



St Bernadette's Parish School, Lalor Park

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26th February 2014

NEWSLETTER

Term 1 Week 5

FROM THE PRINCIPAL

Dear Parents

Many thanks for your participation in the parent teacher chats last week. The teachers thoroughly enjoyed meeting with you to further learn more about your child/children so that the 'whole picture' of the learner could be viewed. You provided insightful and valuable information that will help the teachers in providing the best possible learning experiences for your child.

The start of the school year is a time when children are establishing, re-establishing and sorting out their friendship groups. Sometimes this can lead to some conflict, some teasing and some rejection. Kids can sometimes feel hurt and disappointed and will vent their feelings at home and rightfully so because home should be a place to share their hurts & disappointments. (Michael Grosse)

Today I would like to spend some time writing about resilience so that as we progress through the year we can understand our role in building this critical attribute in the children in our care. It is a wonderful yet tough world in which we live and grow (as we have all experienced) and it is how we respond as adults to conflict and anxiety at home, school and the wider community, that will make a real and positive difference to the citizens of the future (our children).

Resiliency is: 'The human capacity to face, overcome and even be strengthened by the adversities of life.'

Research says there are some of the distinguishing characteristics of resilient children from their non-resilient peers. The research consistently shows that resilient children tend to display the following attributes:

Social competence: Resilient children tend to be responsive, socially adept, capable of initiating and sustaining close relationships with adults and peers, and able to show appropriate empathy. They have good communication and conflict resolution skills, and possess a healthy sense of humour. They can distinguish a friendly game and remain non competitive and aggressive in a bid to be the winner or the best game player.

Problem-solving skills: The resilient child is typically able to think creatively and flexibly about problems, to make plans and take action on them. They are able to ask adults for help when needed, and show resourcefulness in dealing with problems. They can work out their part to play in a bigger situation and take responsibility for it.

Autonomy: Resilient children show a healthy degree of independence, are able to think and act autonomously from adults, and are able to reflect critically on their environment. They have a well-developed sense of their own identity and believe in their own ability to make changes in their environment.

Optimism: Optimism encompasses the sense of having a bright future, a tendency to see challenging situations in positive terms, and a belief in one's ability to deal with whatever life brings. (Bernard, 1995)

Three sources of Resiliency:

Edith Grotberg of the 'The International Resilience Project' defines resiliency in terms of three sources, which she labels I HAVE (social and interpersonal supports), I AM (inner strengths) and I CAN (interpersonal and problem solving skills).

I HAVE

- People around me I trust and who love me no matter what
- People who set limits for me so I know when to stop before there is danger or trouble
- People who show me how to do things right by the way they do things
- People who want me to learn to do things on my own
- People who help me when I am sick, in danger or need to learn

I AM

- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will be all right

I CAN

- Talk to others about things that frighten or bother me
- Find ways to solve problems I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or to take action
- Find someone to help me when I need it

(Reproduced from Grotberg, E. (1995))

According to Grotberg, for a child to be resilient, he or she needs to have more than one of these strengths. For example, if a child has plenty of self-esteem (I AM), but lacks anyone whom they can turn to for support (I HAVE), and does not have the capacity solve problems (I CAN), they will not be resilient. This finding is in line with other research showing that resiliency is the product of a number of mutually enhancing protective factors. It is not a personality attribute, but the result of many factors which combine to buffer a child against the potentially harmful effects of adversity.

Our job as parents and educators is to assist the children in developing the skills of resilience so that in times of conflict or anxiety they see us, (the adults) and their peers called to act in a positive, fair and honest way for all involved. Reserve judgment of others and seek positive resolution.

At St Bernadette's the teachers and I spend many hours with the children to assist resilience and strive to make sure that all voices are heard fairly. Often in a conflict situation the child will hold onto their own perspective and report things from their point of view. This is a natural response.....even we as adults do this. However, as is often the case, there are many factors involved and many different viewpoints from a number of different people involved.

