

School Newsletter

Term Three | Week Nine

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

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

From the Principal



Dear Parents and Carers,

I cannot believe it is week 9 already and we are very nearly at the holidays again. Despite the interruptions to our usual business with the virus we certainly seem to have packed a lot in. One of the highlights of course has been Public Speaking, and this week I continued to be amazed and proud of all the hard work the students put into their speeches. It is always a real treat to go to the younger rooms and watch the speeches, it is truly one of the nicer parts of my job. Thank you to the teachers for all their efforts in preparing the children - but also to you parents for your words of encouragement to your children. I am glad so many of you were able to participate in the class finals via Google Meet - the children loved knowing you were there and we were thankful that the technology did not let us down.

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Uniform

As you know, we are currently in transition to summer uniform. Thank you for being sensible and dressing the children appropriately for the varying temperatures.

You would be aware that on Tuesday, I sent out a link to a Google form in which you could view and vote for your preferred girls summer shorts uniform options. I think it is important that the girls have a choice between our traditional dresses or the short and blouse option. I will close the link on Friday afternoon and inform you of the community decision early next week. Hopefully the shorts and the blouse will be a welcome addition to our school wardrobe and the uniform shop will try to make them available as soon as possible.



Girls blouse in the same blue colour as the boys shirt.

Option 1: plain.

Option 2: with red piping.



Girls shorts in navy.

Option 1: with box pleats all round, elasticated at side and back, zip pocket .

Option 2: plain with small pleat at the front, elasticated at the back, zip pocket.



From week one Term 4, all students should be in full summer uniform. Our PBL rules for taking care of our appearance will be then emphasised. Please help your children to come to school in full uniform and to wear their uniform with pride.

Trespassing on school property

Unfortunately we have recently had reports of groups of young adults trespassing on our school grounds on the weekend. Last Sunday I called the police after I received a report that a group was on our property and on a roof. Our grounds are gated and secure but this does not seem to be a deterrent. Please, if you see any suspicious activity on our grounds at any time - especially in the upcoming school holidays, call Hornsby police direct on 9476 9799. They were marvellous on Sunday and sent a patrol to check that no damage had been done. Thank you to those in our community who watch out for our school buildings.

Year 6 Graduation

As you may know, the Year 6 graduation may look a little different this year as compared to previous years. The Leadership team and I have been brainstorming many ways in which we can make the event special for our graduating class, whilst still working within the guidelines. The government has recently revised guidelines for Year 12 but as yet there are no firm guidelines around Year 6 graduations and farewells. I await guidelines and have been assured we will have more information early in term 4. I will of course keep you posted.

Thank you all and May God Bless you.

Gill Austin

From the REC (Jackie Tod)

The Dish

Last night, Mrs Hutchins and I went and served at The Dish in Hornsby and I felt it important to share how this amazing service is going. The Dish now serves a hot meal to between 30 and 40 members of the community twice a week. Prior to Covid, this was a sit down, eat-in service but has now partnered with Fusion and has adapted to be a 'take-away' service. The friends of The Dish are a diverse group and now include some young families. Last night we catered for 40 people and all of the food was served to very grateful community members. In addition to the dessert that our Stage 3 children prepare and the main meal dishes that our parent volunteers cook, the Top of the Ridge Bakery in Berowra donates their left over goods and Aldi provides fruit, vegetables and other perishable items. Last night we also had a very kind donation of clothing and shoes that we were able to take along and these were very gratefully received.

Times are tough and there are no doubt members of our own school community who are experiencing hardship at this time. Thank you for your continued support of The Dish and the valuable contribution it makes to our little slice of the North Shore. Wishing you all a calm end to Term 3 and a safe and enjoyable holiday to revive you for the excitement of Term 4.



From the AP (Anne-Marie Hutchins)

ROCK AND WATER PROGRAM

We are fortunate at St Bernard's to have over many years implemented the Rock and Water Program as part of our Personal Development and Health Program. The valuable program requires teacher training and integrates well with PDHPE units that develop self and relationships. All classes K-6 engage in Rock and Water lessons throughout the year and have a more major focus in Terms One and Three.

Basically the lessons are a series of exercises and games practised to develop confidence and self-reflection. The games are martial arts based, and students learn to stand strong, negotiate using "rock" or "water" verbal approaches, walk away from a fight, consider alternatives to aggression, and develop understandings about who they are, their intuitive feelings and their personal direction. After physical activity, the class stops to reflect on the relevance of each lesson, where Rock and Water principles such as honesty, compassion, gratitude and patience are discussed as well as real life situations and responses to them. Most importantly, we emphasise the relationship between

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the physicality of the activities and the development of social skills, self confidence and resilience. Rock and Water decreases bullying and depressive feelings, and increases self-esteem, self-regulation and social acceptance.

