



2020 Term 1 Week 2

Newsletter

Contact Us



St Bernadette's Parish School, Lalor Park

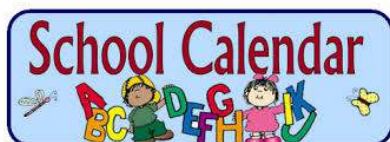
18 Wheeler Street (PO Box 4161)

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



February

6th	Dance - Sports Uniform
13th	Dance - Sports Uniform
17th	Parent/Teacher Chats
18th	Parent/Teacher Chats
20th	Dance - Sports Uniform
21st	Whole School Mass 10am includes Leaders Badge ceremony and welcome to Kindergarten students
23rd	Stage 2 Family Mass 10am
25th	Parent Group Meeting
26th	Ash Wednesday Primary Liturgy 10am Infants Liturgy 12 noon All Welcome
27th	Dance - Sports Uniform

March

2nd	Catholic Schools Week Timetable to be sent home soon
3rd	School Cross Country - Parent Welcome Welcome BBQ 4.30pm Enrolment Information Evening for new families 6pm
4th	School Photo

See more ...

Principal's Message

Welcome all to the 2020 school year! We especially welcome our new Kindergarten children, new students across the school and their families. We acknowledge your family's decision to entrust your child's education to the community of St Bernadette's. At St Bernadette's we value educating the whole child. As such we emphasise the spiritual, emotional, social and academic needs of each individual child.

I appreciate that the new year brings mixed feelings to children and their parents. Each year is different, new teachers, new mix of students, changes to school and then there are the changes that occur outside of school. Some students take all these changes in their stride and show no concern whilst others require additional support to navigate their way through until they are comfortable with their new situation.

I would also like to welcome back some of our existing staff who have been on leave. Mrs Buenaventura, Mrs Costaganna, Mrs Corrigan and Mrs Ellard all return in various capacities to class teaching roles. I also welcome Mrs Bonilla (Ms Xoshnow) and Miss Gibson to St Bernadette's. They are all readjusting to life at St Bernadette's.

This year we will continue to build on the good work we have been doing. Whilst there are no dramatic changes planned we are constantly refining what we are doing.

This term we have introduced the following initiatives;

We have purchased the curriculum and implemented, 'Smiling Mind' to all classrooms. 'Smiling Mind is a preemptive mental health and wellbeing program.' This

acknowledges the need for students to stop and be aware of their surroundings. It allows students to focus and meditate on aspects of their day and lives. As holistic educators we have been researching various programs that would suit the needs of our students and have settled on Smiling Minds. Parents who want to know more are encouraged to go to the Smiling Mind website or download the app. Parents can also do the home program which is totally free.

Our implementation of Positive Behaviour Support 4 Learning (PBS4L) continues. This term we are implementing whole school routines that will address how students enter learning spaces, how students move around the school, procedures for announcements and eating time. We are seeing some very pleasing results with the introduction of these routines. You're encouraged to ask your children about these new routines.

This term we are focusing on refining how we use de-escalation spaces in the classroom. Each space has a designated time out and calm space. Each class has been resourced to ensure calm down spaces provide the environment and tools that students need to de-escalate. As a staff we have worked on developing new procedures for their use in order to create a consistent approach across the school.

Eating areas have changed. Infants children now eat on the synthetic grass outside of the infants classrooms, Stage 2 continue to eat on the deck whilst Stage 3 have moved to the shade cloth near the flagpole. Outdoor furniture has been moved to reflect these changes.

I would like to thank parents for their support in getting students to their MAI numeracy assessment interviews at the start of the term. We are making great progress with the MAI assessments and should have these finalised for all students by the end of this week.

This year staff professional learning will continue to focus on generating more consistency of teaching practice throughout the school. We are on a journey that is yielding positive results in all areas. Our staff have high expectations for teaching and learning in all learning spaces. The Leadership Team is focused and working hard to build the capacity of staff to better meet the needs of all children.

Last year we introduced staff to student goal setting as a means of personalising learning and ensuring all students are making progress. This work will continue this year as we add more layers including, ensuring student feedback is highly effective to empower next step learning and opportunities for self and peer assessment are maximised. We have a full agenda of learning for staff which will continue to build the capacity of your school to better meet student needs.

As you may be aware we have returned to a few maintenance issues;

The library floor has been damaged over the holiday period and we are working with CEDP to assess the extent of the damage and the remediation work that is required. As a result we are limiting the use of the library. We hope to have more answers on the work required next week.

A number of air conditioners have failed over the christmas break. These are isolated to non essential areas and will be repaired.

We are currently investigating whether work is required to fix some parts of the infants softfall.

