



2020 Term 1 Week 10

Newsletter

Contact Us

St Bernadette's Parish School, Lalor Park

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Principal's Message

This week has seen some dramatic changes to how we operate as a school. Following government communications and expectations we have had to rethink how education is delivered as students are encouraged to remain at home. This has been challenging for everyone, the teachers and staff, the students and of course parents and carers!

We are trying our best to present our learning consistently across the school. Google Classroom is our main way of connecting with students. The use of one platform for all students is allowing us to learn as a teaching and learning community.

At this very stressful time all the staff and I want to thank the parents, carers and students for the work they are doing. We want to acknowledge home challenges and make it clear that any school work is good work. There will be days where not much learning happens and then other days where everything just works and your child completes lots of learning. This is okay. As a parent with two boys at home I understand your challenges and want to assure parents that your efforts are appreciated and valued!

Our teachers are on a steep learning curve. We are teachers and are used to preparing work that students will be supported through at school. You are parents juggling many aspects of life including educating your children. The challenges are vast and varied. This week we commenced a process of attempting to communicate with all parents and students via a phone call. We are documenting all communications and meetings to discuss how we will respond. We are learning a lot through this communication and we are responding. As such how we set learning for students to complete will change, hopefully to make things easier for students and families.

I want to assure parents and carers that we are here to help. Whilst our onsite staffing has changed, staff are still working from home and able to respond to requests. Most staff will be onsite for a portion of their regular working week.

We appreciate everything parents and carers are doing to work collaboratively with us at this very challenging time!

Take care and look after one another as best you can.

Phill Kapitanow, Principal

St Bernadette's Distance Learning Grid 2020

Dear Parent and Carers,

As we transition to a greater need for students to be learning from home, we would like to acknowledge the increased challenges this presents you working alongside your child. Some of these challenges centre around the amount of time students should spend on learning tasks and the amount of work that should be completed each day. The teachers have been working tirelessly to provide quality learning tasks for your child so their learning may continue at home. You can find this set work in your child's Google Classroom. Unfortunately, completing this work is not always an achievable reality. To address this and acknowledge the obstacles of supporting your child's learning at home we ask that you refer to the learning grid below. This is a simple set of guidelines that we ask you to refer to in meeting a minimum expectation around your child's learning. Please note, we recognise there can be circumstances that this may not be achievable each week, but it does provide a foundation for establishing some routines in your home. You may also create your own timetables for this to best suit your needs.



Please note this is the minimum core requirements we are asking of students at home.

	Maths	Literacy	Religious Education	Physical Activity
Daily	15 Minutes Maths Games and 15 Minutes Problem Solving In addition you may like to include your child in ordering the shopping, following recipes, board games, etc)	20 Minutes Reading Infants - with parent Primary - independent or with parent 20 Minutes Writing 20 Minutes Talking & Listening (e.g. giving & following directions, sharing a story, calling and talking to relatives/friends, etc)	Prayer Before Meals Angelus Prayer journal entry	20 Minutes Whole Body Movement. This means getting up, active movement.
	Creative Arts	HSIE	Science & Technology	PDH
Weekly	30 Minutes Visual Arts or Music or Drama	30 Minutes working on an allocated project. See your Google Classroom	30 Minutes - Infants 45 Minutes - Primary See your Google Classroom	30 minutes of Well-Being activities (may be broken up into 5-10 minute sessions). Having a brain break, listening to quiet music, going for a walk, etc).

Message from our REC

Dear Parents, Grandparents and Caregivers,

I think it is safe to say that the last few weeks have shown how flexible and resilient we all are! So many of us have had to evolve and keep pushing on by taking each day, each hour and sometimes each minute as it comes. Our challenges have also made us reflect and appreciate what blessings we have despite the many transformations and uncertainly we are facing universally.



To all our family and friends at St Bernadette's, let's stop to breathe – pause and reflect. Be kind to yourselves, you are – we are - all doing a marvellous job in this moment of time. Even when it feels like you're not on top of everything, pause and reflect and start over or, pick up where you last left. It is through the actions of conscious reflection and preparation where we will be able to see pass the COVID-19 pandemic.