This is why we have cool down time and quiet time before attempting to sort out a problem with the children. By giving each person involved in a conflict a chance to be heard the problem usually can be sorted and consequences mutually agreed upon by the children themselves.

Children by nature are generally very philosophical and after the 'heat of the moment' can identify where a problem started and very honestly track the series of consequent events, own their part in it and willingly apologise and move on. I never cease to be amazed at the ability of children to forgive and be forgiven, to show empathy and mostly own their own part in a conflict and be able to reflect in a very honest way about a 'trigger' and its 'path of destruction' (like a summer storm). They then are able to move on and play the next game together or share the workspace or re-establish 'friend' status quickly and smoothly.

I always feel hopeful when I see and hear children, with the help of positive and empowering adults, to scaffold a problem solving process, come out of a situation of conflict at school, in the sporting arena and at home, with a sense of achievement and pride that honesty prevailed, behaviour was owned, responsibility taken, forgiveness offered and given and order restored (until next conflict arises.....as it will!).

At St. Bernadette's I love that the children ultimately show respect to each other in the conflict resolution process. The school will always need the help of the parents and to assist with the conflict resolution process. Resolving a conflict is not about blame but more so about taking the children through a process where the role models in their lives display the same respect and responsibility for all children involved and the process that the children were taken through to find a suitable solution to move forward andupward. It is important to trust the school to help children to solve their small and big problems in the classroom and on the playground so that the children are building a strong resilience to prepare them for the rest of their 'life'

Some conflicts are small and shortlived in a school day....done and dusted simply and quicklyresolved! Other situations will need some ongoing talking through and gentle, understanding and firm boundary setting for some children.

I have been very impressed with dealing with many wonderful parents assisting not only the school to promote resilience in their own children, but also being respectful of other children and their families when dealing with 'stuff that happens at school'. Thank you for the role modelling you present to your and other's children. It is critical that we support each other in working together to skill the children to be wonderful and empowered individuals who will blaze into adolescence, and then adulthood, as confident respectful and honourable citizens and human beings. In this way they will be positive role models to their peers and those they meet along the way.....truly being 'the face of Jesus' to all they meet.

I thank you for your continued support and encouragement of both the children and the school in this matter.

Kind Regards
Liz Devlin



DATES TO REMEMBER

TERM 1

February

- 28th Diocesan Swimming Carnival
Reconciliation
9.45am Stage 2 Blue
11.45am Stage 3 Blue

March

- 4th Return of the Bully – Whole
School Program
School Band Parent Meeting 6pm
Parent Group Meeting 7pm
5th Ash Wednesday Liturgies
Primary at 9.45am
Infants at 12 noon
7th Principal's Coffee and Chat 9am
10th **Catholic School Week**
Kindergarten 2015 Enrolment
Commence
12th School Cross Country
14th St Bernadette's Day Mas 9.45am
BYO Picnic Morning Tea
Open Classrooms
16th Youth Group – 6.30pm-8pm
21st Primary Mass 9.45am
Harmony Day
30th ES1 & Stage 3 Family Mass 10am



CommonwealthBank

**NO SCHOOL
BANKING
FOR THIS WEEK**
Sorry for the
inconvenience.

Catholic Schools Week

Week 7

Sunday 9th March to
Saturday 15th March
Come and celebrate with
us during
Catholic Schools Week.
Timetable coming home
this week!



LIBRARY NEWS

Premier's Reading Challenge- ONLY ONE WEEK UNTIL REGISTRATIONS!!!

Just a reminder to all students to get your Premier's Reading Challenge forms in to the office as soon as possible. We would like as many students as possible from St Bernadette's completing the challenge this year. I will be registering our school next week. There will be a prize for the class that has the most participant this year. Good luck everyone!!

Chess Club

Thank you to the Stage 2 and 3 students who have returned your Chess Club 'Expression of Interest' forms. We still need a few more students to get the Chess Club up and running. Please return notes as soon as possible.