We look forward to working with you throughout 2020. A positive home / school partnership is essential to ensure students feel supported to meet their full potential. We strongly believe that parents are their child's first and foremost educators, you know your children well and we want to work with you to ensure 2020 is a successful year.

Have a great week

Phill Kapitanow, Principal

REC - Mrs Buenaventura

Dear parents, guardians and friends of St Bernadette's,

Welcome to the new school year for 2020. It is wonderful to be back. My year off has flown by so quickly! I trust that everyone has had a lovely holiday with your beloved family and friends. On behalf of our school faith community, we warmly welcome our new Kindergarten students and new families.



Please keep a look out for upcoming Liturgy dates for Whole school Liturgy celebrations for this term. For our new families, we extend our invitation to these celebrations to you and your closest family members. Each term, we will have opportunities for you to participate in Infant Liturgies and Primary Masses. We hope to see as many family and friends there. All dates on our school website calendar.

Have a blessed week everyone.

With Blessings,

Mrs Mabellynn Buenaventura

(REC)

SAFETY REQUEST

It is our intention to endeavor to make our school environment as safe as possible for all. Our most urgent concerns have been for a small group of children who have severe allergy to nuts. Exposure to nut products for these children will trigger a serious reaction. Such a reaction could be fatal if not treated quickly and appropriately.

For this reason we are asking for your co-operation to help reduce the risk for these children. Ideally, this means that we strongly recommend that parents pack lunches that are free from nuts or nut products and discouraging children from sharing food at all times.

We sincerely thank each and every parent for taking time to read and consider this request. We understand that these measures will require extra thought when packing your child's lunch. Your co-operation, however, will enable these children and their families to feel supported and safe in the school environment.

Parent / Teacher Chats

Monday 17th February and

Tuesday 18th February

Notes coming home today.

Log on to www.schoolinterviews.com.au

follow the prompts

using booking in code

69vxj



Sports Day

Sport for every Stage for Term 1 is Thursday. All students will be participating in our dance programme for Term 1.



ST BERNADETTE'S

Where We Learn and Grow Together



Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit:
www.campaustralia.com.au
or call 1300 105 343

Welcome to the new school year!

A very warm welcome to everyone, and a special welcome to families new to the school and our program.

At Camp Australia, we provide an engaging and supportive **outside of school hours space** for children to play, connect, learn and grow. We work together with your school community to deliver a tailored program that is designed to bring out the very best in each individual child. Creating a unique place where children can practice real-life skills in a fun, exciting environment that challenges them to succeed. In our sessions, children will be provided with a healthy snack while given time to relax, socialise with friends and learn some life skills along the way. Come to the OSHC room to meet the friendly team and discover how we can help your family.



It's FREE to Register.

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au/account/login. Once registered, it's easy to make bookings and manage your booking options online via our parent portal. If eligible, to help you with the cost of child care, you may be entitled to receive the Australian Government Child Care Subsidy. Visit my.gov.au to find out more.

Program Details

For more information on our service and fees, visit our website www.campaustralia.com.au. If you prefer to speak to us, you can contact our Customer Care Team, available to support families 24 hours a day, 7 days a week - except for National Public Holidays. Alternatively, you're welcome to visit us in service and chat with our qualified Educators about the Camp Australia program at your child's school.

We look forward to seeing you and your family soon!

From the Team at Camp Australia

Safety • Meaningful • Innovative • Leadership • Education
we make kids smile

Literacy News with Mrs Maher

Welcome back to our 2020 school year. Our students have come back excited and well rested. This year we have some exciting things happening at St Bernadette's for Literacy.

Our school has again purchased an online subscription to Sound Waves, a synthetic phonics program to assist our students with reading and spelling. All students should have received their class login details where this program can be accessed at home. Please contact the class teacher or myself if you are unsure.



Teachers and students use this program during our Literacy block, with follow up activities that can be completed at home.

Students in Years 1- 6 follow the same sound sequence each week. So if you have students in different grades, they will all follow the same sound unit, at different levels. Below is the sequence of units for this term. Kindergarten will follow a different sequence, but also have login details where this can be accessed at home. Class teachers will send home login information for your child. Please contact the school if you are unsure of how to login at home.

Week 2	Unit 1 - Getting Started	Week 7	Unit 6 - d, dd
Week 3	Unit 2 - b, bb	week 8	Unit 7 - i
Week 4	Unit 3 - a	Week 9	Unit 8 - f, ff
Week 5	Unit 4 - k c qu ck x(ks)	Week 10	Unit 9 - o, a
Week 6	Unit 5 - e	Week 11	Unit 10 - g, gg

Story Time



This term there will be story time in the library before school for students who would like to listen to a story read by one of our teachers. This will commence in Week 4 at 8.40am every Friday with Mrs Maher. We hope to see many enthusiastic students there. Please wait for the morning duty teacher to make an announcement before coming down to the library.