Just as Lent is a season for us to reflect and prepare for the joyous new life of Jesus Christ, we must all have hope that we are getting closer to the celebration of new life with the entire world. Easter this year will be special and unique. It will be a time to just be - living in the moment, being with our family. A time to be blessed that Christ has come to life to offer us hope through his Grace and Holy Spirit.

I thank everyone for your well wishes and may you all stay safe and healthy during this time. Let us stay connected through peace and prayer. Ingredients vital to flourishing into a glorious new beginning.



With Blessings,

Mrs Mabellynn Buenaventura.

Pause Reflect Move Forward

Uniform Shop

The School Locker Uniform Shop is now closed on site until further notice. You can still visit the School Locker website and place on line orders. You have the option of having the order posted to you or collecting from the School Office.

the
**School
Locker**

<https://theschoollocker.com.au/>



Leader of Learning - Ms Stapley

In the learning spaces at St Bernadette's we have individual and class reward systems in place. These promote the behaviour we expect to see from our students that are listed in our school matrix.

We understand that much is happening at this time to set up online learning and to cope with the many changes being made to school/home life in general. This is why we believe it is important to continue to promote the positive behaviours of our students.

To achieve this, we have created a Home School Behaviour Matrix for your use as well as an at home reward system you could put in place. It is not compulsory that you use this, it is simply a tool being provided to you. Both can be adapted as you see fit and do not affect the students' school reward system.

Our Home School Behaviour Matrix

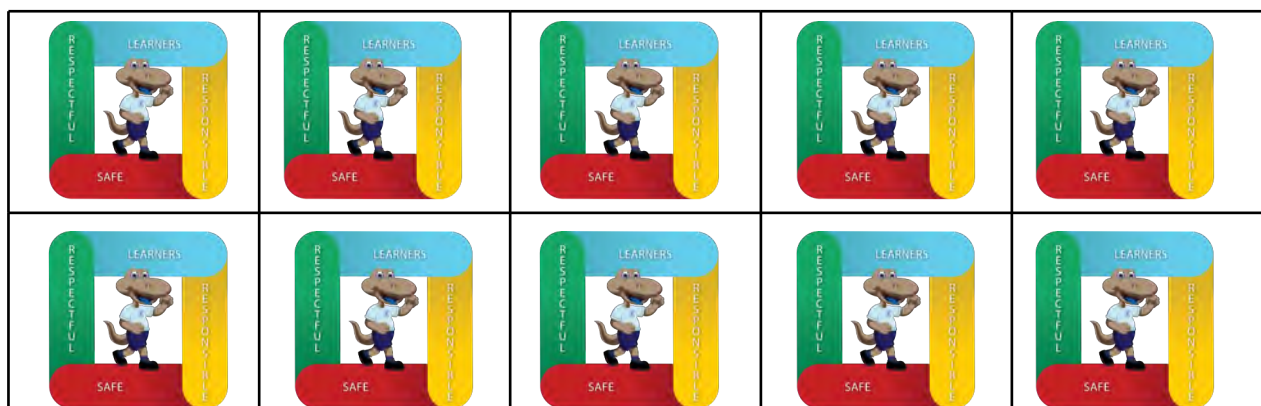


St Bernadette's Lalor Park Home School Expectations & Behaviours Matrix At home we are...



Safe	Respectful	Responsible	Learners
<ul style="list-style-type: none"> Keep our body to ourselves (social distancing) In the right place at the right time Move/ walk around the house calmly & quietly Use equipment and resources for their intended use 	<ul style="list-style-type: none"> Listen well and speak politely Take care of the environment See a need and do something about it 	<ul style="list-style-type: none"> Look after our equipment Be accountable and accept consequences for our actions Follow adult instructions immediately Be prepared and organised 	<ul style="list-style-type: none"> Actively engage in online tasks Complete online lessons and tasks Do our personal best Use a Growth Mindset and ask for help when needed Use technology for learning

At school students are given a Bluey when they have been observed exhibiting a positive behaviour. At home, you may want to give Blueys for this as well as completing work. Below are some printable Blueys for you, however, your child might enjoy stamps or stickers instead.