Thank you,
Monique O'Brien (Teacher Librarian)



Change of Sport Day

Please be aware
Early Stage 1 have
changed their
sports days to
Monday and Friday
Thank you

PAPER FREE NEWSLETTER STARTS THIS WEEK

Please log on to our website to register for the newsletter
or email us at
stbernadetteslpark@parra.catholic.edu.au



Catholic Schools Week – 9-15 March 2014

Dear Parents/Carers

This year St Bernadette's Primary School will join Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW) from 9-15 March.

The theme for CSW 2014 is 'more than a great education' which encourages schools to showcase for their local community the opportunities available to students, raise awareness, and celebrate the distinctiveness of Catholic schools.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community, by showcasing what happens in our classrooms every day.

It is for this reason that I would like to extend an invitation to you and your family to join us at St Bernadette's during Catholic Schools Week to celebrate with our school and parish community Catholic Schools Week 2014.

Our school will be celebrating during the week by having, Whole School Breakfast, Reading in the Library, Games on the playground, Information Technology Assembly, Enrolment information Night, School Cross Country, Open Classrooms, Whole School Mass, and Picnic Morning Tea.

This is an ideal opportunity to support the community of St Bernadette's Primary School and learn more about the great things that take place in Catholic schools every day.

Our school has a supportive community of teachers, parents, carers, P&F, clergy, parishioners and support staff who work together to focus on giving students the best education possible, encouraging success, promoting discipline, supporting creativity and instilling compassion.

I would like to take this opportunity to thank you for all your support of St Bernadette's and I look forward to celebrating Catholic Schools Week with you.

I also encourage you to visit the Australian Catholic Superannuation and Retirement Fund's website, www.catholicsuper.com.au. Australian Catholic Superannuation are proud supporters of Catholic Schools Week 2014.

Mrs Elizabeth Devlin

Principal

BLACKTOWN ZONE SWIMMING CARNIVAL

Last Friday 20 students from St Bernadette's competed in the Zone Swimming Carnival at Riverstone Swimming Pool. Our students swam exceptionally well, with 7 students making it to the Diocesan Level next Friday in individual events, and also 3 out of the 4 relay teams making it to the next level.

Special congratulations to Jaden Amaral, and Pia Andreacchio for being awarded the runner up for senior age champion, and Mitchell Hodge who was named Age Champion.

Good luck to Jaden Amarel, Mitchell Hodge, Pia Andreacchio, Ben Cooper, Keely Segavcic, Jayden Jenkins, Christine Kom, and all the relay members who will be representing Blacktown Zone next Friday.

Mr Mogan

PDHPE CoOrdinator

FROM THE REC

Dear Parents,

I would love to extend my gratitude to all of our Infants' parents and family members who attended our first Infants Liturgy for the school year last Friday. It brings great joy to both the teachers and your children, seeing you witness Christ and supporting our faith journey. This willingness to embrace Christ and honouring time in your morning sends the significance message to your children that you too value the celebration of Liturgy. Thank you to Father Andrew for your beautiful explanation of the Gospel's message during your homily – you always know how to share Jesus' message to the children in such a meaningful way.

Special thanks also to Mrs Ward and her three thoughtful boys Adam, Matthew and Luke. The Welcoming Kindergarten BBQ couldn't be possible without your organisation and the support of you and your family. The BBQ was a success. It was lovely to have a friendly chat to all of our Kindergarten parents.

Lastly, on Monday members of the St Bernadette's staff attended the funeral of Mrs Val Stevens's husband, Dave who had been fighting cancer for the past year. We know that he has made his safe journey into Eternal life with God. Could I kindly ask that you keep Mrs Stevens and her family in all your prayers to seek God's grace and strength? I am sure that this must be a difficult time for Mrs Stevens and her family. Thank you.

