

School Newsletter

Term Two | Week Six

2020



St Bernard's
Warrina St
Berowra Heights 2082
Phone 9456 2104
Email us: sbb@dbb.org.au
Visit our [Website](#)

Ku-ring-gai Chase Catholic Parish

Fr Shaju John Parish Priest

WEEKEND MASS TIMES

St Bernard's Berowra Heights

Fr Joy Thomas Assistant Priest

St Patrick's Asquith

Mass by appointment only. Please call Parish office 9456 2450

From the Principal



Dear parents and carers,

School is now more or less back to normal and it's like the children have never been away. Little by little we are getting back to our old routines, the school band are now meeting again for practice whilst still maintaining social distancing and with extra hygiene practices in place. The canteen also began again yesterday, with the turn of the weather and the lower temperatures this week it is nice to have had the option of something warm at lunch on Wednesdays and Fridays.

Drive through is getting far quicker, the staggered pick up times begun at the start of week 5, have been very successful with the whole operation now over before 3.20. Please do not worry if you are running late we have rostered supervision until 3.30. Why not give drive through a go this week?

Kinder Year 1 & Siblings at 3PM
Grades 2 - 6 at 3.10PM

Safe Drop Off

Several parents have reported seeing some parents doing the wrong thing and dropping their children off in the Bus Zone - Please utilise the Drive Thru in the Church car park, it is much safer.

Covid 19 Action plan

St Bernard's has developed an in-depth action plan should we have a diagnosed case of COVID 19 at school. As you will be aware, there have been several instances of cases in schools since we returned and the Premier has advised that this is to be expected in the coming months. Please do not be alarmed, we are well prepared and a system is in place should we be informed by NSW Health that we have a live case (Please see Compass Post Monday 1 June).

Please ensure your contact details at school are current and correct so that you can be contacted at short notice for the collection of your child. It is also important that the secondary contact is equally up to date. You might also like to consider the health of a secondary contact and ensure they are not a 'vulnerable' adult, who could potentially be exposed to the virus. I strongly advise that you speak together as a family and have a plan in place as to who will collect your child at short notice if you are unable to.

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Parents on school grounds.

Unfortunately parents are not permitted on school grounds at any time or for any reason. There are good reasons for this, please don't put teachers in the awkward position of having to ask you to leave, please abide by these temporary rules and help keep school a safe place.

A Final Word

Thanks to everyone who is ensuring that the collective waistlines in the staffroom are expanding rapidly - your kindness is overwhelming and the teachers want to say a big thank you for all the cakes and sweet treats that are finding their way to us. They are much appreciated.

Dates to Remember

Friday 3rd of July is a staff Development Day (last day of Term 2)

From the REC (Jackie Tod)

Pyjama Day - Thursday 11th June

On Thursday 11th June we will be having a 'Pyjama Day.' On this day, children are invited to come to school in their pyjamas with their usual sport shoes so that they can still play safely during recess and lunch.

During this day, classes will be spending time learning about the important work that St Vincent de Paul does throughout the year, but most importantly through the Winter Appeal.

On this day, we ask families to bring in donations of: warm clothes, scarves, beanies, non perishable foods such as juice, tinned food, pasta, pasta sauce, soup, tea, coffee, personal care products such as soap, shampoo, deodorant etc.

These items should be delivered directly to the office foyer before midday and not taken to classrooms.

Donations will be collected on donation day by local representatives of St Vincent de Paul and distributed to families in our community. **Late donations will not be accepted.**



*The hand of Christ
blesses the cup*



*The hand of love
offers the cup*



*The hand of suffering
receives the cup*

The Dish

St Bernard's is rostered on to cook and serve for The Dish on **Tuesday 16th June**. Due to Covid-19 there are some new arrangements that have been put in place. Instead of having a number of servers it will just be myself and one other volunteer attending and packaging food to be taken away.

We will still have the year 5/6 children making dessert to be taken and we will still require the rostered parents to cook main meal dishes. For this term, Penny Donnelly, Melanie Seifert and Lisa Miles are rostered on to cook.

Thank you for your continued support of the Dish.

God Bless
Jackie Tod

From the AP (Anne-Marie Hutchins)



NATIONAL RECONCILIATION WEEK AT ST BERNARD'S

During this past week, St Bernard's has commemorated National Reconciliation Week with various discussions and activities including writing, reading and art works that recognise the contributions of our indigenous communities. The National Reconciliation Week 2020 theme reinforces that 'we all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories and cultures'.

What is reconciliation?

