe as possible
- park responsibly even if it means you have to walk further to the school gate
- never double park - it is illegal and puts children at risk
- never do a U-turn or a three point turn outside the school
- always give way to pedestrians particularly when entering and leaving driveways.



## CANTEEN and SPRING FAIR - Helpers Needed

We are in **URGENT** need of volunteers for our Canteen on Monday, Wednesdays and Fridays. Get together with some friends to help us out. We will have to close the canteen on those days where we do not have enough volunteers.

We also need more parents to assist with our Spring Fair. This can be to help out with a stall captain or run a stall yourself. It's a fun day for everyone.

Thank you



## Catherine McAuley Westmead

### Enrolments for Year 7 2021

Catherine McAuley Westmead is now accepting enrolments for Year 7 2021. The closing date for Year 7 2021 applications 1st round offers is Friday, 27th March 2020.

Parents and their daughters have the opportunity to tour the school campus at one of our upcoming school tours specifically for Year 7 2021 applicants, but open to any year group.

**Tuesday 12th November and Thursday 5th December 2019 9.15 – 11am**

These mornings will provide parents and students with the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

Contact our School Reception on 9849 9100 to book a place on a school tour.

Please note that following these tours there will be no other school tours held until our Open Afternoon in early March 2020 (date still to be confirmed).



**Spring  
Fair  
8  
sleeps  
to go!**

## St Bernadette's Garden



*Bluey's Patch* has been jazzed up with the completion of the Wicking Beds, the erection of

Decorative Walls Screens and even a colourful Beach Umbrella, has been added! *Good job, Mr Fuller ... thank you!* The **Term 1 Environment Team** carefully sorted the **'Pots of Fun'** (a great initiative by Woolworths!) into Herbs, Vegetables and Flowers and planted them in the beds.



Abby (winner of the *'Name the New Garden'* completion, was busy at home, constructing and planting out her prize, with strawberries, kale and pretty petunias ... *well done Abby!*



More Photos



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

### DID YOU KNOW?

*Regulation 234* of the Australian Road Rules 2014 makes it an offence to cross a road within 20 metres of a crossing or traffic lights. The offence comes with a fine of \$75, or up to \$2,200 if contested in court.

*Regulation 231* of the NSW Road Rules 2014 says you can only start crossing at pedestrian lights (eg the red or green man) if the light is green.



### Photos recently added to our website

- Our Garden
- Stage 3 Camp



Photos

### Note that have been sent home recently:

- Year 6 Farewell Meeting
- Save the Date - Graduation
- Showbags - Spring Fair
- Stage 3 PDHPE Evening for Parents



School Notes

**Book Club orders are to be returned before 1st November.**

**TOMORROW**





## ST BERNADETTE'S SCHOOL AND PARISH SPRING FAIR

**Friday 8th November**

### Fete Update

#### ***Some Reminders for Parents / Guardians:***

- Raffle tickets must be returned ASAP sold or unsold, as the unsold tickets can be sold on the day.
- Orders for showbags are due this Friday 1st of November. The cost is \$5.50 if ordered and \$6.50 on the day. Only a limited number of show bags will be sold on the day.
- A note went out for cakes/sweets, please bring these delicious items on the morning Friday the 8th November to be sold at our stall. Start baking!!
- Baskets have gone out to all families as well with a number of great ideas. You can start to bring these in now if they are ready and our parent organising this will be collecting them from the classrooms.
- Continental food stall is back again this year, bring in your signature dish that can be sold at the stall. Please bring them in on the Friday morning of the Spring Fair.
- Ride bands are available prepaid \$25 and on the day for \$30.
- White Elephant will be collected at the front of the school Wednesday mornings.

Contact will be made with those who have offered to help this week to confirm stalls and times. It is not too late to help, please send a helper form ASAP or a text on 0411185121. Help is still required Thursday afternoon for set up, on the day and at pack up. Please try to spare an hour or two.

I hope to see many families as possible at the Spring Fair supporting the school having a great time. Thank you Zeina

**FIREWORKS!!!**



**OUTBACK**  
STEAKHOUSE®



### TIMELINE FOR DAY OF OUR SPRING FAIR

The following is an outline of how the day will run for students. It will be a normal school day for all students. MUFTI clothes can be worn by students.

