From the Principal

Dear Parents

This week the Year 6 students have been on camp at Forest Edge. The camp is an opportunity to build leadership skills and develop personal traits that will help them tackle the challenges of the year and years to come. The activities on camp are designed to challenge students and take them out of their comfort zones whilst also being a lot of fun! I would like to thank Mrs Anton and Mrs Francis for their hard work in organizing and attending camp.

Attached to this newsletter is some information about how you can help to make our car park a safer and more ordered environment. Despite numerous explanations both in writing and in pictures we still have parents who are not following the procedure for entry and exit from the car park. We have had several near misses and I implore parents to follow the prescribed process. Please do not turn right to enter the car park – use the roundabout and approach from the other direction. Please turn left when exiting the school. If we can all follow this simple rule accidents will be avoided and the traffic will flow smoothly.

Recently the school released a Charter for Parents and Caregivers. One section of the charter refers to dealing with issues that arise in the school:

“Speaking about issues with other members of the school community either in person or on social media is counterproductive and not an appropriate way to seek honest solutions.”

Please do not use Facebook as an avenue to air grievances or discuss issues you are having at school. Honest, clear and direct communication with the teacher is how we deal with concerns at St Bernadette’s. It is completely inappropriate and unsupportive of the school to use Facebook or other social media to discuss what should be and can be solved through effective partnership with the school.

Over the last two weeks the children have been focusing on the virtues of flexibility and courage. Please speak with your children about these virtues and how they can show them at home and at school.

Our Parenting Ideas newsletter item this fortnight is about kids who won’t take no for an answer. We all have times when children respond poorly to being told ‘no’ and the article offers some strategies for navigating through this.

If you have been randomly selected to complete a parent survey regarding the school please ensure you do so prior to the cutoff date next Friday 28th March. The information we receive from the surveys is of great benefit to us as a staff to make whole school improvements.

A reminder that next week is photo time on Thursday and Friday. Please ensure your children are in correct uniform and ‘photo ready’!

God Bless

Parish

Mass Times

Mon, Thurs & Friday 9am
Tuesday 7pm
Wednesday 8.45am
Saturday 6pm
Sunday 7.30am and 9am

Mass 1st Saturday of each month
9.30am Mass with the Sacrament of Healing

Rosary
20 minutes before each weekday Mass, except Tuesday and Mondays at 3.30pm during school terms

Reconciliation
Saturday 5.15 to 5.45pm OR on request

Adoration of the Blessed Sacrament
Tuesday 12noon – 7pm

Children’s Liturgy
Sunday 9am Mass
1st, 2nd 3rd, & 4th Sunday of the month

Chaplet of Mercy Novena
Every Friday after the 9.00am Mass for 10 minutes

2014 Term Dates:

One:
Monday, February 3 until Thursday, April 10.
Tuesday, April 29 until Friday, July 4.

Two:
Monday, July 21 until Friday, September 26.

Three:
Monday, October 13 until Friday, December 12.

Four:

Pupil-free Days for 2014

Friday 11th April [Term One]
Monday 28th April [Term Two]
Thursday 29th May [Term Two]
Friday 30th May [Term Two]
Monday 1st September [Term Three]
Tuesday 2nd September [Term Three]

Food For Thought

“One person with courage is a majority”
~ Thomas Jefferson

“Let no-one think that flexibility and a pre-disposition to compromise is a sign of weakness or a sell-out”
~ Scottish Proverb
MISS ADDISON’S MESSAGES WK 7:

STUDENT LEADER FUNDRAISER TERM ONE
CARITAS AUSTRALIA – PROJECT COMPASSION-LENT

We had a good start to our school Project Compassion collection, raising $118.45 in wk 1 of Lent and $169.75 in wk 2 of Lent. We are encouraging every child to give something little to the Project Compassion box in their class each week. This is a great opportunity to get rid of all those annoying coins that make bags and pockets heavy and use them to change lives in the world.

If you would like to do your own collection at home as a family, please take a project compassion collection box from the office while there are still some. It can be returned to school before the end of term or handed in at Mass before Easter. You can fill out the form on the cover if you wish to receive a tax deduction receipt (these need to be handed in at church or sent directly to Caritas Australia).

We thank you for your kindness and generosity and for giving your children opportunities to give something to others.

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1st Week of Lent
Project Compassion, Week 1, brings you the story of Maristely.

