



Newsletter

Website: www.stbernadetteslalorpark.catholic.edu.au

Term 3 Week 4 Newsletter

Principal's Message

To all Parents / Guardians

The current lockdown and associated restrictions are set to continue until August 28th meaning that remote learning will continue for at least another 3 weeks. Like everyone we are unsure of how learning will look or even if the lockdown will end.

We are happy with the current remote learning being offered across the school. On the whole stages have consistent support in place for all students. We have achieved a good balance by live zoom lessons and pre-recorded lesson content. We will maintain this current offering as it is manageable by both families and staff.

It is worth noting that our Stage 1 and 3 teaching teams are currently on site supervising students. This is impacting their ability to provide live zoom events and will remain so as long as the Blacktown LGA is in lockdown.

I want to thank our families for their amazing resilience at this time. I was recently shared this prayer for resilience.

My reflection;

We are forced to focus on this day and this moment.

For some of us this is the daily struggle of balancing work with remote learning, for others it is the isolation or just the concept of how to get through the next day. A fantastic distraction has been the Olympics. What a gift that we have been able to focus on!

May I focus on beauty and goodness.

Beauty and goodness is all around us. In a time when we can be overwhelmed with bad news there is a need to find beauty and goodness in our world and fellow human beings. Amongst all the daily chaos in my house I'm blessed to have a beautiful family that brighten my day.

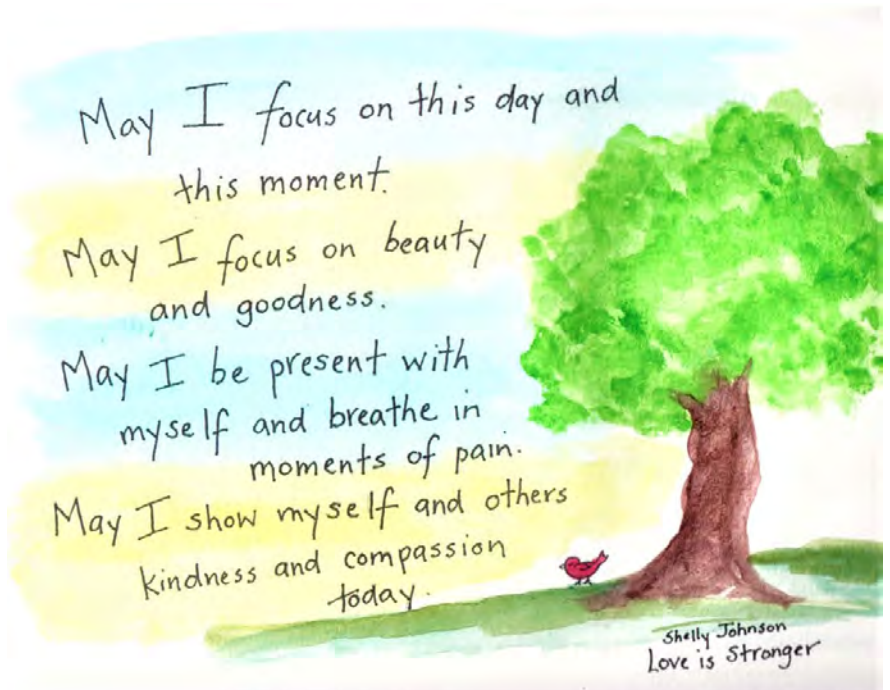
May I be present with myself and breathe in the moments of pain.

We are living in unprecedented times and I find myself leaning on wellbeing strategies I learned long ago such as the need for exercise, meditation or yoga. For me these strategies help me to be present in my day and appreciate what I have not dwell on what I'm missing.

May I show myself and others kindness and compassion.

I have been stunned by the acts of kindness throughout this pandemic and I must admit I have some work to do here. The gifts and snacks that arrive at low times are a tribute to the kindness present throughout humanity and provides something to aspire to.

Take care everyone and be safe at this time!



Staffing News

It is sad to announce that Mrs Park will be leaving St Bernadette's at the end of this week. Mrs Park returned to St Bernadette's this term, but has decided to take up a classroom teaching role in another Catholic school. We thank Mrs Park for her commitment to our community over the last 6 years.