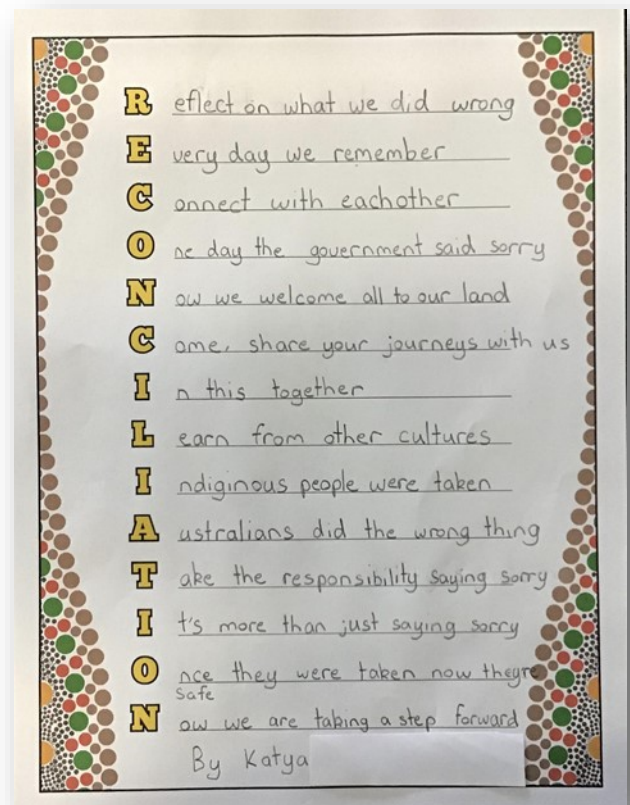
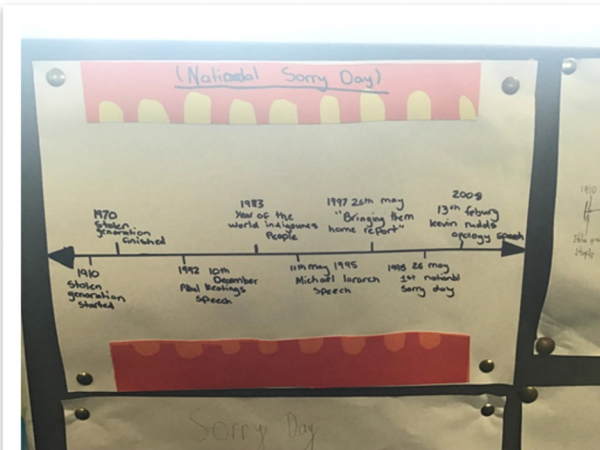
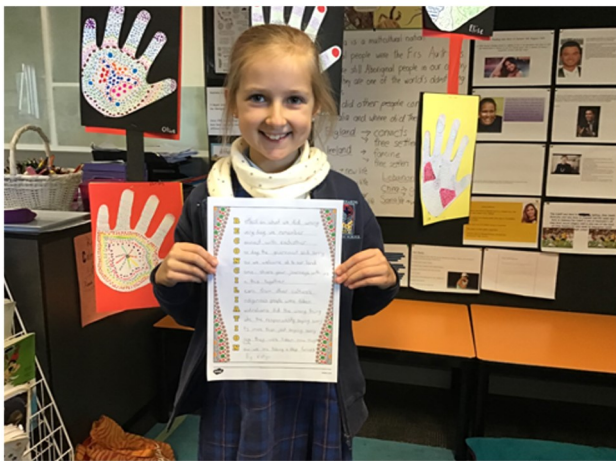
At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

In Berowra we are fortunate to have a history of two clans. The Aboriginal heritage of the Hornsby Shire region was at least 15,000 to 20,000 years old by the time European settlers arrived in 1788. The local tribes were the Ku-ring-gai and Darug people, who called the Hawkesbury River Vhen Ruphen.

Further information can be found on the following website:

<https://www.hornsby.nsw.gov.au/library/catalogues-and-resources/local-history/aboriginal-heritage>

The following are samples of work and activities that our students completed to gain an understanding of our past and present indigenous history.





What's been happening in **the learning hub?**

READING HOMEWORK

With the transition back to school and as we reflect on the time spent at home together during Home Based Learning, we are reminded of the importance of reading in our children's lives. ***There will not be formal homework set by teachers for the remainder of this term but we encourage all students to focus on reading.*** Reading aloud and sharing stories with your child is a great way to spend time together. Further resources and ideas for parents can be found on <https://bilingualkidspot.com/2017/10/19/benefits-importance-reading-young-children/>

