



Newsletter

Contact Us

St Bernadette's Parish School, Lalor Park

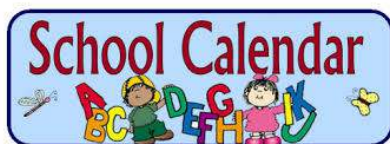
18 Wheeler Street (PO Box 4161)

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

- 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 has been sent home
- 3rd School Cross Country - Parents Welcome
Welcome BBQ 4.30pm (Please RSVP)
Enrolment Information Evening for new families 6pm
- 4th School Photos
- 18th School Fees Due

[See more ...](#)

Principal's Message

200 Years of Catholic Education

This year Catholic Education Diocese of Parramatta (CEDP) will be celebrating the bicentenary of Australia's first Catholic school. The first Catholic school was opened in Hunter Street, Parramatta within the confines of our modern day Parramatta Diocese.

There are now more than 1750 Catholic schools nationally educating more than 765 000 students. One in five Australian students attend a Catholic school. This is an amazing achievement and one that we should all be proud of.

To put this achievement into more perspective until the early 1970's Catholic schools were solely funded by parents and parishes, there was no government funding to build, maintain or staff Catholic schools.

We are the current day recipients of a dream formulated around the ideal of providing Catholic education for families. It is easy to forget the commitment that so many good people made to build Catholic schools even our own school in Lalor Park which was set up by the parish with the assistance of the Josephite nuns.

This celebration is an opportunity to acknowledge the past, celebrate the present and look forward to the fantastic future of Catholic education. This will be marked by celebrations at Diocesan and school level throughout the year. In Catholic Schools Week we will celebrate this achievement with a short liturgy.

Parent Teacher Chats

I would like to thank all the parents who attended this week's Parent Teacher Chats. Parent Teacher Chats provide a valuable space for parents and teachers to share information and establish relationships. Speaking to the teachers they have found this time very rewarding. I also want to thank the staff for their gift of time. These meetings are over and above what is done at many schools.

If you were unable to attend, I encourage you to make contact with your child's class teacher.

Have a good week everyone

Mr Phill Kapitanow

Principal

PBS4L

What is PBS4L?

The PBS4L (Positive Behaviour Support For Learning) framework is a research based and proactive school wide system that establishes clear behaviour expectations. The process involves explicitly teaching and re-teaching students how to enact positive behaviours.

Our aim is to produce positive outcomes for both students and teachers by creating positive learning environments that make St Bernadette's an even better place to learn.

For the first four weeks of this term, students have been participating in lessons with their teachers to discuss what it looks like, sounds like and feels like when they are displaying the four expectations across the school. These expectations are:

I am SAFE

I am RESPECTFUL

I am RESPONSIBLE

I am a LEARNER

Bluey is St Bernadette's mascot for our Positive Behaviour Support for Learning (PBS4L) program.

Students have been earning "Bluey" cards in their learning spaces and on the playground for displaying our school expectations. They can choose to 'cash in' their cards for a reward or save them for a better reward.

We encourage you to talk to your children about what they are learning in class and how they will behave while at school.



Stage 2 Family Mass - Sunday 23rd February at 10am

St Bernadette's Parish Church

All families welcome. Our Parent Group provide tea and coffee after mass if you would like to stay for a chat.



ST BERNADETTE'S

Where We Learn and Grow Together

School Locker

Please be advised that School Locker will no longer accept credit card payments through the school office. All purchases will need to be completed on line or in person at our uniform shop on site at St Bernadette's on Wednesday morning from 8.30am to 10.30am.




School FEES


School Fee Statements were sent home this week from the Catholic Education Office at Parramatta. Due date for school fees is 18th March 2020. Thank you



Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE



PRC
Diocese of Parramatta
Partners in Learning
Partners in Faith



MENTAL HEALTH FIRST AID
Australia

UNDERSTANDING MENTAL HEALTH


Learn the skills to make a difference

Out of every 30 students in Australia, 7 are dealing with mental health issues

2 will ask for help 5 will suffer in silence

This presentation will focus on giving parents information on how they can identify and help the 5 that suffer in silence. Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. Mental health problem is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance misuse, and adverse life events which are having an impact on functioning.


Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self-Injury, Panic Attacks, Stress, Substance Abuse



Wellbeing
Diocese of Parramatta


Our guest speaker for the evening is:
JANE ARMSTONG
Mental Health First Aid Instructor

Register FREE now: www.prc.catholic.edu.au



St John Paul II Catholic College
85 Hambledon Rd, Schofields NSW 2762

Monday, 2nd March 2020
Doors open: 6:15pm for 7:00pm (2 hours)
PRC Annual General Meeting
(will be held prior to guest speaker)
AGM will take approximately 20 minutes



Catholic Education
Diocese of Parramatta

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au @prcparra

THANK YOU TO OUR SPONSOR



Floral Expressions


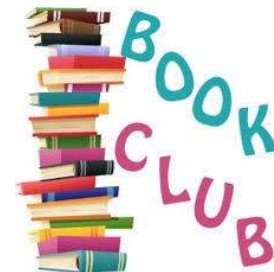


For details on the School fundraising program
Call Charles Lukasik on 02 9683 1116

Book Club

Book Club magazines have been distributed. All orders are due back to school no later than Friday 21st February.

Please Note: This will be the last Book Club order where we can accept cash through the school office. All Book Club orders must be done on line for future purchases. Thank you



A reminder to all parents to make sure you are not parking illegally across driveways or too close to the end of the curb in Wheeler Street. Please be mindful of our neighbours when parking.





**CAMP
AUSTRALIA**

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

Get social and build friendships at OSHC!

An experience in outside school hours care is an experience in forming friendships. You get more than care with OSHC - building confidence, learning life skills and having fun, while trying something new.

OSHC is a great way for children to step out of their comfort zone and to get to know some students at their school they may not have otherwise met.

Plus, we're all about convenience - there's no travel time, traffic or complicated arrangements to be made, so your child can leave the classroom and be playing soccer, eating a healthy snack or learning how to play a board game within minutes of leaving the classroom.



It's **FREE** to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaustralia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

You may be eligible to claim subsidies on your care usage!

If eligible, to help you with the cost of childcare, you may be entitled to receive the Australian Government Child Care Subsidy. Visit my.gov.au to find out more.

For more information on our service and fees, visit our website www.campaustralia.com.au. Alternatively, come and meet the team in the OSHC room. We'd love to meet you, and you can find out more about OSHC from our friendly, qualified Educators.

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

Local Support Services

If you or someone you know is experiencing hardship there are services that can help. Below is a list of services that help families by providing food either for free or at low cost. These services are all local.

Blacktown Women's and Girls' Health Centre

6 Prince St Blacktown

Provide free fresh fruit and veg as well as access to other pantry items from 9:45am (until food has run out) each Friday

Anglicare

St John's Anglican Church

Cnr Hill End Road and Cameron St., Doonside

Mobile Community Pantry- Every second Monday 10-11am (next one is 24th February) provides groceries at low cost (\$10)

Ph: 9621 8101

Adventist Development and Relief Agency

3/24 Main St, Blacktown NSW 2148

Ph: 9622 7188

Food parcels and other services

St Vincent de Paul

23 David St Blacktown

Ph: 1800 606 724

Food parcels and other services

Anglicare Mt DrUITT

91a Kurragong Ave

Fresh Food Thursday every week from 9am (while stocks last)

Open Pantry

24 Anderson Ave., Blackett Ph: 8608 4316

Every Tuesday and Thursday 11am-2pm. \$2 annual membership and \$6 bundles (meat, meal) free bread, fruit & veg with each purchase

The Staples Bag

Meeting Rm 1 Level 2 125 Main St., Blacktown

Low cost food (save up to 70%) every second Tuesday

(there is also one in Parramatta starting 14th February).



Fact Sheet for Parents and Caregivers - Explanation of Absences

CEDP promotes daily school attendance. Going to school every day is the single most important part of your child's education.

If your child is sick or absent you are required to notify their school on the first day of absence if at all possible. All explanations to the school must be provided within 7 days from the first day of any period of absence.

Absences can be explained using one of the following methods:

- SMS: respond with reason to school notification of absence
- Email: the school at stbernadetteslpark@parra.catholic.edu.au
- Telephone: the school office **8869 6400**
- Note sent with your child

Where an explanation has not been received within the 7 day timeframe or the explanation has not been accepted, the school will record the absence as **unexplained** or **unjustified** on the student's record. The school will not be able to accept explanations which are not received within the 7 day timeframe.

Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

Why do I need to notify the school if my child is absent?

Parents of children aged 6 to 17 years are legally required to ensure their children attend school every day or provide an explanation if they are absent. Notifying the school and providing an explanation for your child's absence will fulfil this legal responsibility.