ST BERNADETTE'S

Where We Learn and Grow Together

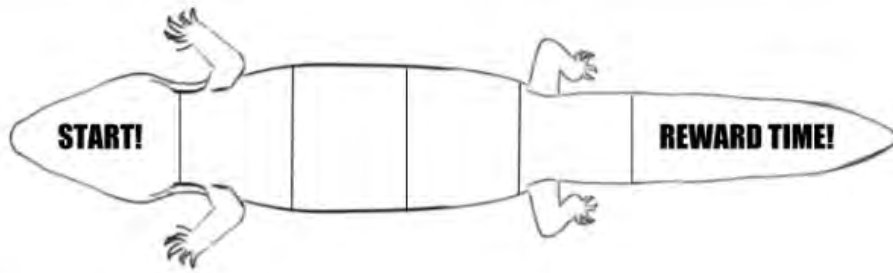
Example Reward System

Add a bluey to the timeline every time you complete 30 minutes of work from your Google Classroom. Once you reach your target, enjoy 30 minutes of reward time. Pick a reward from the grid.

OR

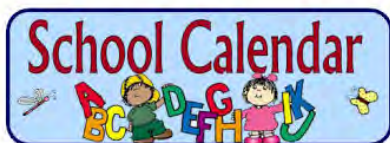
Add a bluey every time you complete a Core Task assigned by your teacher.

Once you reach your target, enjoy 30 minutes of reward time. Pick a reward from the grid.



Play outside	Draw a picture	Ride your bike
Tech Time	Read a book	Watch some TV
Listen to some music	Play a game	Free Choice

Kind Regards,
Suzie Stapley
Leader of Learning



April

9th	Term 1 Ends
10th	Good Friday
11th	Easter Saturday
12th	Easter Sunday
13th	Easter Monday
27th	STAFF DEVELOPMENT DAY (TBC)

All dates for Term 2 to be advised.

[See more ...](#)

Visit our photo gallery
on our website.



**Photo
Gallery**



Messages to all of our families from each Stage Group. ❤️

A Message From Early Stage 1

Hello Parents!

This week we have seen a large shift in what teachers, students and parents are doing to assist students with their online learning. Our Google Classroom is buzzing with lessons and additional activities that you can complete with your child at home. On the ES1 Google Classroom, we also have an "ES1 Weekly Newsletter" with information and tips on how to get through the week, so please don't forget to read it!



As kindergarten teachers, our top priorities for our students while working from home are:

Reading everyday: You have a range of home readers that have been sent home with your child. If you need new books, there are more in containers labelled with your child's name in the foyer of our school office. These will be added to each week! Please return books that you have in the ES1 return box and take the new ones leaving the container.

Sight word and Sound Practice: Please practice the list of sight words with your child everyday. Strategies on how to do this have been posted on our Google Classroom. Soundwaves is a wonderful program that we use everyday in the classroom. This helps students identify letter names and letter sounds for both their reading and writing.

Writing: Students are encouraged to draw, label and write sentences focusing on either their Shared Reading book or an experience that they have done during the day.

Maths: Number games and tasks focusing on the weekly concept helps students build their number sense skills.

Religion: Joining in a family prayer each day to build their friendship with Jesus.

As your children will be working mostly one on one with a parent or guardian, some of the lesson suggestions will take a shorter period of time than expected. This is normal! Your children may find it hard to stay focused for a "whole school day" at home, so don't worry if your child is unable to complete all the tasks required in the day. Occasionally in the classroom, students are encouraged to have a brain break. This might look like, going for a walk, playing outside, learning about chores around the house, dancing or playing a game with a sibling. This is all considered learning, especially for our kindergarteners! We would love to celebrate your child's successes with you! So please don't hesitate to email any tasks your child has completed!