An advocacy program in São Paulo, Brazil, enables favela (city slum) residents to gain legal deeds for their land, as well as securing access to basic services. A youth empowerment program is enabling young people from the favelas, like Maristely, to work for justice so that peace, rather than violence, rules the streets where they live.

Your donation to Caritas Australia’s Project Compassion provides young people like Maristely with the opportunity to become leaders for justice. www.caritas.org.au

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2nd Week of Lent
Project Compassion, Week 2, brings you the story of Deng.

For Deng in South Sudan, the cycle of poverty and disability was made worse with the civil war, which led him and his family to flee their village and live in the bush for many years. Deng and his family are rebuilding their lives through their participation in a Caritas Australia food security program.

Your donation to Project Compassion can help individuals like Deng to rebuild their lives post-conflict. www.caritas.org.au

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3rd Week of Lent (School week beginning 24th March)
Project Compassion, Week 3, brings you the story of Archie.

For Archie from the Philippines, the threat of weather-related disasters such as typhoons meant that his house was no longer a safe or secure place to be. Now living in a new home away from the flood-prone Plaridel river, Archie is able to resume his education and gain a sustainable income thanks to a livelihood program.

Your donation to Project Compassion enables families like Archie’s to live happier and healthier lives. www.caritas.org.au
ENVIRONMENTAL TEAM INFORMATION:
Our student leaders Environmental Team have decided to continue the School Pride Award which was introduced by last year’s leaders. Each class has an area in the school which they take responsibility to clean up. Our Environmental team members then judge the areas each week and select a class to win the School Pride Award which is presented at Monday assemblies. The class that wins the most in a term is presented with a class prize at the end of the term.

In addition, the team have decided to give out raffle tickets at different times when they see children putting rubbish in the bin. Children winning a raffle ticket for putting rubbish in the bin write their name and class on their ticket and put it in the little red rubbish bin kept in the undercovered area. From now on, two golden ticket winners and two raffle ticket winners will be selected each Monday to win a prize from the prize box. The Environmental Team thought this would be a good way to show children how important it is to put rubbish in the bin.

COME DRESSED IN PURPLE
GOLD COIN DONATION DAY
THURSDAY 10TH APRIL
Last student day of Term 1

RAISING AWARENESS AND SUPPORTING EPILEPSY ACTION AUSTRALIA

About Epilepsy
Epilepsy is a common neurological condition affecting up to 1-2% of the population. Although it is more likely to be diagnosed in childhood or senior years, it is not confined to any age group, sex, or race and can be diagnosed at any age.

While greater than 70% of people become seizure free taking medication, an important step in managing epilepsy is gaining an understanding about the condition. It is therefore valuable for people with epilepsy, their family, friends and carers to understand the many aspects of this disorder to improve their chances in obtaining seizure control.

With regular medication and a sensible lifestyle a full and active life is possible.
We would like to sincerely thank Ray Chinery from Rivergums Ukuleles for his kind donation of six handmade ukuleles. This gesture is much appreciated by the school as they will be put to useful application in the general musical education of the children at the school.

Kindergarten 2015

St Bernadette’s are now taking applications for Kindergarten 2015. Application forms are available on the school website or please contact the school office on 95934066.

St Bernadette’s School Website

All correspondence is now uploaded onto the St Bernadette’s school website. Please keep up to date and visit www.stbernadettes.wa.edu.au

Kolbe Catholic College

2015 Aboriginal Scholarships

Students are invited to apply for the Kolbe Catholic College’s 2015 Aboriginal Scholarships.

Application forms can be downloaded from the College webpage at www.kolbe.wa.edu.au or alternatively collected from the College’s Public Reception.

Applications close on 4 April 2014.

Navy - DSTA

Colette Taylor our DSTA is currently absent from school. If your child is in need of support please contact the school office.

SACRAMENTS FOR 2014

Those Parents / Guardians who wish to enrol their child/ren in the Sacramental Programmes at St Bernadette’s for 2014 are asked to fill out the form, that is found in the church foyer and place it in the box also found there. Children who wish to make their Reconciliation must be in at least Year 3, for Holy Communion they must be in at least Year 4 and for Confirmation must be in at least Year 6. Forms will be in the foyer until the end of Term One, allowing enough time for all forms to be received. After this time parents will need to see either Fr. Gavin or Cathy Flynn to enrol their child. If you have any queries regarding the Sacraments, please contact either Fr. Gavin (95934670) or Cathy Flynn (95934066).

