

School Newsletter

Term Two | Week Ten

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



Dear parents and carers,

We end another busy term with the children today. Teachers are at school tomorrow for a system wide, Staff Development Day, with Bishop Anthony and the new Interim Director of schools addressing teachers and all staff online.

The students have returned to school relatively unscathed by lockdown and the pandemic and now have two weeks at home with you to rest and recuperate ready for another term of learning, in which we continue to concentrate on the essentials of English, Maths and Religious Education.

Next term I am hoping to relax some of the safety measures we have in place, but as you are aware the situation continues to be fluid and nothing is certain. I do hope that schools can welcome a further easing of restrictions next term. St Bernard's will, however, continue to employ an onsite hygienist throughout the day. Below are some of the relaxations;

The HUB

The Hub will be open again and the children can borrow books on a weekly basis as before.

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Athletics Carnival

As you know, we were not able to run our Athletics Carnival this year because of restrictions in place due to the pandemic. I have however, held discussions amongst the teachers and we are keen to run 'something' along the lines of the carnival on our school oval in week 5 of next term, to celebrate the feast of St Bernard. We believe we can split the infants and primary children and offer some fun events. Obviously we cannot run a full tabloid of the usual carnival events but we feel we may be able to indulge in some old-fashioned fun, with three legged and egg and spoon races! I would also like to include Year 6 in the organisation and running of the event, who are seeking to use and develop their leadership skills. At the time of writing this parents are still not allowed on site. If this is still the case by week 5, rest assured our Year 6 Media team will organise cover age of all aspects of the event including commentary, pictures, medal ceremonies and of course, a full sporting analysis of all the fun!

As you know, the Polding and State athletics championships have been cancelled. I have just received word that our North Shore Cluster carnival has also been cancelled.

Reports and Parent Teacher Interviews

Interim school reports will be made available on Compass tomorrow. Remember that these reports look different from our usual reports and fall in line with NESA advice to schools for reporting at this time. In week one of next term I will advise you on the schedule of parent teacher interviews, which I am still hoping to hold face to face. I am deliberately delaying making a decision on this in the hope that face to face meetings can occur. If this is not possible, alternative arrangements will be made to ensure you have the opportunity to discuss the report.

School Photographs

We have a new date in the calendar for school photographs, **17th September**, please mark the date in your diary.

Fee Relief

If you are experiencing financial difficulty, please go to the school website and click on the PARENT HUB. Here you can find more information about the fee relief package designed to help families who find their financial situation has changed due to the current Covid 19 pandemic. Please let us try to help.



PARENT HUB Covid-19 and Fee Relief Information

Final Word

Thank you for all your assistance and support in semester one. It has been a long road, let's pray we all stay safe, happy and healthy in the holidays.

COMPASS news

Parents & carers please note:

Only whole day absences for your child should be entered via the COMPASS APP.

If you are dropping your child to school late or collecting them early, absences should be recorded via the COMPASS Kiosk in the school office foyer.



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From the REC (Jackie Tod)

What a term we have shared together! From HBL to partial weeks and then a full return back to school in quite a different form to what we are used to. The children at St Bernard's have coped with and managed these changes with amazing resilience and positivity!

Thank you for your continued support of the religious life of our beautiful school and at the present time, term 3 is shaping up to continue class liturgies for special feast days and liturgical celebrations. When restrictions ease further we will resume attendance at masses in the church.

First Reconciliation

Congratulations to the Year 3 children who celebrated their First Reconciliation on Monday 22nd June. Although this was later than expected, the children prepared themselves well for this special sacrament and will find out further information about their First Eucharist preparation in the coming weeks.

I hope that you are all able to enjoy a relaxing holiday with a few more opportunities to venture out than last holidays.

God Bless
Jackie Tod

Term 3 Dates

Friday 7th August	Saint Mary of the Cross Class Liturgies
Friday 14th August	Feast of the Assumption Class liturgies
Thursday 20th August	St Bernard's Day Class Liturgies and activities
Friday 4th September	Father's Day Prayer (details TBC depending on restrictions at this time)
Tuesday 15th September	The Dish

From the AP (Anne-Marie Hutchins)



SAFE USE OF TECHNOLOGY

It is really important to continue conversations with your children on the safe use of technology, especially as new apps and functions on current apps become available each day as technology evolves and continually being notified of updates. Could I please emphasise, with the onset of holidays, the need to refresh your child's mind on the safe use of images and videos. At school, lessons include that no photo/ image/ video can be taken of another person without their permission and it is critical that they do not ever share photos or videos of themselves on social media or other internet platforms without parental consent.

