

School Newsletter

Term Two | Week Eight

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

Fr Joy Thomas Assistant Priest

WEEKEND MASS TIMES

[St Bernard's Berowra Heights](#)

[St Patrick's Asquith](#)

Due to social distancing, please call the Parish Office 9456 2450 to reserve a seat at Mass.

From the Principal



Lilly O.

Dear parents and carers,

As I communicated earlier in the week, tomorrow we will be having our first assembly since week 6 of term 1. Although we can only come together for fifteen minutes it is yet another sign that restrictions are easing due to the sensible behaviours of the community as a whole, long may it continue. Although we cannot yet invite parents onto the school grounds, I still think it is important to finally celebrate the winners of the swim carnival and we want you to be a part of that. Therefore our school leaders on the 'Media Team' will be responsible for taking photographs and writing an article for Facebook and the school website - so watch out for this important news item.

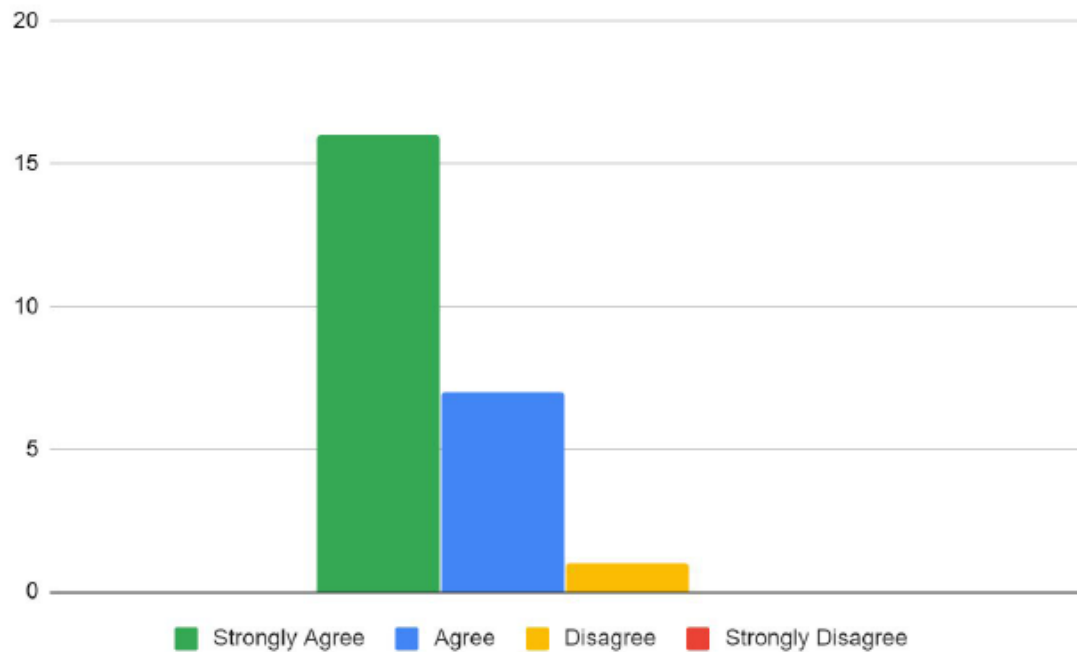
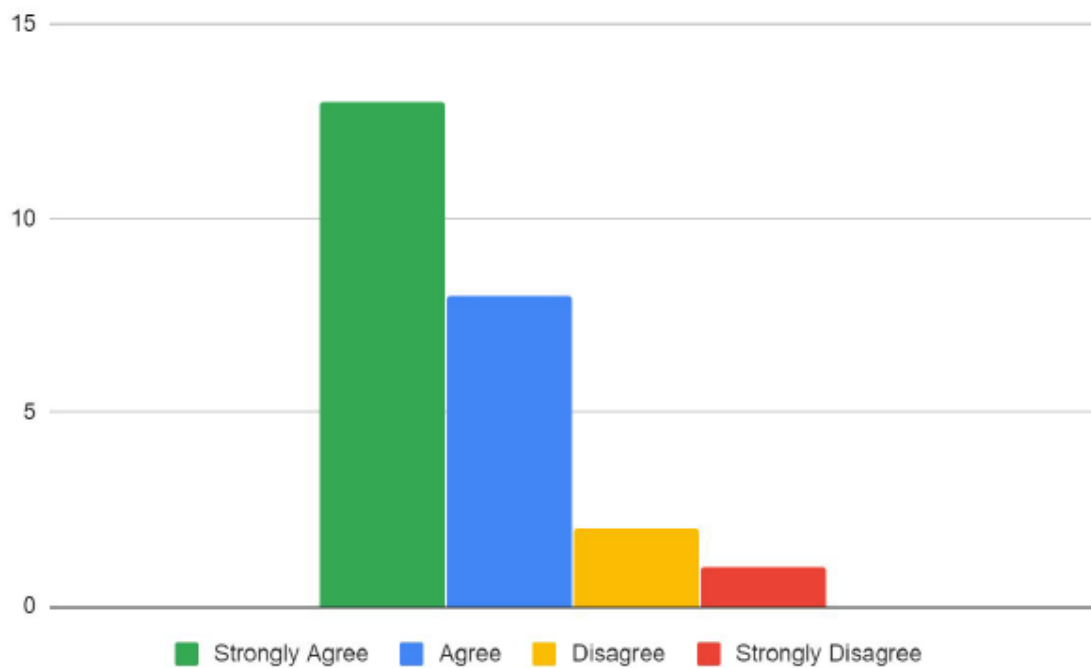
Thanks to everyone who filled in the two recent surveys that were posted out on Compass. The CSO has asked me to share some of the results of their Family Survey. Below are the graphs of the responses to Q. 1- 4 that covered the recent 'Home Based Learning' and 'Return to School'. The school is currently working through the other comments and incorporating them into our planning where applicable. We are currently reflecting and evaluating our school improvement plan (SIP) in the light of the pandemic and what it has meant for our students. The teachers and I are keen to maximise learning and student wellbeing, so thank you for your valuable feedback.