The safety and wellbeing of students are the highest priorities for schools. Parents need to know if their child isn't at school, and schools need to know when and why a child is absent. Notifying the school of your child's absence helps ensure the safety and wellbeing of all children in school.

What is your responsibility?

Ensure your child attends school every day.

Notify the school immediately if your child is absent.

Provide an explanation for any absences within 7 days.

Make sure the school has your correct contact details so that you can receive attendance information about your child.

every learner every day 

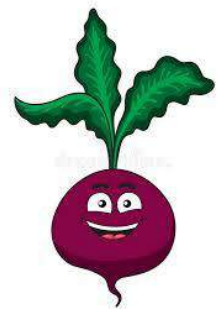


St Bernadette's Garden

"From little Things Big Things Grow"... that certainly was the case with the 'Pots of Fun' planted last year, when over the break (thanks to Mr Fuller watering and the function of the Wicking Beds) and despite all odds, several large beetroot were harvested and distributed amongst excited students!



The Environment Team for Term 1 has been announced and the students will take up their responsibilities this week ... congratulations and enjoy the role!



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

Parent Group Meeting

Dear Parents and Friends of St Bernadette's,

Next Tuesday evening we will hold our first parent group meeting of the year. Please join us in the Learning Centre at 5.30pm to discuss the years events including social and fundraising, hear our principal report for 2020, and more. It would be fantastic to see one representative from each family if possible! Light refreshments will be served prior to the meetings commencement. Thank you

Carmen Bonello, Parent Group Leader

St Bernadette's Lalor Park Parent Group General Meeting Term 1, 2020, 25th February 5.30PM

AGENDA

Meeting Open at 5.30pm with opening Prayer.

Apologies:

Review and Acceptance of previous meetings minutes

Incoming / Outgoing Correspondence

Principals report: Mr Kapitanow/Mr Crothers

Treasurers Report : Richell Nash

Fundraising : Maria Xiberras

Community : Chantal Wier

Canteen : Kim Straney

Social : Irene Brandwood /Jamie Fuller

Education : Chloe Weir

Secretary : Nicole Suckling and Ana Vlatko

Leader : Carmen Bonello



Note that have been sent home recently:

- Cross Country & Infants Fun Run
- Stage 2 Family Mass
- Catholic Schools Week
- Book Club Catalogue



School Notes



Capturing School Moments

e sydney@msp.com.au
p 9499 6555
f 9499 6585
PO Box 850 Rozelle 2039

School Photo Day is Wednesday 4 March 2020

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office
- If paying by cash please enclose correct money as no change is given on photo day. **NO CHEQUES ACCEPTED**
- Credit card payments can be made online (please follow instructions on envelope) or by calling our Office prior to the day. Your child will still need to take their envelope with them on the day.
- Sport/Specialty Photo Orders will be organized after photo day on a separate form.



Please Note: All money is to be sent in on Photo Day. The office is unable to keep any cash before the day. The office does not carry change so correct money in your photo envelope is essential. Thank you



ALL SKILL
LEVELS ARE
WELCOME AT



Contact us to register
to play this season!

HOME GROUND:
LYNWOOD PARK
STEPHEN ST BLACKTOWN

registrar@kingslangleysoccerclub.com.au
http://www.kingslangleysoccerclub.com.au
https://www.facebook.com/KLSFC1969
Ph: 0448 903 559

ACTIVE KIDS VOUCHERS
ACCEPTED



School Photos

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.



St Bernadette's School Lalor Park
Celebrating

Catholic Schools Week

Sunday 1st March -

Saturday 7th March 2020

Tuesday 3rd March - School Cross Country, Welcome BBQ (All families) 4.30pm (please RSVP) and Enrolment Information Evening for new enrolments at 6pm.

Wednesday 4th March - School Photos

Thursday 5th March - Parent to view Dance program - See CSW Note sent home this week)

Friday 6th March - 12.30 Liturgy, 1pm Open Classrooms, 1.30pm BYO Picnic Lunch
Canteen will **not** be open for lunch orders. Counter Sales only for Friday.

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 South Western Sydney	(02) 9293 3333
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 Western NSW	(02) 6809 8621 1300 552 626

If you need an Interpreter Service call 13 14 50



SHPN (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



Nagle College, Blacktown will be holding their Open Evening for Year 7, 2021 on Tuesday 10 March from 4.00 pm till 7.30 pm. Enrolment packages will be available on the evening and tours of the College will be conducted. Prospective parents and students are warmly invited to attend.