We are pleased to announce that Mrs Graham, an experienced teacher, will be joining the Science Team next week. Mrs Graham has taught in a number of CEDP schools and brings with her a wealth of experience. This is a challenging time to join a school community but I'm sure you will do your best to support her transition to St Bernadette's.

High School Enrolments

High school enrolments for 2023 are open. Families with students currently in Year 5 should be on the journey to formally enrolling their child in high school. This means parents and their child should be actively looking at and discussing potential high schools. In the current covid lockdown situation most of the information gathering will need to take place by looking at schools online, talking to friends and the school if required.

Enrolling into high school needs to be a priority for families. The staff at St Bernadette's are able to assist where required. To be clear, staff at St Bernadette's can assist in the enrolment process, but we cannot do it for you.

Don't risk missing out. Most Catholic Secondary schools fill up fast and once full your only option is to go on a wait list.

Reporting Student Progress

In the Tell Them From Survey some parents expressed concerns regarding how student progress is reported to parents.

Every school is required to provide a progress report at the conclusion of Term 2 and 4. That's two formal progress reports a year. This is mandated across all schools and we are audited to ensure this occurs.

At St Bernadette's we use Compass, the student management system to write reports and then make them available to parents. This occurred in 2020 and 2021 for all students. Covid did not stop this last year although reports were simplified. Parents were advised that Compass would be our new communication tool and were provided with instructions regarding access.

Progress reports use a five point scale to report student progress. Formally students received an A - E grade, but we now use language such as achieved, working towards or working beyond to report student progress.

All reports break each Key Learning Area such as English and Mathematics into their respective strands as per the NSW Syllabus. For example for English this is Writing, Reading and Speaking and Listening. Students receive a grade for each strand and then an overall grade for the Key Learning Area. This is standard reporting practise in NSW schools.


Outside of the Progress Reports parents can seek progress information throughout the year from their child's teachers. At times teachers will also contact parents to discuss any concerns.

Have a good week

Phill Kapitanow, Principal

News Items from all of our Teaching Groups

Leading up to the newsletter each fortnight we will be uploading news items to our website. These news items will showcase work from all of our class stage groups, Literacy, Numeracy, Sport and Health, Science, Creative Arts, Library, Bluey's Patch and Let's Cook and Create. Click on the link below to be taken to our website where you can view all of these news items and see lots of photos in our galleries.

Handy Hint: Press your back arrow  to come back to the newsletter



[View our News items](#)



Email St
Bernadette's School
Office



St Bernadette's
Official Facebook
Page



**Have a look at our staff video
on our Facebook page. See
what we have been up to!**

From Our Assistant Principal

Dear Parents, Guardians and Caregivers,

As we maneuver into week 5 of remote learning you may have participated in supervising various social or learning zoom sessions. As all stages have now made available for each of our students the opportunity to participate in a guided reading session with their peers and class teacher, I ask that each family go through 'St Bernadette's student zoom expectations' outlined below:



St Bernadette's Primary School Zoom Expectations:

Student acceptable use of Zoom classroom:

- Zoom learning space is quiet and clear of distractions where possible, with a parent or guardian present.
- Come dressed in neat and tidy clothes.
- Video screen is turned on and microphone turned off unless directed by teacher.
- Be engaged in the session. This would include active listening, asking questions and participating in the learning task. No eating during the session.
- Expectations used at school also apply in a virtual classroom, and students who display poor or unacceptable behaviour will be asked to leave the zoom.

This will be uploaded onto all Stage Google Classrooms and explained in your child's next parent zoom meeting.

With Blessings,

Mrs Mabellynn Buenaventura

(Assistant Principal)

A hand holding a blue marker, writing the word "GUIDELINES" in large, blue, capital letters on a whiteboard. A blue horizontal line is drawn below the word.