*"What we have once enjoyed, we can never lose. All that we love deeply becomes part of us." –
Helen Keller*

Regards,
Ms Mabellynn Buenaventura
REC



You Are Invited

Seminar for Parents

Wednesday 19th March 2014 starting at 7.30pm

Our Lady of Lourdes Primary School

School Hall, 7 Grantham Road, Seven Hills

Presenting Brett Murray

Australia #1 Anti-bullying Authority and Youth Speaker

Tea and Coffee will be provided

Contact Anne-Maree Napolitano on 0408 641 583

For more information

May the spirit of unity and
love reign
amongst us



Saint Mary
MacKillop(1884)



Principal's Coffee and
Chat
Friday 7th March
(Week 6)
9am
Multi Purpose 2
All Welcome.



St Bernie's Crew School Band

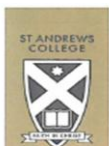
Just a reminder that the band meeting for parents will be held in week 6, Tuesday 4th March at 6pm, in the library. Could we kindly ask that a member from each family attend the meeting. If there is anything you would like to discuss on the night, please email us at the St Bernie's crew email address, in order for us to place items on the agenda.

Look forward to seeing you there!

Band Director-Ms Marie-Louise Jolicoeur

Band Treasurer-Mrs Lisa Wickens

Band Director- Mrs Leanne Ardill



St Andrews College

St Andrews College Open Day

Where: St Andrews College, Holy Family Campus
When: Tuesday 11th March 2014
Time: 9:00am, 9:45am or 11:00am

St Andrews College is offering parents and students the opportunity to tour the college. The Open Day will be held on Tuesday 11th March. To assist with the organisation of the day, parents are required to book on one of the tours by telephoning Leanne Potts on 9626 1999. Tour times are 9:00am, 9:45am or 11:00am.

Pre Enrolment Meeting

Parents are also invited to attend our Pre-enrolment Meeting on Tuesday 6th May, 2014 at 6:00pm. The meeting will be in the Hall on the Holy Family Campus.



Harmony Day
Friday 21st March
Full day of
celebrations at
St Bernadette's.
More information
coming home this
week.



Birthdays

Congratulations to the following students who celebrated their birthday recently.

Sarah Justin Wani

Kaitlin Pillay

Zakiya Basha

Charlee Hutcheon

Annabelle Thorn

Jwodho Mugo

Achan Malith

Angier Malith

Joy Omer



Congratulations to the
McCarthy family,
Ella (Stage 2 Gold and Aiden
Stage 1 White) on the birth of
their little baby brother Declan
over the school holidays.



School Hats have arrived
and are available at the
Uniform Shop on
Wednesday and Friday
Mornings.

Book bags are now
available for Early Stage 1
parents to purchase.



Holy Cross Hurricanes **Junior Rugby League Club**

Players wanted for U7, U8, U9 and U11
Registrations being taken at Cornucopia Reserve
Cantwell Street Glenwood
5:45 to 7pm **tonight** (26 Feb)
Please contact Lauren 0433 953 353 for details

St Bernadette's Parent Group Meeting

Tuesday 4th March 2014

YOU ARE ALL INVITED to join us for our Parent Group General Meeting held Tuesday 4th March at 7pm. We would like at least one parent from each family to attend, to keep you informed on the progress of your child's school. This is a great way of getting involved in your child's school and making new friends. Congratulations to our two latest Parent Executive members Justyna Lupa our new Community Co-ordinator and Zeina Yaacoub returning as Treasurer. Welcome Ladies. We have a few events in the planning process and we will let you know more soon.

AGENDA

Opening Prayer

Apologies

Review/Accept minutes from last meeting

Correspondence

Parent Group Co-ordinator Reports

Principals Report

Social Co-ordinator

Community Co-ordinator

Fundraising Co-ordinator

Education Co-ordinator

Canteen Co-ordinator

Treasurers Report

General Business

Meeting Closes

If you wish to add an item to the agenda call Anne-Maree 0402 137 247. Thank you to Palmira Sweeney and Leanne Ardill for organising the Tissues and Champagne for our Kindy Parents, this was very successful and more tears than I have seen in a few years from both current and new mums but we also had some cheers. I am sure it was reassuring to these parents that their child will be ok and that they are in great hands.