Dates to Remember

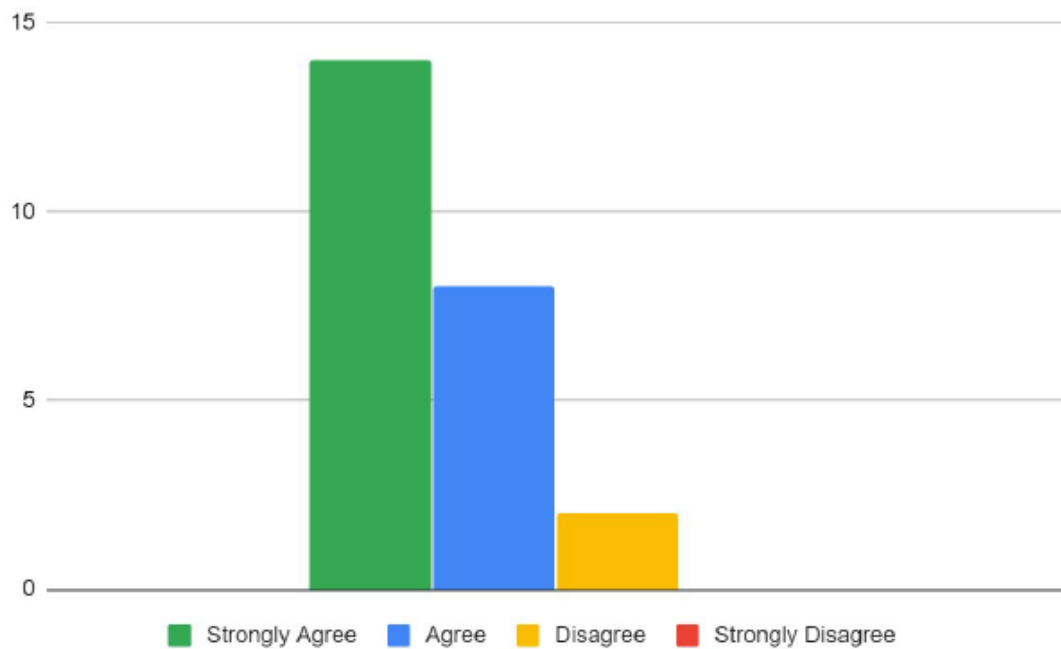
Friday 3rd of July is a staff Development Day (last day of Term 2)