- 11:00am - 11:30am All students to remain in their classrooms for recess for safety.
- 1:00pm - 1:30pm Students to eat lunch. (CANTEEN WILL NOT BE OPEN)
- Students who have pre-ordered lunch will be supplied with a sausage sandwich, popper juice and a packet of chips. Note to come home to families to pre-order.
- 1:30pm - 2:30pm Students will have access to Side Show Alley (Putt Putt Golf, Hoopla, Basketball Hoops, Grocery Pick, PickASTick and Spooky Room), Face Painting, Tattoos, Hair Spraying. (Tokens will be on the pre-order note)
- All gates will remain closed around the school.
- 2:30pm - 3:00pm Pre Ordered ride bands will be distributed in classes and put on to students wrists. Pre Ordered Show bags will also be distributed.
- 3.10pm Normal First Dismissal Bell
- 3:15pm Final Dismissal Bell.
- Parents will enter middle playground as normal to collect students.
  - Barriers will be in place between walkway for the parents and where the ride and stall areas are set up.
  - Kiss and Drop will operate as normal.
  - Students catching buses will be taken as normal to bus stops.
  - Any student not collected by 3:30pm will be taken to the office.
  - OOSH Students will remain in the OOSH Room for the afternoon until collected and signed out by parents. They will not have access to the Spring Fair until this time.
- 3:30pm - 8:15pm When all students have been collected and accounted for the gates will open for the community to access our Spring Fair.
- Rides will operate from this time.
- 8:15pm Spectacular Fireworks Show

#### Please Note:

Students may wear **MUFTI** clothing for the day. All shoes must be closed in. No thongs are permitted.

All external gates will remain closed until 3.15 when normal dismissal will be in place.

Safety of all students during set up will be paramount.

The only Adults in the school between 1.30pm and 3.30pm will be those who have nominated to set up and run a stall. These parents / helpers must have done the child protection on line training. This can be done in the school office next week. Please contact us for details. This will take approx 15 minutes.

**Note:** Due to Child Protection and safety reasons only school students and approved helpers can be on site before 3.30pm This includes older siblings.

Extra Parking for all vehicles will be available on the reserve next to the school office.

EFTPOS will be available at a number of locations throughout the school .





# 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](http://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**

## EXALTED SINNERS!

Gospel in Life

I wish it wasn't true, but when it comes to sin, I know it well. In fact, I'm an expert.

I remember many times in my life when I've had trouble looking myself in the mirror. "You're a jerk," I've thought to myself, "You call yourself a Christian? If people only knew about the real you". But over the years I've learned to thank God that Jesus does know the real me, with all my sins and hang-ups. I've learned to face them honestly. Why? Jesus can't heal what I hide.

We all have done things we're ashamed of. We all have sinful habits we'd like to break. And this week's Gospel reminds us that the only real remedy is gut-wrenching honesty with God, who is mercy, compassion and healing.

Here's the truth. Secrets kill. The more we keep sinful mistakes and habits secret, the more we give them power over our lives. They control us until we are humble enough to "beat our breast" (an ancient act that showed sorrow) and say, "O God, be merciful to me a sinner". Use the Sacrament of Reconciliation. It is a perfect way to air our sins and let someone remind us about God's love, while giving us advice on how to change. See a spiritual director, an older Christian you respect with whom you meet regularly to discuss ways of growing closer to God.

Take it from a sinner. God has exalted me when I've admitted how I've sunk into sin. Christ has provided me with pastors and spiritual directors who've helped me feel better about myself and grow closer to God, by looking with compassion at my sins and flaws. It's difficult and humbling, but God always picked me up and never let me down.

### From what secret sins and shame do you need freedom?

(Weekly Parable from e-News)

#### ALL SAINTS DAY Friday 1st November (One Mass)

.. 8.15am Rosary and Adoration of the Blessed Sacrament

.. 8.45am Mass

#### ALL SOULS DAY

##### Saturday 2nd November (one Mass)

.. 8.15am Rosary and Adoration of the Blessed Sacrament

.. 9.00am Mass

#### ALL SOULS DAY MASS AND HEALING MASS

Mass with the Anointing of the Sick will be celebrated next **Saturday 2nd November** at 9.00am. Rosary and Adoration of the Blessed Sacrament at 8.30am. You are invited to stay and enjoy a cuppa afterwards. **Please bring a small plate of food cut into slices to share.** Next Saturday we gather to receive further healing from the Lord for body, mind, Spirit. We would be grateful if you could let Fr. Andrew or the Parish Office know of any sick parishioners.