We miss our Kindy students very much and are currently looking for ways to engage with our students at home on a more regular basis. We look forward to seeing all the amazing work Kindy complete this week, so please don't forget to submit this on Google Classroom! Have a great week and know that the teachers appreciate everything you are doing to help engage your students in their education.

Early Stage 1 Teachers

Message from Stage 1

It was great to see many students in Stage 1 continuing their learning from last week at home via Google Classroom! We know that this new platform of learning can be challenging and overwhelming for many parents and students. To support your child's learning at home, we have developed a suggested timetable schedule that can be found in our Stage 1 Google Classroom. The times and activities are to be used as a guide and are to be adapted to best suit your family. It is important that reading and writing continues everyday and that your child completes the Reading, Writing and Maths activities throughout the week. Complete the work at your own pace. We understand that at times, work cannot be completed or submitted on the day. You are more than welcome to submit work at the end of the week.



Most importantly, it is important to take breaks and be away from devices throughout the day! We encourage the children to go out and play in the backyard, have some quiet time - listen to some music, read and draw!

Be kind to yourself, and stay safe!

Stage 1 Teachers

Message from Stage 2

We know the past few weeks haven't been easy. The teachers were recently given a piece of advice and we thought we would share.

Be kind to yourselves

We are all in this together. Take one day at a time, remember that we are all learning and adjusting at the same time. We wish, as your teachers, that we could wave our magic wands and make everything better, but until then we will keep doing what we can.

Stage 2 we are so proud of what you have achieved in these difficult circumstances. We simply can't say it enough. Looking at all your work made us smile and remember how amazing you all are.

Parents, you deserve every bit of the same praise. Thank you for your patience, thank you for your efforts and thank you for being so understanding. While we know the way the children are learning is different, the content they are learning is not new for them. We have tried very hard to keep it as simple as possible and everything that we are asking, is something they have already done earlier this year. Students, all we ask is that you try and that you try your **best**. Push yourselves, but not too hard. Take a break, get some fresh air and help your parents around the house. Breathe, we will get through this together.



Stay safe, be kind.

Stage 2 Teachers

Message from Stage 3

Stage 3 Home Learning

Stage 3 have been using Google Classroom to complete their learning tasks at home. Overall, this has been successful and we want to thank all students and parents for their support and efforts!

To further support student wellbeing at home, we have included a Growth Mindset slide in some of our powerpoints. This is to remind students to believe in themselves and think positively! There will also be Maths jokes for students to have a laugh before they begin their task. The teachers have also recorded videos of themselves teaching (or voiceovers) to support and enhance student learning and wellbeing during this time.

We are all in this together! If you have any questions, please don't hesitate to contact us.

Stage 3 Teachers

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Matific Access

If your child is having trouble accessing Matific download the student app. It is free to download and available on android and apple devices. You will still require your child's login information to use.



Matific Student 4+

Matific

#106 in Education

★★★★★ 3.6, 103 Ratings

Free

Literacy News with Mrs Maher

Over the last couple of weeks teachers, students and parents have been challenged in a way never seen before. We have all been thrown into the depths of online learning. The staff at St Bernadette's have been working extremely hard to support the student's Literacy Learning and the students have responded with great enthusiasm.



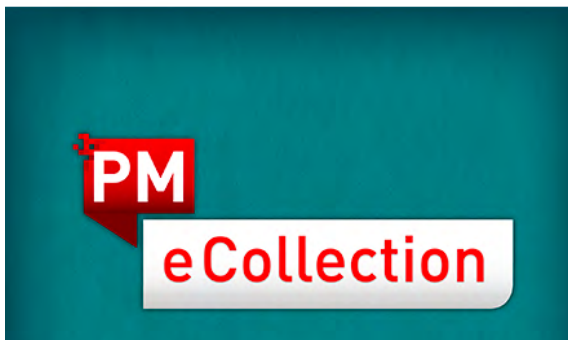
It is important that our student's learning continues to be supported through Google Classroom set work and through some of the other online learning platforms that the students have access to.