THE ROCK AND WATER SALUTE:

I will respect you, (rock closed fist on heart) I will not hurt you (water open hand covering the rock)



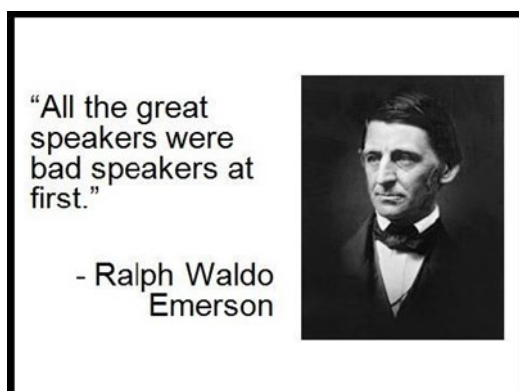
PUBLIC SPEAKING

Well done to all students K-6 who participated in this term's St Bernard's Public Speaking Competitions. Communication is one of the most important skills we can develop. Public speaking is one of the most important and for some, most dreaded forms of communication. While some kids take to it naturally, others tend to be more fearful of standing and talking in front of a crowd. It has been pleasing to see students plan and practice their speeches to gain confidence and become articulate. With provided opportunities and positive encouragement, all students have the potential to become great speakers. This year was a little different in that additional audiences viewed the speeches via GoogleMeet. It was wonderful that technology allowed the option for finalists' parents to join us from their homes. As noted in earlier correspondence the Year 6 Cluster and Diocesan Finals were cancelled due to COVID restrictions and safety concerns.

Congratulations to our 1st and 2nd medallist winners for their Grade Public Speaking Finals:

Year 6: Max and Freya
 Year 5: Aniela and Lilly
 Year 4: Henry and Tahlia
 Year 3: Ava and Carys
 Year 2: Taya and Estelle
 Year 1: Piper and Martha

Congratulations also to our Kindergarten finalists Max P, Noah S, Evan D, Emily M. & Sebastian B. who will present their speeches on Friday morning.



Gallery: Public Speaking Finalists



From the classroom (Kindergarten)

This week in KB we have been exploring the book 'Arthur' by Amanda Graham and Donna Gynell. *Arthur is just an ordinary brown dog which nobody wants so he practices being other, more popular pets.*

KB had fun pretending to be Arthur. Check out our amazing writing! We have been focusing on writing full sentences with different punctuation.

When will I get out of this pet shop? I want a home so much! I also want a pair of slippers to chew and someone who cares about me. I am sad. It is like nobody loves me. When will I get a home?

Una

I want a home but where? Will anyone want me? I need a home! What can I do so someone wants me?

Sebastian

Will I ever get out of this pet shop? Will I ever escape? I really want a home. I really, really want one! I just want a pair of old slippers to chew on. Please can I have a home? Oh please!

Isabelle

I am bored because I have been in this window for a long time. I think I will never get out again. This is it!

Luca

I am stuck in here forever! And I don't like it! Am I invisible? Well I could try to break out of the window! Maybe people think dogs ain't real? Or everyone has a dog.

Noah S

I am stuck in the window. What will I do? Will I ever get out? I don't think I will get out! Will I ever have a pair of old slippers to chew on?

Evan





St Leo's CATHOLIC COLLEGE

SECOND ADDITIONAL STREAM added due to overwhelming demand

*Enter with passion -
graduate with greatness*



Last-minute opportunity for
YEAR 7 2021
ONLY 10 PLACES LEFT!

Hurry! Contact us today to find out more.

stleos.nsw.edu.au

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/>



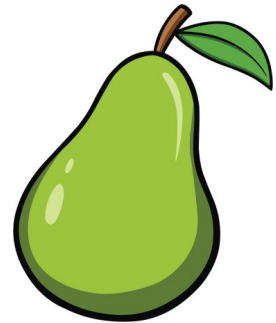
Uniform Shop

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



Northern Districts Little Athletics



“A community-oriented not-for-profit organisation for Family, Fun and Fitness”