Please note: These forms are not available at the school office and NEED to be returned to the church.

SACRAMENT OF CONFIRMATION 2014

The Confirmation Mass has been changed to the 9am Mass on Trinity Sunday, 15th June 2014 with Principal Celebrant the Vicar General – Very Reverend Peter Whitely. Archbishop Emeritus Barry Hickey who was scheduled on the Feast of Pentecost has been called to Rome and sends his apology.
The Evidence

Every week in Australia a child pedestrian is killed (about 50 a year). For every child killed another 25 are admitted to hospital. About 13 of these deaths are children run over by reversing vehicles, typically in driveways.

Pedestrian injury deaths are second only to car passenger deaths for children aged 5 to 14 and account for 1 in 5 injury deaths for this age group.

School car parks are a major risk for children
- Every one is in a hurry and many, especially children are tired in the afternoon especially.
- They are very busy places, with many distractions and everybody seems in a hurry.
- Pedestrian injuries can be severe and are a significant cause of child disability.

How should adults behave around car parks and schools?

1. Slow down!!
   Speed kills! Even in car parks. And the child could be yours or a close friend’s!

2. Watch out!!
   Children can move very quickly. And your reaction time is unlikely to be fast enough.

3. Obey the signs!!
   Car park signs are there to help you and the children. Obey them!

4. Set a good example!!
   Reinforce the school’s safety messages – the life you save might be your own child’s.

5. Take time!!
   Do not rush in and around schools. Time gives you flexibility to act properly.

Why children are at risk.

Children are not “little adults”. They are less well developed physically, cognitively and in terms of their traffic experience. For example, children:

- are small and can’t see over bushes or parked cars. Drivers cannot see them easily either, especially in busy and active car parks.
- are constantly on the move and can dart out into traffic.
- may believe that if they can see a driver, the driver can see them and can stop instantly

Because of differences like these, while we can teach children about road safety, care needs to be taken about expecting them to use safe behaviour consistently.

A pedestrian struck by a car travelling at 30kph has a 95% chance of surviving, a 60% chance when struck at 50kph and only a 20% chance at 70kph.

Children are smaller and hit more in the upper body and head, so their chances of living are a lot less than these figures, even at lower speeds.
Parents and carers play a vital part in teaching children how to cross the road safely. For children it is essential to set a good example yourself. Use the Green Cross Code and teach your child how to use it, making sure that you fully explain each step and why you are doing it and ensure they fully understand what they are doing themselves.

1. First find the safest place to cross

- If possible, cross the road at: subways, footbridges, traffic islands, zebra, pelican, puffin or toucan crossings, or where there is a crossing point controlled by a police officer, a school crossing patrol or a traffic warden.
- Otherwise, choose a place where you can see clearly in all directions, and where drivers can see you.
- Try to avoid crossing between parked cars and on sharp bends or close to the top of a hill. Move to a space where drivers and riders can see you clearly.
- There should be space to reach the pavement on the other side.

2. Stop just before you get the kerb

- Do not get too close to the traffic. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.
- Give yourself lots of time to have a good look all around.

3. Look all around for traffic and listen

- Look all around for traffic and listen.
- Look in every direction.
- Listen carefully because you can sometimes hear traffic before you can see it.

4. If traffic is coming, let it pass

- Look all around again and listen.
- Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time.
- Remember, even if traffic is a long way off, it may be approaching very quickly.

5. When it is safe, go straight across the road – do not run

- Keep looking and listening for traffic while you cross, in case there is any traffic you did not see, or in case other traffic appears suddenly.
- Look out for cyclists and motorcyclists travelling between lanes of traffic.
- Do not cross diagonally.
2014 EASTER RAFFLE

St Bernadette’s P&F are happy to announce we will be holding our very popular Easter Raffle again. The children really enjoy this event and we are hoping there will be lots of support from our school community.

We are asking for one egg donation from each child (it doesn’t have to be big!). Donations of hampers or Easter Baskets would also be greatly appreciated.

Eggs will be collected from classrooms from Monday the 24th March to Friday, 4th April. Donation of an Easter egg will give you automatic entrance into the raffle.

Please ensure your name is marked off the class list by your teacher when you hand in your egg. This is very important!

The raffle will be drawn on Thursday 10th April. (Pre Kindy will be 4th April)

Please contact Katherine Bunce on 0417 528 666 if you have any queries.