Anne-Maree Ward - Parent Group Leader

PARKING IN GARDENIA GROVE

Please be advised there are some guidelines that are required to be followed when parking in Gardenia Grove.

- * Always remember to NEVER cross the road through the morning or afternoon cars that are in the queue waiting to drop off or pick up their children. Please either walk your children all the way around the cul-de-sac or up to the top of Gardenia Grove.
- * Always remember to NEVER call your children to cross the road if you have parked on the opposite side of the Kiss and Drop zone.
- * Resident's driveways along Gardenia Grove should not be used for parking.
- * Do not park in NO PARKING zones along Gardenia Grove.
- * Drive SLOWLY along Gardenia Grove, children can be unpredictable.
- * For safety reason, please DO NOT complete a three point turn in our neighbour's driveways as this is very unsafe with many child and cars in the area. Please drive to the end of the cul-de-sac and turn around safely.

Our children are irreplaceable, please let us all work together to ensure the safety of all our children.

KISS AND DROP VACANCIES

We are in need of volunteers for our Kiss and Drop service. You must have completed the Child Protection Training. This is a great opportunity to become involved in your child's school community. Maybe you have a spare 30 minutes per week to give back to St Bernadette's. It is a great way to meet new parents, teachers and St Bernadette students.

Monday 8.30am - 8.55am

Tuesday 8.30am - 8.55am

Wednesday 3.15pm - 3.30pm

Please be advised whilst there are vacancies Kiss and Drop may be unattended. I am endeavouring to fill in the vacancies myself, however due to work commitments it is not always possible. Please be patient with us whilst we await our generous volunteers. I would like to thank the current volunteers who have generously agreed to continue their position in 2014. I would also like to welcome Cindy Astillo who will be joining the Kiss and Drop volunteers. Thank you to all the ladies who give up their time to help our school community.

Thank you

Jennell Attard

Kiss and Drop Leader



St Bernadette's Primary - Lalor Park

ENROLMENT INFORMATION EVENING
TUESDAY 11TH MARCH 2014
7pm in Parish Hall

ALL WELCOME

**If you are considering enrolment for
2015, come and see what
St Bernadette's can offer your child.**

For more information phone 9622 3535

**Please let any family or friends know that
we are having an enrolment information
evening.
All welcome.**

UNIVERSITY OF WESTERN SYDNEY SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS PENRITH OBSERVATORY

FAMILY ASTRONOMY NIGHT
Saturday, 8 March (8pm – 10pm)

**Science from the World's Biggest Telescope:
The Square Kilometre Array**

Dr Nick Seymour from CSIRO Astronomy and Space Science will discuss Australia's SKA Pathfinder, currently under construction in WA, and his work with it. He will further discuss the science to be done with the SKA in Australia and South Africa. The night will also include a 3D astronomy movie that will run for 15-20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will run regardless of the weather.

Cost: \$15 adult, \$10 child/concession and \$40 family.

Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What's On

Enquiries: Phone (02)4736 0135
or email r.mccourt@uws.edu.au



STUDENT PHOTOS

There have been a number of photos uploaded to our website including Kindergartens' first day at school and our Opening School Mass where our leaders received their badges. We also have a number of 'Kindergarten First Day' photos in our school admin foyer. Please have a look at these photos. If there are any that you like to have a copy of, please contact the school office and we can arrange to have them emailed to you. Very shortly we will have some photos of the band in our foyer as well.

Keep a look out for them.

CRUNCH AND SIP

Children at St Bernadette's are encouraged to bring a piece of fruit or a vegetable to school and water to participate in Crunch and Sip. This involves your child's class breaking for ten minutes and eating a piece of fruit or vegetable, and having some water, which keeps their minds on track, rehydrates them, and can help lead to a healthy lifestyle as they grow. We are aiming to have every child at St Bernadette's arriving at school with an extra piece of fruit or vegetable for crunch and sip by the end of the term.