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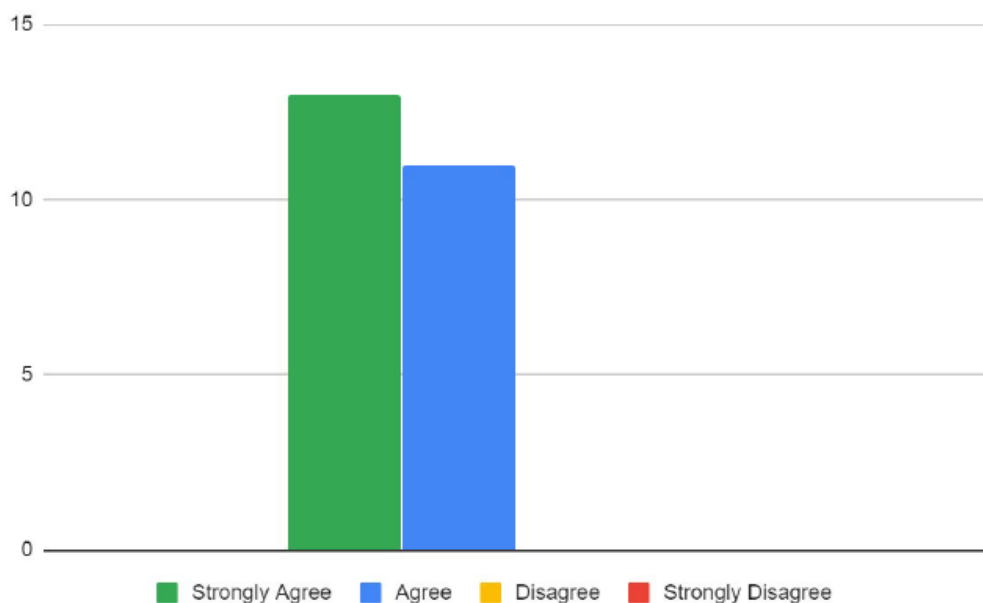
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Q1 I have been supported by my school during the COVID 19 CRISIS**Q2** My school was responsive to my child's home based learning needs

Q3 I am confident with my school's processes for a safe return to face to face learning



Q4 I believe my school will minimise the impact of the disruption that has occurred to face to face learning



From the REC (Jackie Tod)

Thank you so much for all of your **St Vinnies Winter Appeal donations** that were sent in on Pyjama Day! It was humbling to see the amazing generosity that the St Bernard's community showed on this day!



This Friday, 19th June is the **Feast of the Most Sacred Heart of Jesus** and each class will be sharing a liturgy in their classrooms. The beautiful symbol of the Sacred Heart reminds us of Jesus' unending love of humanity. During this liturgy, children will be reflecting on how they can love others the way Jesus did. I encourage you to enter into a discussion with your children about this and encourage them to share with you their ideas from the liturgy.

God Bless
Jackie Tod

Thank you from St Vincent de Paul

St. Vincent De Paul Society-Berowra Conference

On behalf of the members of St Vincent De Paul Berowra Conference, we would like to thank St Bernard's School community for their continued support of our Winter Appeal.

The core values of St Vincent de Paul is to "Establish relationships with those in need based on respect, trust, friendship, and perception arising from actively listening to them. Identifying and responding to unmet needs of the poor, the lonely, the marginalised, and the dispossessed."

During the pandemic, we are providing food, clothing, financial assistance, care and support for the people in our communities struggling to get by.

These hampers will bring much joy to these needy families. We will be distributing the hampers amongst the needy in our area from Berowra to Mooney Mooney.

If you are able to make a contribution of non-perishable food, clothing or monetary donations to the Vinnies COVID-19 Winter Appeal, please visit our Vinnies Drive Thru at Our Lady of the Rosary Cathedral, Yardley Avenue, Waitara on Saturday 27 June and Sunday 28 June from 10.00am-4.00pm on both days and support our local youth as they help us care for our community. Please help us to help others. Thank you.