Please note:

All Parents and Guardians have been emailed a copy of **Video Conferencing Guidelines for Parents and Video Conferencing Guidelines for students**

From Our Assistant Principal - Numeracy

Greetings Parents, Guardians and Caregivers,

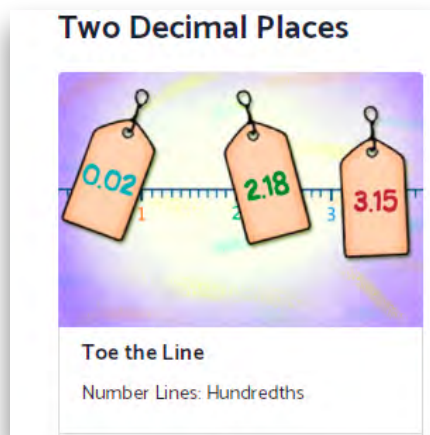
This week the Mathematics 'Matific' online resource went live for all stage groups. Your child's username and password was shared through the Google Classroom platform from each of our teachers. This online resource provides your child to access activities that are linked to the weekly Numeracy learning outcome. All the activities are organised by each of the stage teachers, which will be changed each week.

If you have any questions with regards to logging in and using this resource, please contact the school office on 8869 6400 or send a message through your child's Google Classroom account.

Happy Matific week everyone!

With Blessings,

Mrs Mabelynn
Buenaventura



A message from our School Counsellor

I wouldn't be surprised if by this point, everyone has had at least one 'COVID-cry'. Whether you're a teacher, a parent or even a school counsellor, there are many emotions to deal with when you're stuck inside for extended periods of time. For many, the primary emotion is anxiety which seeps out in all different ways. Some of us feel foggy headed and can't complete work tasks, some of us become snappy and intolerant of others and some of us don't have the luxury to think about how we feel and are pushing through each day like cadets in training.

Whatever your circumstance may be, here are some guidelines provided by the Blackdog Institute:

- 1) Making a daily routine including connecting with people outside your home reduces stress levels
- 2) Exposure to misinformation and unhelpful media induces feelings of panic and alarm
- 3) Looking after your body by getting enough sleep, eating well and avoiding excessive alcohol protects your mental health
- 4) Each of us needs to find our own relaxation activities. These will be different for everyone; listening to music, going for a walk, hiding in the bathroom temporarily away from children...
- 5) If you're not coping, get professional advice

In addition to this, I'd also like to remind everyone that it is ok to feel sad, stressed and overwhelmed by a state-wide lockdown. It's a big deal and it's normal to have big feelings in response.

Stay safe and connected, remember to be kind to yourself and others.

Emilie Cangy, School Counsellor



RE with Mrs Stone

This week we recognise and celebrate the feast day of St Mary of the Cross MacKillop on Sunday the 8th August, 2021.

St Mary of the Cross MacKillop followed her own way – God's way.

St Mary Mackillop is an Australian saint who was given a special grace from God to persevere even when life was really hard. This means that she didn't give up on doing the right thing, even if there were obstacles in the way or it was something she struggled to do. We can ask St. Mary Mackillop to pray for us to have the grace to persevere when we are struggling too.

Lord God,

You called Mary MacKillop to serve you.

*She spent her life caring for and teaching kids
and inspired others to join with her.*

Through your love

she lived a life which gave people hope.

Today we share that hope.

Bless all who continue her work

*And may they and St Mary of the Cross continue
to be a source of hope for us all.*

We ask this through Jesus Christ. Amen.



Be kind to each other and remember "Never see a need without doing something about it."

With Blessings, Mrs Meg Stone REC

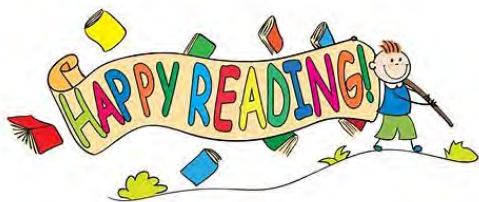
Library News

Premier's Reading Challenge

Congratulations to the following students who have completed the Premier's Reading Challenge for 2021; Lohori, Indianna,

Harlow, Lucas R, Lily S, Elijah and Avleen (Stage 1), Harry N (Stage 2) and Vikramjit (Stage 3). Well done to these students!!

Please note: The Premier's Reading Challenge has now been extended for a further 2 weeks until Friday, 3rd September, 2021. Please contact me if you have any questions about the Premier's Reading Challenge.



E-Books and Audio Books

Students have access to a wide range of e-Books and audio books on the e-Library. See the Students Guides attached to the Newsletter for more information.