The School Magazine: We have again purchased a subscription to The School Magazine. Every child in years 3-6 will be given a copy of the school magazine to keep. The students will work with the magazines during their Literacy time in class and will be allowed to bring them home when they have finished working with them. Please encourage your children to read them and other texts for at least 20 minutes daily.

Parent Teachers Chats I will be available for parent teacher chats, so if you would like to see me, choose a time on the school interviews site when choosing a time to meet with your child's class teacher.

Looking forward to working with you and your children this year.



St Bernadette's Garden

A new year, a new decade, heralded in with "drought and flooding rain"! This diversity of weather offers an opportunity to think of smarter ways to grow our garden and keep our school environment rubbish-free and healthy, so that it is alive with butterflies, bees, ladybirds and worms! This year has been named by the United

Nations as 'The International Year of Plant Health'...even more reason to give it a go!



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

Commonwealth School Banking Program

2020 Treetop Savers Rewards

School Banking is back again for 2020 on a Thursday. It will commence Term 1 from Week 2 - Week 9 and in Terms 2, 3 and 4 from Week 1 to Week 9. If you would like your child to be part of the School Banking Program you will need to go into a Commonwealth Bank Branch and open an account and then bring in your banking book to school on a Thursday for processing. If you have any questions please see Mrs Procter in the office.



CommonwealthBank

We're excited to share that the new School Banking theme for 2020 is Treetop Savers. We've developed a new range of rewards designed to appeal to all ages. In response to your feedback in the Customer Experience Surveys, we've made this year's rewards more eco-friendly and sustainable. All rewards are reusable and packaged using sustainably sourced paper.

2020 Treetop Savers Rewards Items

Terry Denton's Activity Book - Term 1

Mini Soccer Ball - Term 1

Treetop Stationery Set - Term 2

Treetop Handball - Term 2

Tomato Seed Kit - Term 3

Magic Mist Drink Bottle - Term 3

Emoji Wallet - Term 4

Snakes & Ladders Game - Term 4



BEREAVEMENT SUPPORT PROGRAM

For men and women who grieve the death of their spouse or partner

Information session and overview of the Program
Thursday 6th February 2020
Time: 10am–11am

Followed By 7 Weekly Sessions
Thursday 13th February to 26th March 2020
Time: 10am –12pm



This Program is aimed at those who are widowed, to further understand and come to terms with the many ways in which grief impacts on their lives.

An opportunity to ask questions, explore and learn more about the ways in which grief unfolds and how best to deal with the unsuspecting challenges and difficulties of the uncharted waters of this long and painful journey.

When we are listened to with empathy, we are consoled in our grief, our loneliness is alleviated and connections are created amongst us.

Topics for each Session

Session 1: Physical Effects of Grief

Session 5: Tasks of Grieving

Session 2: Images and Frameworks for Grief

Session 6: Grief /Anxiety/Depression?

Session 3: Dealing with Intense Emotions

Session 7: Continuing Bonds and Closing Ritual

Session 4: Social Effects of Grief

BOOKINGS ESSENTIAL: **Contact**—St. Michael's Parish Office
or

Rita Chater—Solo Parent Services PH: 8843 2575
email: soloparentservices@ccss.org.au



VENUE: St. Michael's Catholic Church
Downey Room
1-3 Chapel Lane, Baulkham Hills

DATE: Intro and overview - Thursday 6th February 2020 - 10am - 11am
Followed by 7 Thursday Sessions – 13th February - 26th March

TIME: 10am - 12pm



School Photos

will be taken on
Wednesday 4th March in
Catholic Schools Week.

More information and
student photo envelopes
will come home when
they are received.

All photo envelopes are
to be brought in by the
student on the day. No
photo envelopes
containing money can be
held in the office.

Family group photos can
be taken as well and
family envelopes will be
sent home as well.

Please contact the office
if you have any question.

All students will be in full
school uniform.

Note that have been sent home recently:

- Zone Swimming Carnival
- Latest update on corona virus
- Parent / Teacher Chat Booking Information



School Notes

Visit our photo
gallery on our
website.



Photo
Gallery



Healthy Mouths for Kids at School

Dental information for parents & carers

Drink Well

Make tap water your family's drink.

Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.

Stay Well

Children should have regular dental checks.

Did you know?

Children with tooth decay can have trouble eating, sleeping and focusing in class.

Avoid tooth decay by brushing teeth twice a day and limiting sugary food and drink.

Play Well

A well fitted mouthguard can reduce the risk of injury.

Did you know?

General dental treatment for children under 18 years of age is **free** at all NSW Public Dental Services. Some children may also be eligible for the Commonwealth Child Dental Benefits Schedule (CDBS), which are bulk billed in public Dental Services. For more information about CDBS in NSW Public Dental Services visit: www.health.nsw.gov.au/cdbcs

*Some specialist services require additional eligibility and/or may incur a fee.