Thanks you once again for your generosity.

John Ryan - President Berowra Conference



St Vincent de Paul Society
good works

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From the AP (Anne-Marie Hutchins)

MATHS OLYMPIAD

For the last few years, St Bernard's has participated in the Australasian Problem Solving Mathematical Olympiads. This is an annual contest and consists of five separate contests held between May and September. The overall aim is to encourage students to develop important mathematical problem solving skills in an enjoyable environment. In between contests, we gather weekly to collaborate on practice questions and compare our strategies within the group. Due to the Covid-19 restrictions, this year we are competing within our school team rather than the usual interschools competition. There are awards at the end of the five contests to recognise high achievers.

This year our team consists of students from Years 4 to 6 and were selected after viewing data from previous and current testing, including the MAI and PAT Maths results as well as noted by teachers as consistently achieving very high results in Mathematics. The following is our mantra to get us 'pumped up' ready to persevere and overcome the challenges of each session.

I am a Maths Olympian ...

because I am an excellent mathematician.

I CAN DO THIS

because I have intelligence, ability and self-belief!

I have trained hard for this...

...I DESERVE to be the best I can be!!!

Can you solve the problem below that is one of the team's practice questions for this week? Don't forget to show all your working out and explain your strategy to a member of your family.

CHALLENGE: Can you solve the problem using three different strategies?

There are 12 people in a boat.

There are eight more men than women in the boat.

How many women are in the boat?



St Bernard's Award nominees Semester One

The St Bernard's Award is awarded to those students who 'go above and beyond' in regards to following our PBL rules or displaying our school values.

Due to not having any assemblies and HBL, I haven't been able to announce students who have been nominated so far this semester. Hence I would like to congratulate the following students on their nominations for the St Bernard's Award for Semester 1 2020.

Tyler L.	Freya T.
Liam L.	Suzie T.
Alena H.	Bronte T.
Bejay R.	Monique T.
Jake W.	Amy P.
Piper T.	Grace L.
Alex S.	Elise M.
Lachlan M.	Carys M.
Natasha H.	Cael L.
Caitlin M.	Jack R.
Elliott G.	Evan D.
Isabelle W.	Noah S.



Keep up the amazing effort to follow our PBL rules and school values. Teachers will be voting for the Infants and Primary winner over the next week and I look forward to announcing the winner soon.

Madeleine Cottrell

Warrina Kids news

As Friday, 3 July is a Staff Development Day at St Bernard's, Warrina Kids will be open all day from 7.00 am to 6.00 pm. If you find you need care for your child and you'd like him / her to attend please email the centre at warrinakids@hotmail.com.

If your child is not already enrolled you'll need to go through this on-line process prior to the booking being made. As childcare fees are currently free, the usual daily charge of \$50 will be waived, however, the enrolment fee of \$45 per child will apply. This fee will cover your child up until the start of Term 1, 2021.

Breakfast is available until 7.45 am, however, your child will need to bring his / her own morning tea, lunch, afternoon tea, drink bottle and a hat and we request that children do not bring their electronic devices to the centre.

If you'd like any further information you can send an email to the abovementioned address or phone the Centre on 0411 112 807.

Di Hartshorn
Centre Co-ordinator

Scholastic Book Club Issue #4



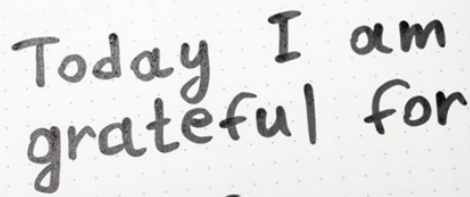
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Live Life Well @ School

Live Life Well @ School

GRATITUDE TO BUILD HAPPINESS



3 simple ways to promote gratitude with your child today:

1. Keep a gratitude journal.
Write down 3 things you are grateful for today.
2. Take photos or draw or cut out 3 things that make you smile.
3. Keep a gratitude jar or board and put a note in each day of what you are grateful for.

Gratitude is an essential part of building happiness.

It can be helpful when going through tough times to take the time to reflect on the good things you have in your life.