I am resharing a valuable article titled '7 Steps to Good Digital Parenting' from the Family Online Safety Institute and it is a well timed reminder for us all as our children start their school holidays. It's a constant battle in many homes to ensure our children have a balance in all activities. The article states that parents are integral in balancing real life with screen time for their child but they also need to recognise that a healthy interaction with technology is beneficial too.

Most importantly it emphasises to remember, balance. When deciding with your child how to best spend their time on and off the screen, be sure to consider that not all screen time is equal. An app that teaches your toddler how to spell is not equivalent to a graphic video game. Optimise positive screen time by helping your child choose productive activities.

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The following are steps they recommend toward balancing time on the screen vs. time off the screen, for parents to consider as options:

- Removing televisions or computers from your child's room
- Not allowing mobile devices at the dinner table
- Suggest alternative activities like a board game or going to a park
- Determine an appropriate schedule for watching T.V. and spending time online
- And perhaps most importantly, be a good role model. Show your child a good example of balancing screen time.

Helpful websites to support parents with children in their use of technology

<https://www.esafety.gov.au/parents>

<https://www.fosi.org/good-digital-parenting/>

A REMINDER FROM OUR SCHOOL.....

Please remember that students with BYODD:

- Can only use the school apps designated on our BYODD Parent Information Booklet during school hours and these are only used during specific lessons as requested and supervised by the class teacher.
- Other apps on their device are 'Home Use' apps only and can not be accessed during school hours.
- Are not allowed to take their own devices out of their school bag before or after school while on the school grounds. They are required to keep their devices in their school bags while travelling to and from school.



MATHS OLYMPIAD

Did you solve last week's team's practice question below? I have included some of the solutions with working out, that our team used as well as recommended strategies that you may have used. Did you get all three for the challenge?

There are 12 people in a boat.

There are eight more men than women in the boat.

How many women are in the boat?

Maths Games 2020 Resource Kit 1



Maths Games Example Solution 1.1 - Yellow

There are 12 people in a boat. There are 8 more men than women in the boat. How many women are in the boat?

Strategy 1: Guess, Check and Refine

Let's guess a number of women.

How about 4 women?

Let's try 3 women.

It's getting closer to our target.

How about 2 women?

That matches the question.

So there must be 2 women on the boat.

Approach 1

There are eight more men than women.
With 4 women, that's $4 + 8 = 12$ men.
 $4 \text{ women} + 12 \text{ men} = 16$ people.
That's too many. The boat has 12 people.

If so, there are $3 + 8 = 11$ men.
 $3 \text{ women} + 11 \text{ men} = 14$ people.

If so, there are $2 + 8 = 10$ men.
 $2 \text{ women} + 10 \text{ men} = 12$ people.

Approach 2

There are 12 people on the boat.
So there are $12 - 4 = 8$ men.
That's $8 - 4 = 4$ more men than women.
That's not enough. It should be 8 more men.

If so, there are $12 - 3 = 9$ men,
and $9 - 3 = 6$ more men than women.

If so, there are $12 - 2 = 10$ men,
and $10 - 2 = 8$ more men than women.

Strategy 2: Draw a Diagram (1)

Let's use a bar to represent the number of women.

No. of Women:

There are eight more men than women.

No. of Men:

There are 12 people in total.

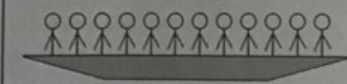
Total People:

From the diagram, we can see that these two bars together would comprise $12 - 8 = 4$ people.

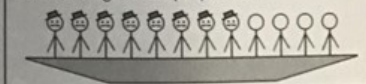
So the number of women must be $4 \div 2 = 2$.

Strategy 3: Draw a Diagram (2)

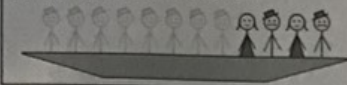
We can draw the boat with 12 people in it.



Let's make eight of the people men.



If we took those eight men away, there must be just as many men as there were women.



So there must be 2 women in the boat.