The school continues to use the Soundwaves synthetic phonics program that the students can access at home. All students have a login for their grade. There is a weekly phonemic focus that is shared across the school from grade 1 - 6, so all the students in our school are working on the same sound each week. Kindergarten follows a different sequence of sounds, this sequence is accessible on the site.

It is important for students to read and write for at least 20 minutes each, everyday. Teachers have sent books home. The School Magazine will continue to be available for pick up at school for the students to read.

There is a great deal on offer for students to access books online.

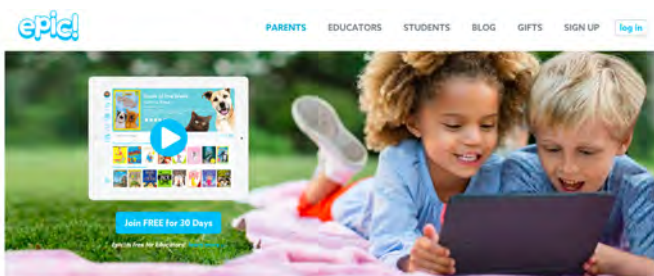
At the moment PM readers online and Epic books are offering free 30 day trials for access to a huge range of online readers for your children. Setting up these subscriptions is easy. Below are the links to the sites. KidsNews is a free site that you can also subscribe to for interesting non fiction reads for your children.



[PM Collection](#)



[KidNews](#)



Epic! is the Leading Digital Library for Kids 12 & Under

[Epic Books](#)

Thanking you all for your continued support.

Lorraine Maher

MSP Photography

Recently we photographed Sports/Specialty group photos at St Bernadette's Primary School.

If your child is a member of one or more of these specialty groups we are taking orders online. (School Captains, Sports Captains, SRC)

Cut-off date is **10 April 2020**. Should you wish to order any of these photographs, please go to:
<https://mspsydney.fotomerchanthv.com/>

You will need to use the following access code to gain entry into the portfolio of photographs:

SBLP254 The cost of each photo is \$18.00

***Please note that the website offers an option to send to home address but all photos will be delivered to the school office.** If you require any further information feel free to contact us.

MSP Photography Sydney Ph: 9499 6555



News From the Library

Premier's Reading Challenge 2020

Just a reminder that the Premier's Reading Challenge has commenced and students should have started to add to their online reading log. The link to the Premier's Reading Challenge is below.

<https://online.det.nsw.edu.au/prc/home.html>.

Congratulations to the following students who have completed the Premier's Reading Challenge for 2020: Lucas (ES1), Francis and Lucie (Stage 1), Arielle and Marcus (Stage 2).

E-Books and Audio Books

All students are able to borrow e-books and audio books to help them complete the Premier's Reading Challenge. Even if students are not participating in the Premier's Reading Challenge, they may borrow these e-books and audio books.

Go to <http://classm8.parra.catholic.edu.au/> and click on e-library. Log in again and click on Library. Follow the links to student e-books.

- Use **ACEN Overdrive** for audiobooks and ebooks.
- Use **Wheelers** for ebooks

Please see the attached user guide for more information.

E-books can also be accessed through Blacktown City Council Library.