New Season Starts October 2020

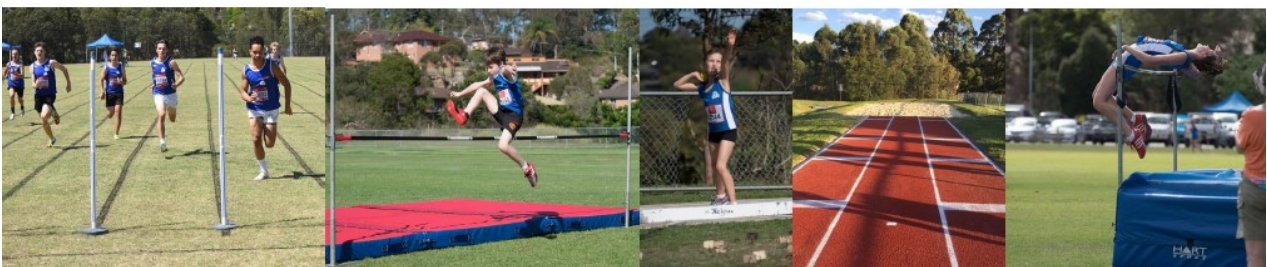
*Friday Twilight Athletics Workshops 9th & 16th October from 6pm
Followed by Saturday program beginning 24th Oct. from 830am through to March 2021*

ONLINE REGISTRATION NOW OPEN. LANSW Covid Safety Plan approval in place.

Weekly programs for Ages U6-17 (ask about our Tiny Tots Program)

A great way to stay active over Spring & Summer, with a focus on achieving your Personal Best

Held at Foxglove Oval, Mt Colah. See our website www.ndlac.org.au for more information



SCHOLASTIC
Special Sale Events



Don't miss our School Holiday Sale!

Wednesday 30 September: 8am to 5pm

Thursday 1 & Friday 2 October: 8am to 5pm

Scholastic Warehouse - Gate 3, 76-80 Railway Crescent,
Lisarow

Our warehouse doors will be open for a few days only in the upcoming school holidays. Don't miss these incredible book deals!

Come along for some amazing book bargains and if you can't make it, please share the details with your colleagues and school community so they don't miss out!

We hope to see you there!

**For the latest updates and announcements
please follow this event on Facebook.**

PLAY

LEAGUE STARS

HOLIDAY CLINICS

The League Stars program appeals to the true nature of kids, in all their messy, high energy, love of fun and play. During the holiday clinic your child will participate in specially designed games that get them smiling and sweating.

League Stars kids have loads of fun with their friends, old and new, but the program delivers so much more. The holiday clinics unlock more of their unique strengths, building physical, cognitive, social and emotional skills that will help them take on challenges big and small, now and in the future.

**REGISTER FOR OUR HOLIDAY CLINICS AT
LEAGUESTARS.COM**

DATE: Wednesday, 30th September
TIME: 10:00am - 1:00pm
AGE: 5 - 12 years old
COST: \$40

WHERE: Koola Park, East Killara
26A Koola Ave, East Killara
NSW 2071

YOUR LEAGUE STARS COACH IS: Daniel Vasek
dvasek@nrl.com.au
0428 400 925



LEAGUESTARS.COM

**TAKE
\$100 OFF***

YOUR REGISTRATION FEES

Claim your voucher today



**OUTDOORS
NON-CONTACT**

PLAY CRICKET!

**MORE RUNS. MORE WICKETS. MORE FUN!
GET INVOLVED IN ALL THE JUNIOR CRICKET ACTION
AT THE BEROWRA CRICKET CLUB THIS SUMMER.**



BEROWRA CRICKET CLUB SEASON 2020/21

Junior Blasters (5-7yrs) | Master Blasters (8-9yrs)

Juniors (U10-U17) | Seniors (Open)

Online registration: www.berowracricket.org

All enquiries: juniors@berowracricket.org

INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS



JOIN THE BEROWRA CC TODAY!



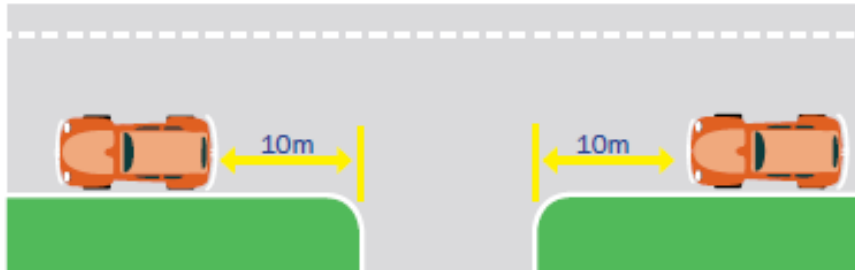
PROUDLY
PRESENTED BY



Parking Rules

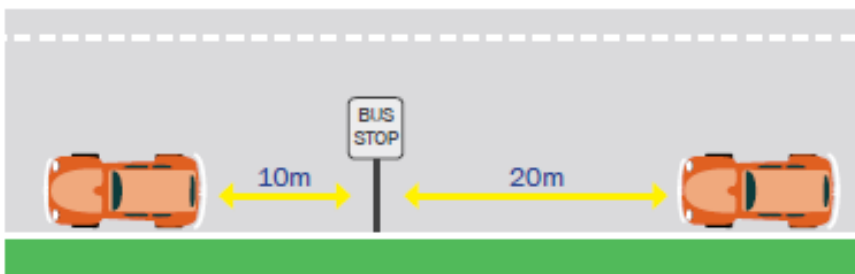
Please park safely and legally on the streets around your school. Park legally so you do not incur parking fines and demerit points. Council's Traffic Compliance Officers enforce parking around schools. If you park contrary to the road rules you will be fined!