Nagle College, Blacktown, is a Catholic girls' school that provides an outstanding education that is faith based and values rich. The girls at Nagle College are challenged to aim high and achieve to the best of their abilities. Supported by a broad curriculum taught by competent and professional staff, girls at Nagle College have many options for successful learning. The College values the education of the whole person and the co-curricular programme meets a wide variety of needs, interests and talents.

Oakhill COLLEGE Feet on the ground. Aiming for the stars.

Open Day

SUNDAY 08 MARCH 2020 11.00AM – 3.00PM

Principal's Address at 11.30am, 12.30pm and 1.30pm

RESPECT / EXCELLENCE / INCLUSIVITY / FAITH / SOCIAL JUSTICE

★ www.oakhill.nsw.edu.au

OLMC PARRAMATTA SUBTUM FIDESQUE

OPEN DAY

Sunday, 8 March 2020

10.00am - 2.00pm

You are warmly invited to join us for Open Day 2020.
Principal's Welcome at 10.00am and 12.00pm
Bookings can be made by visiting the College website www.olmc.nsw.edu.au

A work of the Sisters of Mercy Parramatta since 1889

YEAR 7, 2022 ENROLMENT INFORMATION EVENING Tuesday, 24 March

MERCY / COMPASSION / JUSTICE / DIGNITY / EXCELLENCE / HOSPITALITY / ENVIRONMENT / SERVICE

Stage 2 Family Mass

Sunday 23rd February 2020 at 10am
at St Bernadette's Parish Church

All families welcome.

Our Parent Group supply tea and coffee after mass so stay and have a chat.

Look forward to seeing as many families there as possible.

Gibroy Catholic College

CLASS OF 2020

Wednesday 1st April | Thursday 2nd April | Friday 3rd April | Saturday 4th April

Tickets available from: www.trybooking.com/565143

GREASE
Book, Music and Lyrics by JIM JACOBS and WARREN CASEY
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
www.origintheatrical.com.au
Logo Created and Designed by Maggie Taft and Harry Bogosian

Visit our photo gallery on our website.

[Photo Gallery](#)

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

WE ARE GIVEN WHAT WE CHOOSE!

Gospel in Life

For 2000 years we've been living in the final chapter of an amazing story. Before it ends, Jesus wants us to get positioned for what's next, even as we live in the undeniable context of what's now.

For instance, we're tempted to feel pretty good if we don't kill or commit adultery. Not bad, eh Lord. The religious fold of Jesus' time said the same thing, because they led morally correct lives according to the law. Don't kid yourself, Jesus advises. Claiming righteousness now puts us in a bad position for the dawning kingdom. The truth is we're ALL sinners in need of forgiveness. 'Who needs a doctor; the healthy or the sick?' Jesus asks later in Matthew, 'I'm after mercy, not religion' (9: 12-13).

In light of this, it's better to settle our differences than to maintain conflicts. Reconciliation is key: that's why it's a sacrament! It's a visible sign of the inward reality of the kingdom. But to claim it, we have to practice it. Only by living forgiveness do we experience it.

In what ways do you tend to see yourself as a pretty good person?

How does 'self-righteousness' teach you about the deeper reality of sin we all live with?

Make conscious choices this week. See the difference between what's passing and what's important. In the light of the forgiveness given to you, choose to be forgiving.

'I'm not here to demolish but to complete. I am going to put it all together, put it all together in a vast panorama'.

(Weekly Parable from e-News)

ASH WEDNESDAY PROJECT COMPASSION LAUNCH

Please join us for the launch of Caritas Australia's Project Compassion in the Diocese on Ash Wednesday, 26 February at St Patrick's Cathedral. Mass will be held at 7.30pm, with the launch to follow. International Speaker, Florida Senis Rafer will be joining us. Hear her story and ask her questions about the life-changing program she works on in the Philippines. To RSVP by 19 February, contact marisa.vanderhout@parracatholic.org or call 8838.3461

INSTITUTE FOR MISSION THEMES OF FAITH

The Themes of Faith program invites participants to share conversation and reflection in small groups. Each group is accompanied by a mentor with a focus on a different key life/faith theme each time. Sessions, arranged in two blocks of 5 Monday evenings, starting on 2 March. To register, visit <https://www.ifm.org.au/tof>, and for more information, contact Donnie or Fr Paul on 9296.6369 or donnie.velasco@ifm.org.au, or paul.roberts@ifm.org.au.