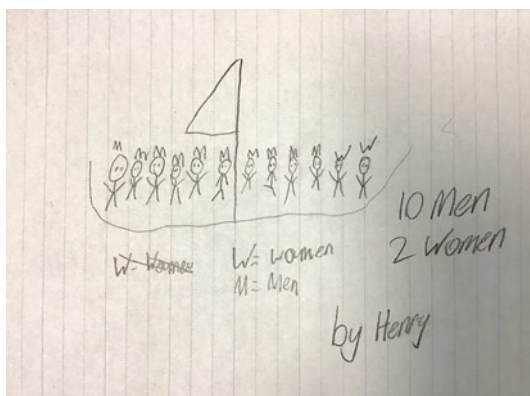
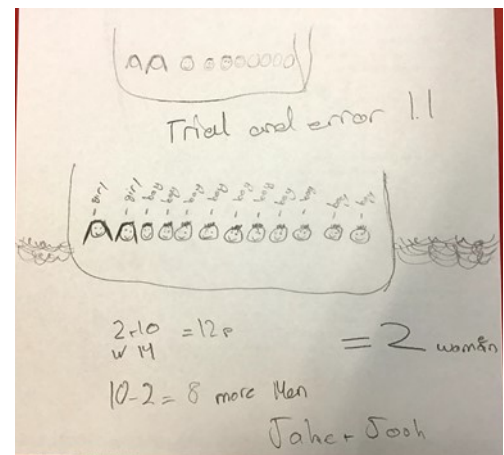
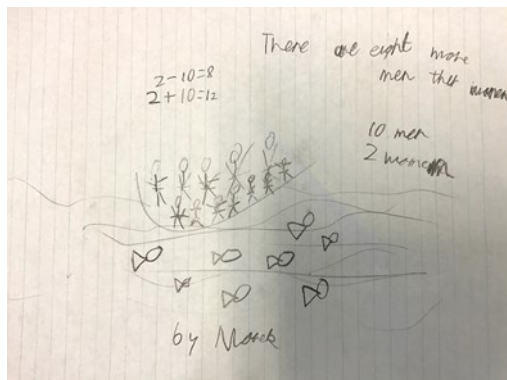


Answers

1.1 - Green: 5

1.1 - Yellow: 2

1.1 - Extension: 521



- 1) There are 12 people in a boat.
There are eight more men than women in the boat.
How many women are in the boat?

$$12 - 8 = 4 = 2 \times 2 \quad \begin{matrix} 2 \text{ Women} \\ 10 \text{ Men} \end{matrix}$$

Ethan

- 2) A starting number is multiplied by 4.

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

How are you going with the NSW Premier's Reading Challenge?

The upcoming holidays are a great opportunity to do some extra reading and continue with the NSW Premier's Reading challenge. Children have until **28th August** to read the quota of books and record their progress. Congratulations to the children who are in the lead at the moment.

The following children are the first in the school to complete the challenge before the deadline. Well Done! Congratulations to:

Kindergarten:

Liam S.

Year 3:

Oliver Mc.
Kieran P

Year 1:

Lachlan M.
Elouise Mc.

Year 4:

Grace L.
Henry N.

Year 2:

Aaryan B.
Charlise C.
Harry L.
Ava T.

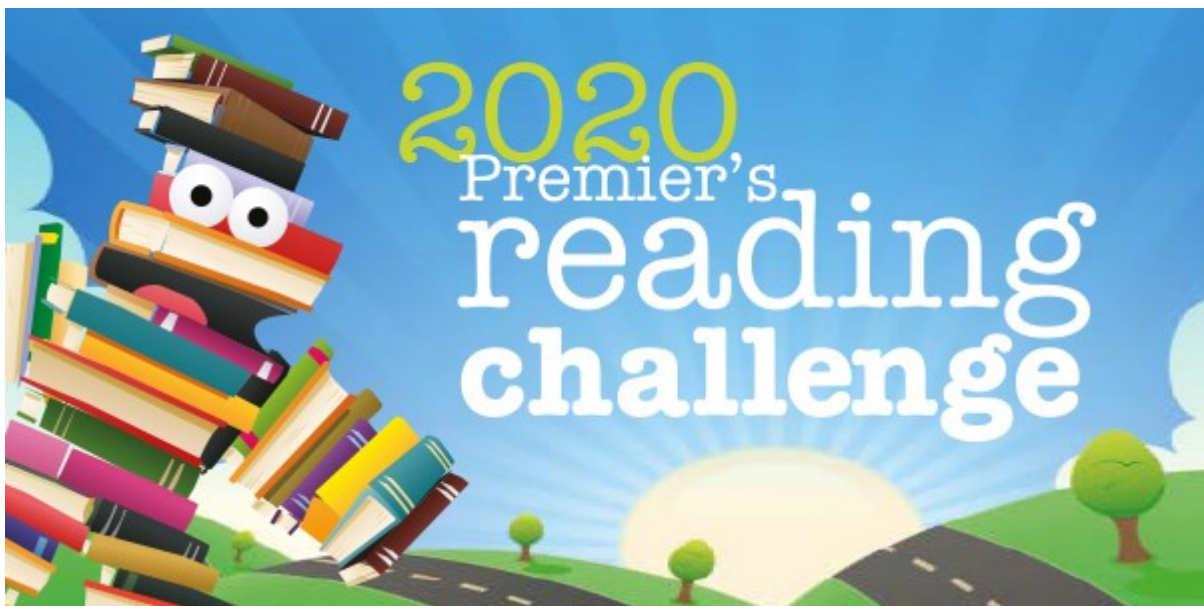
Year 5:

Annalise C.
Aniela K.
Ella N.