Happy Easter from St Bernadette’s P&F
Managing kids who won’t take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want? These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid’s point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

“All right have the ice cream. Anything for some peace and quiet,” is a response that most people who have spent time around children are familiar with. The same applies to adolescents: “Okay, you can go to the party. Just stop nagging me about it!”

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child’s request for a treat, favour or outing is turned down for good reason (“No Jessica you can’t have an ice cream now. Wait until after dinner”). The child then goes to the other parent (without sharing the conversation they’ve just had with you!) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it’s probably time to step back and reflect on how you can both work better together.

One “no” is enough

Be firm with a child or young person who goes to another parent in search of a ‘yes’ after they have received a knock back.

“Where did you get that ice cream from? I already said no.”

“Daddy said I could have it.”

“I am sorry but you should not go to Daddy after I said ‘No’.”

If in doubt, defer

The other technique that you can use when one parent tends to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

“Okay Jessica, I’ll just check with Dad and get back to you.”

This strategy can be wearing and even artificial but it’s helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It’s the smartest way to manage teens as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying “no”

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the ‘bad cop’ parent gets a break. Sole parents play both roles, which is draining.

Managing children who won’t take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say “No, not this time” (or however you say it), your kids actually believe what you say.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.
Is Your Child Struggling with Reading, Writing And Falling Behind At School?

or

Do You Simply Want to Give Your Child a Head Start?

The shocking truth is that despite the great work being done in our schools, students both with & without learning difficulties risk getting left behind and not achieving to their true potential.

Are you worried that your child is not going to be able to cope with the rigours of high school let alone qualify to get into higher education?

“In Year 4 reading, one in four students are not meeting international benchmarks.”

“In the most recent tests conducted in 2010, Australia performed the worst out of all English speaking countries, and our score was lower than that of 21 other countries.”

Daily Telegraph – April 2013

It’s not your fault and it doesn’t need to be that way!

Adele Jane, leading literacy expert has developed a unique and proven system which has helped thousands of young students to:

- Read easily and fluently
- Feel happier, more confident with great self-image
- Acquire the tools needed to manage their schoolwork with ease.

As a mother Adele had to deal with this exact situation herself and so understands what you are going through. She felt frustrated, anxious and found it impossible to find any assistance.

As a Speech Pathologist Adele has had the opportunity to research literacy and has had several papers published. As a clinician she now helps children to succeed in literacy and overcome their learning difficulties.

The Accelerated Literacy Blueprint is the culmination of 12 years’ experience, working in the field of Speech Pathology and now is being made available to you.

What people are saying about Adele Jane.

“I was able to go from “D” grade average to “B” grades in a matter of months in Year 10 which enabled me to do TEE studies. As a result, I was able to complete a Commerce degree at Curtin University and without Adele’s help I would not be where I am today” – (Past Student)

“My son Declan went from being a non-reader in year 2, to an avid reader, two years later, & reading novels like “The Hobbit”. My younger son went to Adele unable to score on reading comprehension when tested. In 12 weeks this improved to percentile rank 61. It’s been an absolute joy to watch his face light up as he reads. The results Adele has achieved both my boys has been amazing & I credit her with the success they are now achieving as readers” – (Parent & Teacher)

“We were clients of Adele for over a year. During the time, she really helped improve my Daughter's reading skills.......In a short period of time, my daughter's reading and confidence was improving and was noticed not only at home, but by her teachers at school. We even extended our posting in Australia to be sure she got as much support as possible from Adele. By the time we left Perth, we had a really happy reader, whose reading had come up to the level of her classmates.” (Parent)

At this free information evening Adele will introduce you to her unique Accelerated Literacy Blueprint™ which will:

- Tell you exactly what you need to know about the reading process so you can fast track your child’s progress.
- Identify the parts to this complex process so you can target your child’s areas of need to get the fastest results.
- Help you identify precisely where the breakdowns are and what to do about them
- Enhance your understanding of how children learn best to make the process easy and fun.

Date: Wednesday March 19th & 26th
Time: 7.30pm
Venue: Assumption Catholic Primary School, 22-34 Gordon Road, Meadow Springs, (Entrance off Oakmont Ave.)

Be sure to claim your free tickets now! This information is going out to thousands of parents and we expect seats to fill fast.

Register now at www.acceleratedliteracy.com
(or call Lesley on 0414 573 357)