TOP 10 TIPS TO HELP CHILDREN ENJOY READING

1. **Make books part of your family life** – Always have books around so that you and your children are ready to read whenever there's a chance.
2. **Join your local library** – Get your child a library card.
to pick their own books, encouraging their own interests.
3. **Match their interests** – Help them find the right book - it doesn't matter if it's fiction, poetry, comic books or nonfiction.
4. **All reading is good** – Don't discount non-fiction, comics, graphic novels, magazines and leaflets. Reading is reading and it is all good.
5. **Get comfortable!** – Snuggle up somewhere warm and cosy with your child, either in bed, on a beanbag or on the sofa, or make sure they have somewhere comfy when reading alone.
6. **Ask questions** – To keep them interested in the story, ask your child questions as you read such as, 'What do you think will happen next?' or 'Where did we get to last night? Can you remember what had happened already?'
7. **Read whenever you get the chance** – Bring along a book or magazine for any time your child has to wait, such as at a doctor's surgery.
8. **Read again and again** – Encourage your child to re-read favourite books and poems.
Re-reading helps to build up fluency and confidence.
9. **Bedtime stories** – Regularly read with your child or children at bedtime. It's a great way to end the day and to spend valuable time with your child.
10. **Rhyme and repetition** – Books and poems which include rhyme and repetition are great for encouraging your child or children to join in and remember the words.


"We need to stop reading being seen as something children just do in school. It needs to be seen as attractive as computers, video games, films and DVDs and as a fun way to spend free time. Seeing reading as something that happens at home and is shared by everyone in the family is key." Christopher Edge

"Reading is vital for developing the imagination – the ability to stand in other people's shoes and look through other eyes. With a book you can experience other lives, other worlds, other times. Books are the key to opening up opportunities." Michaela Morgan

Live Life Well @ School

Live Life Well @ School


THE POWER OF MINDFULNESS



Mindfulness is the simple practice of bringing your attention to the present moment. It has been shown to help promote happiness and relieve stress in children.

Introduce mindfulness to your child with video story books like:

- Mop Rides the Waves of Life: www.youtube.com/watch?v=WISH-tCt1Mk
- How mindfulness empowers us: www.youtube.com/watch?v=vzKryaN44ss
- Mindful Ozzy Introduces Mindfulness: www.youtube.com/watch?v=0k_R7R1gldA



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Live Life Well @ School

LET'S GET ACTIVE AT HOME



NSW Department of Education has a range of fun video episodes, linked to the PDHPE syllabus, called **GetActive@Home**

Support your child to be active at home and give these action packed sessions a go.

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important!

Search 'GetActive@Home' at: www.education.nsw.gov.au



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Live Life Well @ School

ACTION: BUILDING WELLBEING

ACTION CALENDAR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</p>			
<p>4 Focus on what you can do rather than what you can't do</p>	<p>5 Send friends a photo of a time you all enjoyed together</p>	<p>6 Take a step towards one of your life goals, however small</p>	<p>7 Let someone you love know how much they mean to you</p>
<p>11 What are your most important values? Use them today</p>	<p>12 Be grateful for the little things, even in difficult times</p>	<p>13 Today do something to care for the natural world</p>	<p>14 Show your gratitude to people who are helping to make things better</p>

Are you looking for ways to build happiness, mindfulness, purpose, kindness and self-care into your everyday practice at home?

Download the action for happiness calendars today. They provide simple and practical tips for the family to do together to help build a culture of wellbeing.

Check out: www.actionforhappiness.org/calendars




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Live Life Well @ School

DO A FAMILY SCAVENGER HUNT


Be active as a family unit and do the Bicycle NSW Scavenger Hunt activity.

Try doing the hunt by bike, scooter, or skateboard!



<input type="checkbox"/> 1. Long grass	<input type="checkbox"/> 4. Play equipment
<input type="checkbox"/> 2. Park bench	<input type="checkbox"/> 5. Bridge
<input type="checkbox"/> 3. Water	<input type="checkbox"/> 6. Dog

Download the Scavenger Hunt, and other bicycle activities and information at: [bicycleNSW bit.ly/BNSWCOVID](http://bicycleNSW.bit.ly/BNSWCOVID)



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Events

For upcoming events, please refer to the Google Calendar on the News and Events page of the school website:

<https://www.sbbdbb.catholic.edu.au/news-events/google-calendar/>



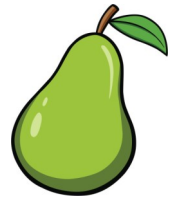
Uniform Shop

The Uniform Shop is open on selected Fridays from 8.30—9.30. To order please use the QKR app.

Canteen

Lunch orders on Wednesday and Friday only.

To order please use the QKR app.



Community

Issue #4



Book Club **LOOP**


for Parents


LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
 To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP

GET IT ON
 Google play

Download on the
 App Store

DON'T FORGET!





Book Club

orders are due:

Friday 19th June