This is only possible with PARENT SUPPORT. Please ensure their lunch box is packed with some healthy options so your kids can take part.

Did you know?

- 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

Age(years	Fruit(serves/day*)	Vegies(serves/day#)
4-8	1½	4½
9-11	2	5

* One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit;

One serve of vegetables is 75 grams (equal to 1 cup cooked vegetables; 1 medium potato; 1 cup of salad vegetables; or 1 cup cooked legumes (dried beans, peas or lentils)



St Bernadette's Parish, Lalor Park

Parish Priest:	Fr Andrew Robinson	Mass:	Sat 6pm Vigil; Sun 8:30am & 10:00am
Secretary:	Mrs Bev Baxter		Children's Liturgy - Sat 6pm; Sun 10am
Office Hours:	Tues, Thurs & Fri 9am to 4pm		except school holidays /
			First Communion times
Telephone:	9672 4037		Blessings at all Masses for children
Fax:	9671 5377	Weekday Mass:	Tuesday to Saturday 8.45am
		Rosary:	Before Mass Tuesday to Saturday
Email:	admin@stbernadetteslalorpark.org.au		
Web Page:	www.stbernadetteslalorpark.org.au		

LIFE REGAINED!

Gospel in Life

Steven grew up in the Sydney suburb of Strathfield. When he was six his father beat him savagely. His injuries were so severe that he was left in a coma for 3 months.

After leaving hospital he didn't feel safe at home and decided to run away. The police picked him up and he was moved to a Refuge.

When he was ten he started smoking cigarettes and then marijuana. Around this time his younger brother was hit by a car and killed at the age of 8. "I can hardly remember the funeral. I was so out of it. I do remember they played two Elton John songs 'Can you feel the love tonight' and 'The Circle of Life'".

About a year after the death of his brother, Steven was sexually abused and his use of drugs and alcohol increased. 'I was trying to block out all the pain.'

'My mum wanted me to go to St Ignatius College, but Year 9 was completely full, so I ended up having to go to a boarding school in Bathurst. I absolutely hated boarding school and was doing everything possible to get kicked out.'

After school, Steven began a course at TAFE, where he was asked to complete a project on himself and his background.

After reading mine, my teacher suggested I attend a Youth Insearch Camp. I wouldn't participate at my first camp and felt like going home. On the Saturday night they played the very songs from my brother's funeral and everything came back to me. So I decided to go on one more camp and at the end something changed.

I started to feel accepted and understood ... it was a magical experience.

I established some goals and started to think about my future.'

Steven was one of the Youth Insearch Leaders to be presented with his Certificate of Accreditation at Government House in 2004. 'I never thought I would be there at Government House. I had to change so much, from my coloured hair, smoking, drugs and alcohol abuse to be there was an amazing and awesome feeling.' Steven is now hoping to further his education, though he isn't sure yet what he wants to do. 'If it wasn't for Youth Insearch there is no doubt I would have been dead.'

(PeopleSpeak by Carmelprint)

(Youth Insearch Foundation (Aust) Inc., P O Box 6570, Baulkham Hills B C, NSW, 2153, or www.youthinsearch.org.au).

HEALING MASS Mass with the Anointing of the Sick will be celebrated next Saturday **1st March** at 9.00am. You are invited to stay and enjoy a cuppa afterwards. **Please bring a small plate of food cut into slices to share.** Next Saturday we gather to receive further healing from the Lord for body, mind, Spirit. We would be grateful if you could let Fr. Andrew or the Parish Office know of any sick parishioners.

PRAYER FOR FAITH IN OUR FUTURE

Gracious God, source of all life,
you call us together in faith and love
as the Diocese of Parramatta.

As one body in Christ,
may we respond to your Word,
attend to the signs of the times,
and live as your disciples in word and deed.

Renew our hearts in your Holy Spirit
to grow and share our faith with the world;
give us courage and grace
to live faith in our future.

We ask this through Christ our Lord.
Amen.