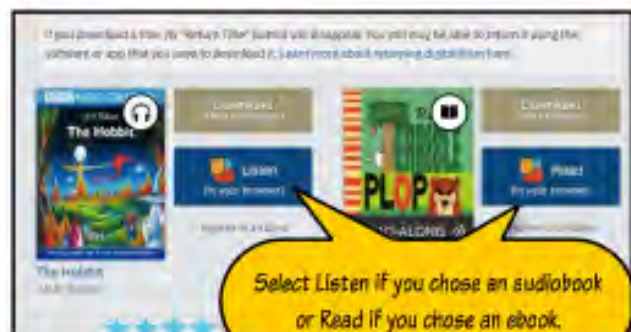
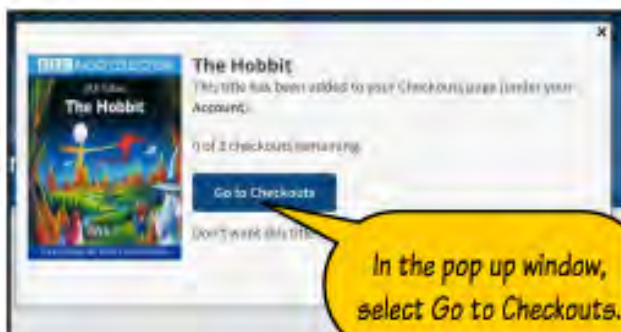
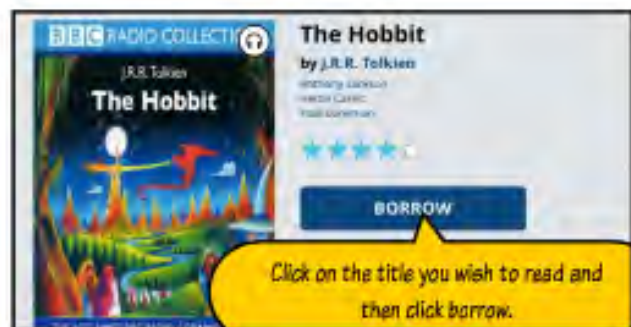
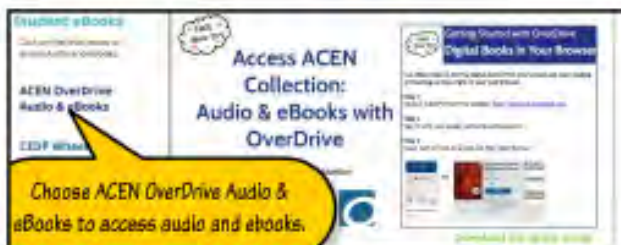
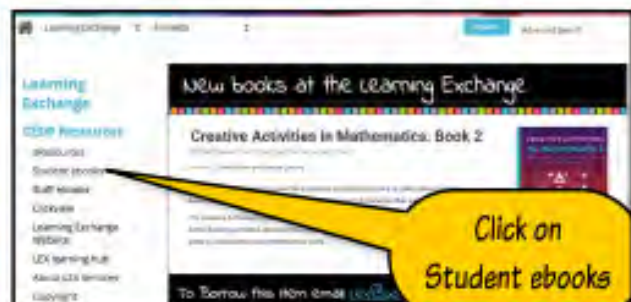
CEDP Libraries Helpsite

The following link is a helpful resource for parents and students about digital resources, e-books and cyber safety.