Scholastic Book Club

Dear parents and students,

Unfortunately, our book club delivery has not arrived. Rest assured that we will send your books home as early in the new term as possible.



Use of personal communication devices during school hours.

In some instances, parents may deem it necessary for a child to carry a mobile phone. As stated in the [St Bernard's Parent Handbook](#), these devices are to be kept in the student's school bag and only used for sending and receiving calls & messages outside school hours.

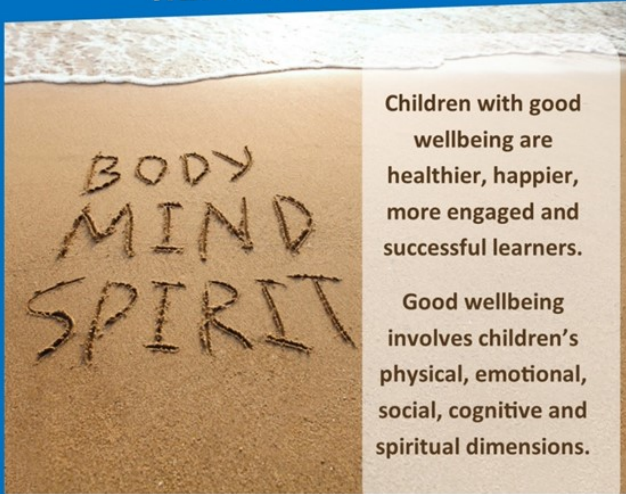
All communication during school hours should be directed to the school office by phone or email.

We appreciate your understanding in this matter.

Live Life Well @ School

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

Live Life Well @ School

ACTIVE PLAY WITH LOOSE PLAY PARTS



Add loose play parts to your play area gathered responsibly from nature, around the house or from a local recycling centre.

Loose play parts develop innovation, creativity and problem solving skills as they are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways.

For a list of ideas and inspiration visit:
www.natureplayqld.org.au/loose-parts-play



Developed by Northern Sydney Local Health District

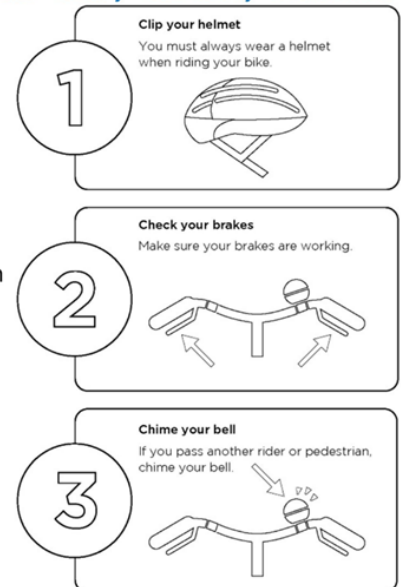
Live Life Well @ School

GET ACTIVE: BIKE SAFETY

Remember to CLIP, CHECK, CHIME!

It's a great time to get active by cycling safely outdoors

Just remind your children of these three steps each time.



For more tips and a video on bike care visit:

bicycleNSW
bit.ly/BNSWCOVID



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/>



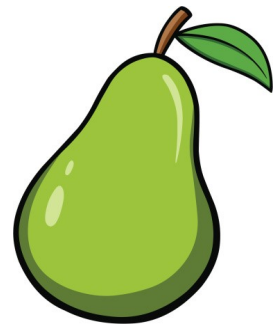
Uniform Shop

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

MEDICATIONS AT SCHOOL

NON-PRESCRIBED MEDICATION (e.g. Panadol, cough medicine, nasal sprays, lotions etc.) are not permitted to be administered by staff to children without written advice from a doctor.

PRESCRIBED MEDICATION will be administered but must be supplied by parents in the original container, clearly marked with the student's name, name of the drug, dosage, frequency of administration and prescribing doctor's name. If this is the case, relevant documentation must be obtained from the school office or from the school website for completion by the prescribing doctor.

Please check with the office to ensure that we have the most up to date **ASTHMA & ANAPHYLACTIC ACTION PLANS** for your child. You are welcome to make an appointment to discuss the medical needs of your child with our Learning Support teacher.