You cannot stop or park your vehicle:



Within 10m of an intersecting road at an intersection without traffic lights (20m with traffic lights), unless a sign states you can park there (see image at left).

PENALTIES FROM: \$344
Demerit Points apply




Within 20m before and 10m after a bus stop (see image)

PENALTIES FROM: \$268
Demerit Points apply in School Zone

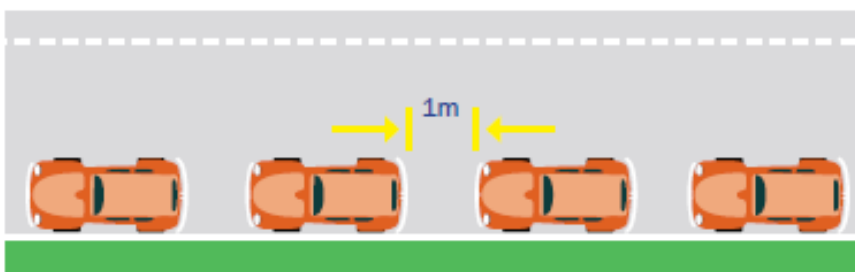
Parallel parking

This is the usual way to park unless signs tell you otherwise. You must park in the same direction as the adjacent traffic and parallel and as close as possible to the kerb.



You can NOT park across driveways or pedestrian kerb ramps. A vehicle can be parked up to the wings on the driveways or ramp (see image)

PENALTIES FROM: \$268
Demerit Points apply in School Zone



You should park at least one metre from any other parked vehicle and entirely within any marked parking lines where provided (see image)

PENALTIES FROM: \$114

For a list of all school zone driving and parking offences in New South Wales visit:
<https://www.rma.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>



This is a road safety initiative developed by Hornsby Shire Council

Parking Rules

No Parking Zone

- Drivers may stop in this zone to drop off or pick up passengers or goods for a maximum of 2 minutes.
- The driver **MUST** remain in or within 3 metres of the vehicle at all times.
- The vehicle must not be left unattended.
- If times of operation are shown on the sign, the restriction only applies during the times shown.
- No Parking zones can also be used to drop off and pick up children.



Penalty: \$114 or \$344 in School Zone + 2 Demerit Points

Bus Zones

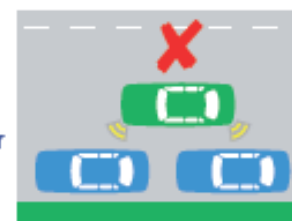
- Drivers are not permitted to stop within a bus zone at any time.
- If times of operation are shown on the sign, the restriction only applies during the times shown.



Penalty: \$268 or \$344 in School Zone + 2 Demerit Points

Double Parking

- Drivers are not permitted to stop or park between the centre of the road and another vehicle that is parked at the side of the road.
- Double parking decreases visibility for motorists and pedestrians, and significantly reduces road safety around schools.



Penalty: \$268 or \$344 in School Zone + 2 Demerit Points

No Stopping Zone

- Stopping is not permitted at any time.
- If times of operation are shown on the sign, the restriction only applies during the times shown.



Penalty: \$268 or \$344 in School Zone + 2 Demerit Points

LEGAL DISCLAIMER:

This document is produced as a guide only. Council takes no responsibility for any damage sustained to vehicles when parked in local streets. It is the responsibility of the driver to be aware of traffic regulations and parking restrictions when parking a vehicle and Council reserves its right to issue Penalty Infringements Notices in circumstances where traffic regulations or parking restrictions have been violated.

Safe Walking Tips

- Always use pedestrian crossings.
- Never assume that a driver can see you or will stop for you. Their vision may be affected by the sun, poor light, parked cars or other distractions.
- Remember that drivers take longer than usual to stop in the rain or on a wet road.
- At intersections, check for turning vehicles before you leave the footpath and while you are crossing the road.
- Children up to ten years old should hold an adult's hand in the car park, on the footpath and when crossing the road.
- Avoid using a mobile phone, head phones or other device while you are crossing the road.
- Watch out for bicycles.



This is a road safety initiative developed by Hornsby Shire Council