<https://sites.google.com/parra.catholic.edu.au/cedplibraries/home>

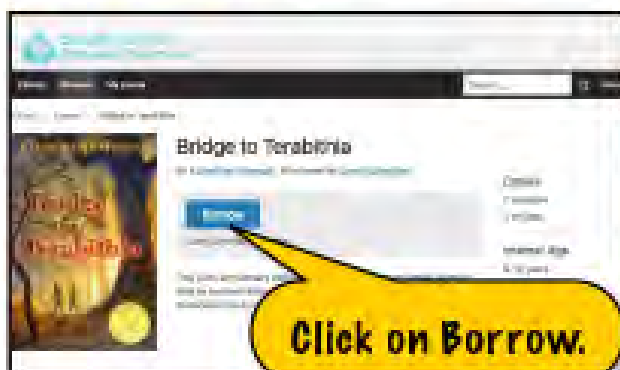
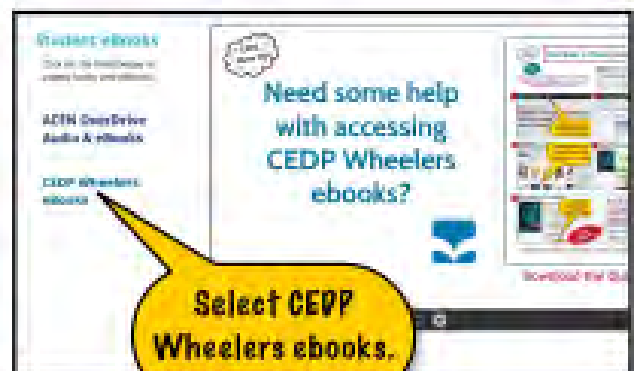
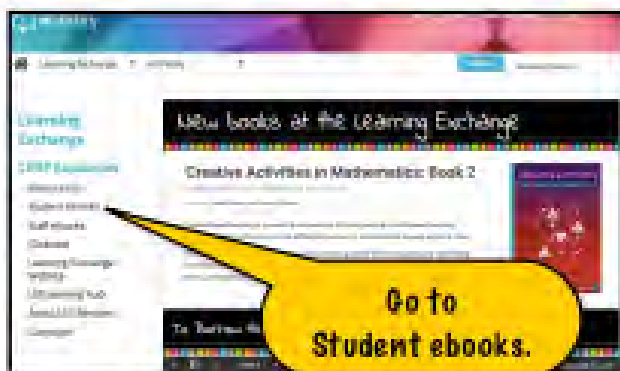
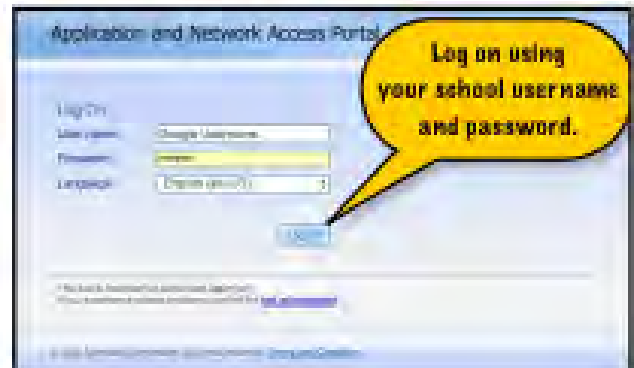
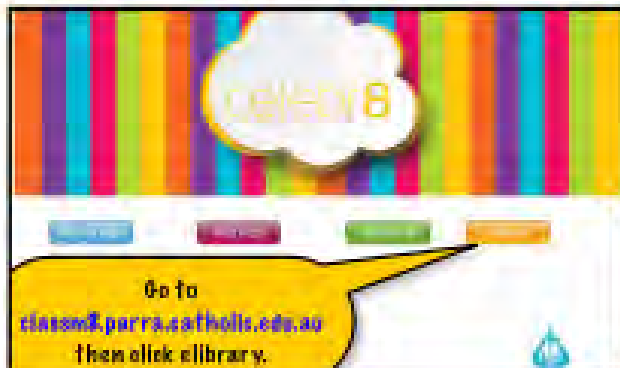
Thank you, Mrs Monique O'Brien

Student Guide for ACEN OverDrive eBooks & Audio



Remember to check with your parents and teachers if you think a book is right for you. You are allowed to borrow 3 books at a time for a few weeks.

Student Guide for CEDP Wheelers eBooks



Remember to check with your teacher and parents if you think a book is right for you.
You are allowed to borrow 3 books at a time for a few weeks.

Message from our School Counsellor

It is an understatement to say that we are experiencing 'strange times'. For most of us, our lives have changed. These changes might be minor, like washing our hands more often. For others, they are significant. Change is often accompanied by a degree of worry and anxiety. What we are currently in the grips of, comes with the added concerns around our health and the health of others that we love, as well as uncertain financial times.

Perhaps the biggest change we are all experiencing is around social distancing. This is essential to ensure we minimise the risk of spreading the virus which causes COVID-19 and we should all take this seriously. However, feeling less connected brings other health concerns. Research has shown that the impacts of loneliness and isolation are significant. These impacts have alarmingly been compared to the health effects of obesity and smoking approximately 15 cigarettes a day.