Developed by Northern Sydney Local Health District

Live Life Well @ School

COOK A HEALTHY TREAT

French Toast
with Berries and Pistachios

www.MakeHealthyNormal.com.au



Ingredients:

- 2 eggs
- Light milk
- 1 tablespoon sugar
- ½ teaspoon vanilla extract
- 4 thick slices wholegrain bread (or 8 small)
- 1 cup raspberries
- 1 cup light vanilla yoghurt
- 1/3 cup roughly chopped unsalted pistachios.

Method

1. Beat eggs and whisk in milk, sugar and vanilla.
2. Soak bread in egg mixture one slice at a time and turn to coat both sides.
3. Heat a non-stick pan over a low-medium heat.
4. Pan fry bread for around 2-3 minutes each side until golden.
5. Serve with a dollop of yoghurt and top with pistachios and berries.

Tip: Serve with any of your favourite fruits

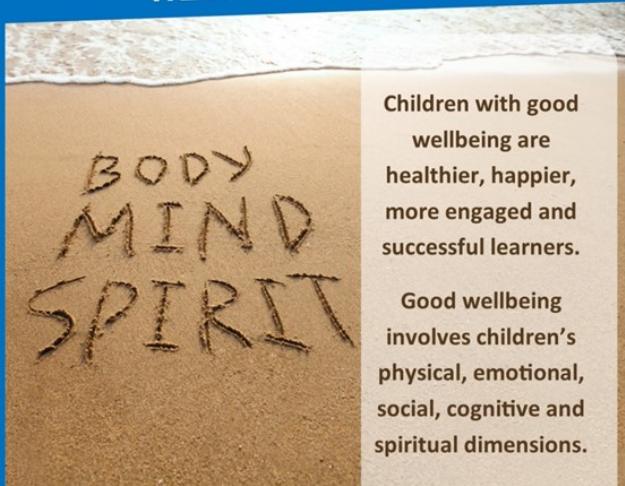
More recipes: www.makehealthynormal.nsw.gov.au



Developed by Northern Sydney Local Health District

Live Life Well @ School

WEEKLY WELLBEING



Children with good wellbeing are healthier, happier, more engaged and successful learners.

Good wellbeing involves children's physical, emotional, social, cognitive and spiritual dimensions.

Help your kids achieve better wellbeing with the help of the NSW Department of Education's *Weekly Wellbeing Challenge*.

Search for 'Weekly Wellbeing Challenge at:
www.education.nsw.gov.au



Developed by Northern Sydney Local Health District

Live Life Well @ School

HEALTHY & FUN DRINKS

Make Fruit Water Infusions

Try different combinations from ingredients such as cucumbers, oranges, lemons, berries or herbs.

Try using items from your own garden if you have them e.g. mint, rosemary, lemon grass.

Let your combinations infuse for about an hour and then enjoy the fresh taste!
(add ice to suit)

Tip: compost the organic waste if you can.



Recommended daily fluid intake:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds

healthdirect.gov.au/hydration-tips-for-children



Developed by Northern Sydney Local Health District

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/>



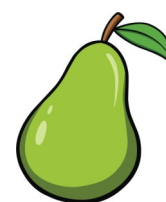
Uniform Shop

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



Junior
SCIENCE ACADEMY

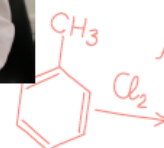
**BLAST OFF INTO THE WORLD OF
STEM at MACQUARIE UNIVERSITY**

Join our exciting science, technology, engineering and maths programs for Years K- 7 during the July school holidays.

- Class topics include robotics, learning about dinosaurs, astronomy, DNA, and many, many more.
- Our classes are designed to teach concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.
- Procedures for COVID-19 are in place and arrangements made for full refunds in the case of illness so parents don't lose money. Book with confidence.



Creative Kids vouchers (value \$100) can be claimed for any robotics or coding class. Apply through ServiceNSW for your child's voucher.



Drop off	8.30am – 9.30am
Activities	9.30am – 4.30pm
Pick-up	4.30pm – 5.30pm
Cost	\$126.50

Want more information? Visit our website:
mq.edu.au/about/holidays