Thank you,

Monique O'Brien, Teacher Librarian

Student Guide for ACEN OverDrive eBooks & Audio

Go to classm8.parra.catholic.edu.au then click elibrary.

Log on using your school username and password.

Click on Library

Click on Student ebooks

Choose ACEN OverDrive Audio & eBooks to access audio and eBooks.

Choose ACEN Member Collection. Click on Sign in.

Choose a title. Remember the book symbol indicates an eBook and the headphone symbol indicates an audio book.

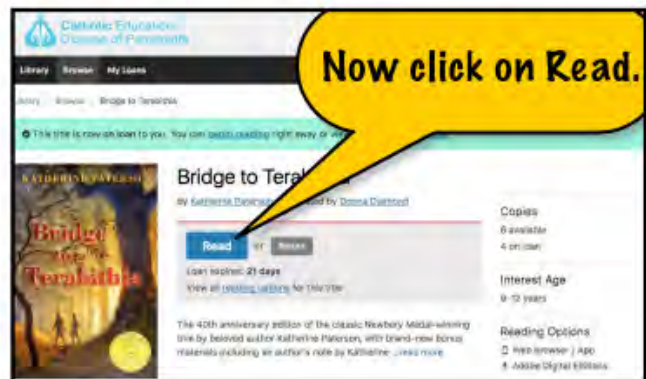
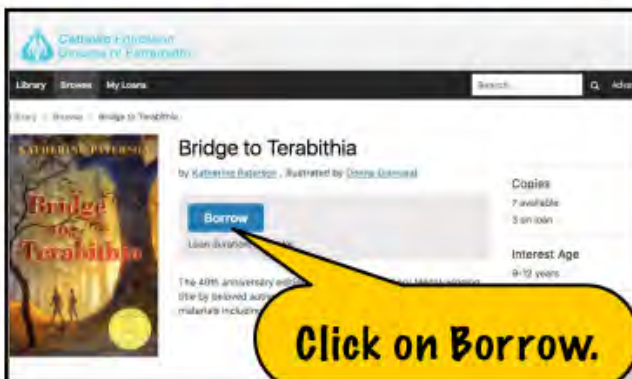
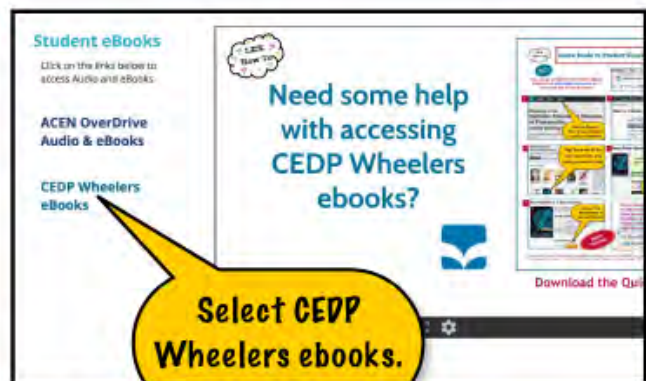
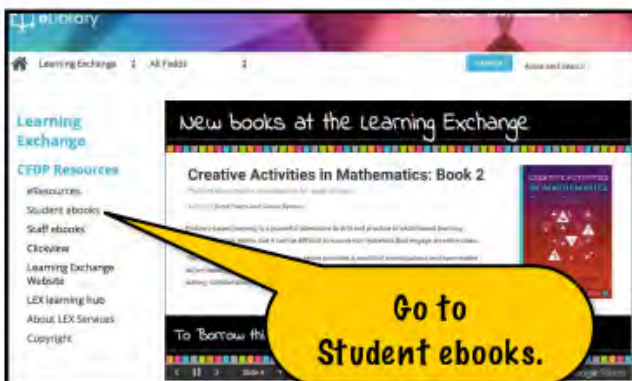
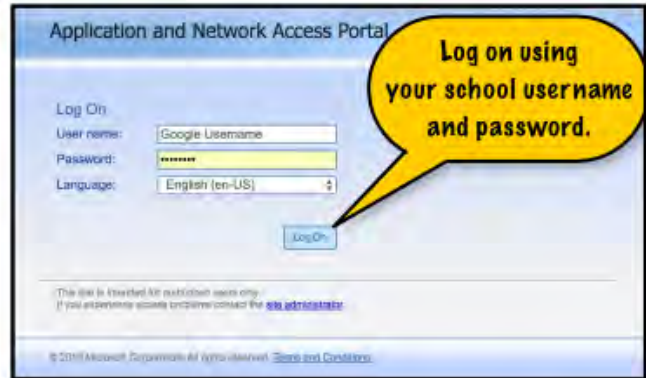
Click on the title you wish to read and then click borrow.