So it is important to ensure we find ways to minimise the negative impacts of our new social distancing rules. Here are some suggested ways to try to maintain connection and stay positive:

- Try to emphasise the positive aspects of our restrictions- view this moment in time as a great opportunity to spend quality time with our families. Do some fun activities like board games or puzzles. There are lots of good websites that offer free links and downloads to help with this see:

https://growyourmind.life/pages/gym-podcast?mc_cid=a37c56714f&mc_eid=a5cf487964

as an example);

- Practice mindfulness or meditation. This has proven health benefits and is a positive way to manage stress;
- Sometimes our minds are too busy with worry to use mindfulness effectively. If this is you, consider undertaking some physical exercise with a member of your household. Exercise helps the body to metabolise the stress hormone (cortisol) so go for a long walk together or do some crazy dancing in your living room;
- Random acts of kindness- Although the media tends to highlight the poor behaviour brought out by this pandemic (like people fighting over toilet paper) it has also brought out much positive behaviour. Multiple Facebook groups have emerged linking people with a need for something, to those that can help out. But it doesn't have to cost anything. I recently heard about a group of children writing letters to some of our senior residents in nursing homes. Older people experience isolation even when everything else is 'normal' and the present restrictions would only compound this. Receiving a letter or card, not only lifts the spirits of the recipient, but has a positive impact on the person sending it. Or it can be as simple as saying something positive to someone you care about;
- The way we think, feel and behave all interact together and shape each other. So taking the 'glass half full approach' (even when that is not easy) can have a major influence on how we respond to the situation we are currently living with;
- Savour the small pleasures in our lives. Enjoy that hot shower or the feeling of the breeze on your face!

It is undeniably a difficult time, but working together, supporting and being kind to each other are helpful tools to assist us in navigating a way through this.

Remember too, there are services you can reach out to if needed:

Lifeline 13 11 14

Kids Helpline 1800 55 1800

Beyondblue Support Service 1300 22 46 36

Domestic Violence Helpline 1800 RESPECT (1800 737 732)

Suicide Call Back Service 1300 659467

Kate Roberts

Wellbeing Counsellor

Catholic Education Diocese of Parramatta

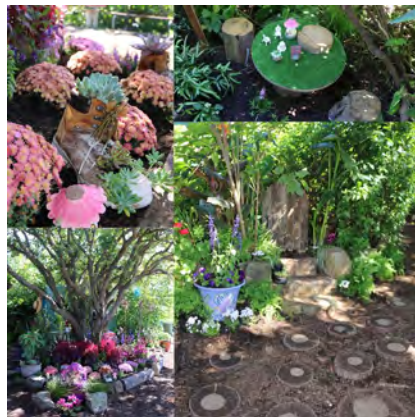


St Bernadette's Garden

The dwarf Sweet Peas were planted on 17 March - **St Patrick's Day** (this is an old Irish tradition!) and with the *luck of the Irish* and regular rain, they will flourish well into Term 2!

Let's take a cue from the Scarecrow and keep a smile on our faces, until we meet again!

The Lalor Park Community Garden was given a '**Secret Garden**' area, thanks to the '**Better Homes and Gardens**' program, which will screen on Channel 7 on Friday 3 April at 8pm!



More Photos



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

ST BERNADETTE'S

Where We Learn and Grow Together

**YEAR 7 2021
ENROL NOW**



Patrician Brothers' College Blacktown

Patrician Brothers' College is a Years 7-12 Catholic boys school. Students are encouraged and nurtured to strive for personal excellence in the best educational offerings of the College.

The College consistently produces impressive HSC results. The College achieves spectacular success across a variety of sports and co-curricular activities.

ENROLMENTS ARE NOW OPEN
100 FLUSHCOMBE ROAD, BLACKTOWN, NSW 2148
WWW.PATSBBLACKTOWN.CATHOLIC.EDU.AU



St Bernadette's Parish, Lalor Park

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Office Hours: Tues, Thurs & Fri 9am to 4pm
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Web Page: www.stbernadetteslalorpark.org.au

Secretary: Mrs Bev Baxter
Telephone: 9672 4037
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