

School Newsletter

Term Two | Week Four

2020



St Bernard's
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Berowra Heights 2082
Phone 9456 2104
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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

Mass by appointment only. Please call Parish office 9456 2450

From the Principal

We're Going Back To School



Dear Parents and carers,

Once again it has been wonderful welcoming back the children this week. They have certainly settled very well and teachers are relishing the chance to teach face to face. Early next week I hope to send out a short survey. This will centre around the learning and well being of your child during their recent experiences of lockdown and HBL. We are keen to have your observations about how you feel they have coped and know any of your concerns as the children return to face to face. I feel many of you have been giving regular feedback to teachers throughout the period, but a survey will help us identify trends across the school and perhaps pinpoint where wellbeing initiatives may be of most use during the rest of the term.

Enrolments for 2021

Over the last two weeks I have been interviewing families for our Kinder intake in 2021. All interviews have taken place via ZOOM and I would like to share how complimentary every potential new member of our community has been about the year 6 students who hosted their tour at our open day in March, just before Covid struck. We should be very proud of them and thanks once again to Miss Eves who prepared the children so well. I have also been conducting individual private tours after school, when everyone has left for the day to fall in line with the Covid 19 restrictions. Many have commented on our wonderful spaces. We will also be holding two virtual Open Days over the next few weeks. If you have any neighbours or friends interested please encourage them to register [HERE](#). or via our website.

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Birthday Celebrations

It is important to keep up our traditions at this time and celebrating a Birthday with the class and friends is one we wish to keep. To fall in line with a more safe approach at this time however, I ask that store bought treats are provided. It is safer at this time if the items are individually wrapped and sealed. Thank you once again for your support. However I ask you not to send lolly bags, a single treat is plenty.

Staggered Drive Thru from week 5

Thank you for your support with the compulsory 'Drive Thru'. We are getting quicker every day as both parents and students get used to the process. Mrs Cottrell has clearly had some success in getting Kinder to recognise their surnames! Next week when all grades return, we hope to modify the procedure a little and stagger the pick up times in an effort to speed up the process for parents waiting.

Kinder, Year 1 AND their siblings (about half the school) will be ready for pick up in the church car park at **3PM**. If your child / children are in this group please try and be ready to pick them up at **3PM**. No child will be abandoned if you are late of course, they will simply wait with the others under teacher supervision.

Years 2,3,4,5 & 6 Will be dismissed at **3.10PM** as usual. Please try not to arrive any earlier than **3.10** to pick up these grades as you will be asked to move on if your child is not ready and waiting for you.

FULL RETURN TO SCHOOL NEXT WEEK

The following information is aimed at parents of older children but I feel some of the information can be transferred to younger children with your guidance. Please view it personally and consider some of the strategies it suggests, it may help with preparation for a full return to school:

[School TV Transitioning Back](#)

Staff Development Day Friday 3rd July (last day of Term 2)

You may be aware that the Diocese of Sydney and Parramatta held two Staff Development Days at the start of term 2. Broken Bay decided at that point to have just one and to hold the other over till a later date in the term, anticipating that this may be useful in the face of an ever changing situation. Schools have been notified by the Catholic Schools Office Broken Bay that Friday 3rd July should be taken as a system staff development day.

Final Word

Enjoy the weekend ahead, rug up, I fear we may all be indoors if the weather reports are to be believed. Let's look forward to next week when our spaces will be full again!



From the REC (Jackie Tod)

Weekend Masses

As Ku-ring-Gai Chase Parish is now able to have a small number of participants at Masses, please contact the Parish office if you would like to book in to attend one of these. Masses will continue being live streamed through the Ku-ring-Gai Chase Parish Facebook page on Saturday evenings at 5pm and Sunday morning at 9am. If you receive the Friday email from Ku-ring-Gai Chase Parish, you will receive the Children's Liturgy video link and activity in this email. If you would like to receive this communication, please contact the parish office on 9456 2450.

Caritas

Thank you so much to those families who have returned their Project Compassion Boxes. If you still have yours at home, please have your children return them to school as soon as possible.

God Bless
Jackie Tod



Wellbeing (Madeleine Cottrell)



It's just not your child that you have to look after!

An important part of being a parent is looking after yourself too.

Parenting is a demanding job especially at the moment and takes a lot of physical and emotional energy.

It can be easy to lose sight of the importance of looking after yourself. If you're tired, stressed or exhausted, it's difficult to be the parent that you're striving to be.

But when you feel happy and well you're better able to cope with stress, maintain relationships and enjoy parenthood.

Australian Childhood Foundation has produced an article '**Movement, Mindfulness, Making, & Message**' which has lots of helpful hints for wellbeing at home. Engaging in the four Ms every day- Movement, Mindfulness, Making & Message- might be a simple scaffold to engage with when sharing extended time together at home.

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At Home Together

with the Four M's

Movement, Mindfulness, Making, & Message



Purpose:

Following are some online activity ideas for families to access and share together at home. Engaging in the four Ms every day- Movement, Mindfulness, Making & Message- might be a simple scaffold to engage with when sharing extended time together at home.



The Four Ms:



Audience:

Families with primary school aged children and younger.



At Home Together

with the Four M's 



Movement Ideas- Something to engage our bodies:

Go Noodle- a bunch of short, sharp videos full of exercise, dance, movement, and fun.

<https://app.gonoodle.com/>

Splash Games YouTube channel- Step by step videos of activities and games presented by kids, for kids, including hand clapping games, movement based games, group games, card games, tongue twisters, and more.

<https://www.youtube.com/channel/UCieJgJGSjonwyyuH7SomO2tg>

Minute to Win It Games – 30 activities with videos that are fun and challenging and involve common objects from around the house.

<https://www.thebudgetdiet.com/top-30-minute-to-win-it-games>

What Mom's Love – More active indoor activity suggestions

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>



Mindfulness Practices- Something for our Minds:

Inner Kids- Videos and audio of mindful activities and meditations for children and parents/carers

<https://www.susankaiserqreenland.com/>

Peaceful Kids – 7 Guided meditations for children and parents/carers

<https://www.peacefulkids.com.au/meditations1.html>

Cosmic Kids- Lots of yoga and mindful activity videos for children

<https://www.cosmickids.com/>

Headspace- Ideas for exploring mindfulness with children and young people

<https://www.headspace.com/meditation/kids>



**Australian
Childhood
Foundation**

At Home Together

with the Four M's 



Making- Something for our Creative Self:

Mr Maker- Easy craft activity ideas for younger children

<https://www.youtube.com/user/mistermaker>

The Spruce Crafts- Many craft activity ideas for children

<https://www.thesprucecrafts.com/kids-crafts-4162869>

Artycraftykids – 50 Nature based craft activities for children

<https://www.artycraftykids.com/craft/50-nature-crafts-kids/>

Hands on as we grow – Step by step guides to craft and movement based activities for children of various ages.

<https://handsonawegrow.com/activities/grade-school/>



Message- Something considering others with gratitude:

Spending a moment or two sometime each day to consider with gratitude those around us that are supporting us in some way is a great way to feel thankful and connected. It might be members of our family, our pet, or those who work at the supermarket, or our nurses and doctors, or our teachers, or the postie, or the farmers growing our food, or our neighbours, or the cleaners wiping away the virus in work places, or many others. Even though we might be at home feeling a bit cut off, we can still feel connected by giving a shout out to someone each day.

Some ways to send your message

- Compose an email
- Write a letter
- Ring someone up
- Text someone
- Post a message online
- Draw something
- Put up a poster in your front window
- Tell someone around you
- Write a song
- Tell a story
- Make a piece of art for someone
- Whisper it into the universe