In the pop up window, select Go to Checkouts.

Select Listen if you chose an audiobook or Read if you chose an eBook.

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.

Literacy with Mrs Maher

Hi everyone!

Hope you are all well and coping with remote learning. To all the parents and caregivers of our beautiful St Bernie's children, I'd like to say thank you, for all that you are doing to support what our dedicated teachers have planned for them. These are very testing times and for all of us, a juggling act.

I guess we will look back on this time in some ways as a gift, a time where we got to spend a great deal of teaching and learning time with our own children.

There are many learning tools set up for your children to continue along on their literacy learning journey remotely, here are some reminders of a few.



Sound Waves Spelling is our online whole school phonics program. All students from K-6 have a year group login. Students can access online games and activities to further improve their spelling and phonemic awareness. Each week, students work on a specific sound/phoneme and work on activities to match the sound with the grapheme/letters that represent the sound.



PM eCollection - All students in K-2 have a username and password to access levelled texts online. This valuable resource allows your children to access a huge selection of texts at your child's reading level. Your children can listen to books, read books and record themselves reading. This resource allows our teachers to keep track of what your children are reading and set books at their reading level.



SORA is a collection of eBooks and audiobooks for children of all ages to access texts remotely.

Click on the link below for instructions on how to access this site.

[Download a printable SORA Guide for Students](#)

Reading

It is important that your children are reading for at least 20 minutes daily. Daily reading improves vocabulary, concepts, comprehension and oral language. Read to your child, model yourself as a reader, listen to them read and talk about texts with them. Your child's teacher has set reading for them, it is so important to support and continue this with them at home.



Writing

The teachers have made videos and organised teaching zooms for writing lessons. Students need to engage with these lessons as skills can so easily be lost. At this point we are unsure of when face to face teaching will resume, so it is very important for your child to access the learning on their Google Classroom. If you are having difficulties accessing the learning please phone the school, we have a very dedicated team ready and willing to help

Writing can take place in many different ways, children can write a shopping list, label things around the house, write emails to friends and family, keep a daily journal, write recipes of things they are cooking with you, write letters to friends that can be posted, the list is

Once again, thank you for your continued support and call if you need assistance.

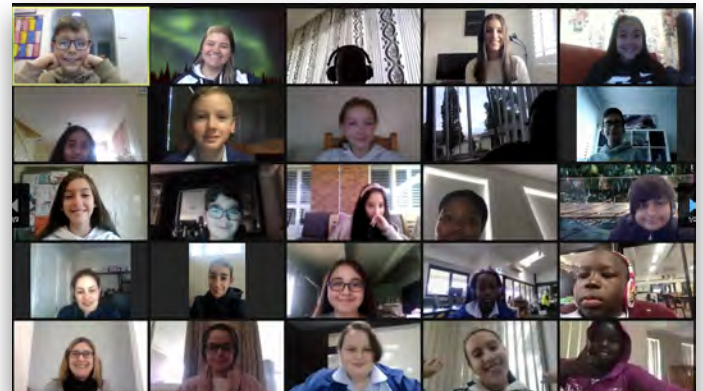
Lorraine Maher, Literacy and Diversity Leader.

ST BERNADETTE'S

Where We Learn and Grow Together

PBS4L

At home, we are RESPECTFUL when we listen well and speak politely. Stage 3 were RESPECTFUL learners during their stage social zoom.



At home, we are LEARNERS when we actively engage in our online lessons. Our Kindergarten student's have been engaging in some hands-on learning activities



SCHOOL FEES

Term 3 School Fees statements have now been posted. As always if you require financial support, please do not hesitate to contact Mrs Mizzi via email bern-lprkfees@parra.catholic.edu.au or phone the school office on 8869 6400. All conversations will remain strictly confidential.