Local Health District	Phone Number
Sydney	(02) 9293 3333
South Western Sydney	
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW	
Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee	
Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West	(02) 6809 8621
Western NSW	1300 552 626

If you need an Interpreter Service call 13 14 50

SHIPN (COHS) 180626

Strive for Higher Things at Catherine McAuley Westmead



Enrolling now for 2021 - Applications close 27th March 2020

OPEN EVENING Wednesday 4th March 2020 4pm - 7pm

Catherine McAuley Westmead, 2 Darcy Rd, Westmead | www.mcauley.nsw.edu.au



ST BERNADETTE'S

Where We Learn and Grow Together

ST BERNADETTE'S NETBALL CLUB INC



St. Bernadette's Netball Club are holding a come and try morning!

Date: Saturday Feb 8th

Time: 10am-12pm

Place: International Peace Park, Boyd Street Blacktown. Behind Blacktown swimming Pools.

Meet the coaches and senior members of the club. Also a chance to sign up, try on & order uniforms. Some of last years team will be there, the Preliminary finalists.

The Active kids voucher is accepted.

More information on their Facebook page "St. Bernadette's Netball club".

Or see Annie Cragg (Parent)

AUSTRALIA'S YOUTH PRESENTS A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM

For boys and girls
Ages 5 - 16
In Sydney Since 1994

Website - karate-kids.com.au

DEVELOP SELF CONFIDENCE

INSTRUCTORS TRAINED SPECIFICALLY
FOR TEACHING CHILDREN AND TEENS

IMPROVE CONCENTRATION

SELF DEFENCE ONLY IS TAUGHT

BUILD COORDINATION

CLASSES DIVIDED BY AGE
AND EXPERIENCE

BUILD SELF ESTEEM

FROM BEGINNER TO
BLACK BELT

IMPROVE STUDIES

MAKE FRIENDS



Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR

Location: Kings Langley Public School,

Isaac Smith Pde., Kings Langley

Classes are every Wednesday for 10 Weeks (Every School Term)

New and Returning Registration: Weds., 5 February, 2020

New Students can also join on: Wednesdays, 12 Feb., 19 Feb.

New and Returning
Students
Ages 5-8

Class Time 4:30 to 4:40PM

New Students
Ages 9-16
and Returning Students
Class Time 4:45 to 5:25PM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED UP TO THE THIRD WEEK OF TERM. NO PRE-REGISTRATION IS NECESSARY.
JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH.
FOR FURTHER INFORMATION, SEE WEBSITE AT www.karate-kids.com.au.

St Bernadette's Netball Club

Come and try day

Come and join us for the
2020 netball season

**Saturday 8th February
10am-12pm**

Blacktown Netball Courts
International Peace Park (Boyd Street)

Online registrations now open, please go to our
website or Facebook page to register.

stbernadettesnc.nsw.netball.com.au



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

A LIGHT IN THE DARKNESS!

Gospel in Life

Salt is no great mystery. Salt is salt, as basic as it is common. Salt does one thing: it adds flavour. Taste almost any food and you know right away: it needs more, has too much, or is just right.

The job of Christians is to be salt for the world. Our lives should make a difference.

The Church's witness is our commitment to living according to kingdom values and not worldly ones.

The time, money and talent in our control should be used to maintain a simple lifestyle, so the surplus can be used to care for those in need. Sprinkled into the world, this kingdom witness flavours the generations. The worst we can do is to be sprinkled into the world and change nothing.

If no one around you would guess you're a Christian, this is a problem.

The light of goodness comes into this world in the same way. The world at times can be a rather dark place.

How often we point it out and complain about it (and how the media celebrates it!).

Our energy would be better spent generating light through acts of mercy and forgiveness. The light of Christ has come into the world, but it's up to us to be the lamps of witness.

Practice being a lamp today. When you see darkness and poverty and despair, bring the light of hope through the right use of your resources. Where there is the darkness of sin and personal offense, be a light of forgiveness and reconciliation.

WHAT ARE SOME OF THE BEST WAYS TO UTILISE YOUR TIME, YOUR TALENTS AND YOUR MONEY FOR THE SAKE OF THE KINGDOM!

(Weekly Parable from e-News)

THE SPECIAL INTENTIONS OF POPE FRANCIS

FEBRUARY

We pray that we would hear the cry of migrants in every country throughout the world. May these cries of our migrant brothers and sisters, victims of criminal trafficking, be heard, considered and never forgotten.

WORLD DAY OF THE SICK MASS at Mary, Queen of the Family Parish St Patrick's Church

Blacktown on Tuesday 11th February CANCELLED Due to the Coronavirus