



# St Bernadette's Primary School

Newsletter

September 2019



<p><b><u>Car Park</u></b>          More and more parents are stopping in the bus stop and the disabled bays to drop children off in the morning; which is unacceptable. We would also ask that everyone follows the one way system. We are fortunate to have a large visitor's car park and we would ask that you ensure you use this and help to keep the children safe. <b>Please be considerate when parking.</b></p>	<p><b><u>Lost Property</u></b>          The lost property is kept in the Janitors office and can be accessed from 9.00– 9.30 am or 2.30pm – 3pm. Please ensure your child's name is on all items.</p>
<p><b><u>Important Information</u></b>          An increasing number of pupils are arriving at school without schoolbags, P.E. Kit, packed lunches and other items required for their day ahead; continually handing items to reception throughout the day impacts on the clerical's core duties. The school staff are busy and unfortunately do not have the spare time to devote to delivering forgotten items to classes and disturbing the lessons. There is a large container outside the school office. If your child has forgotten something they require for school, we would ask that you please label it and place it in the box; we will endeavour to pass the item to your child at some point during the day, however this cannot be guaranteed. <u>Items are left at owner's risk, the school cannot be held responsible for any items which are lost from this box.</u></p>	
<p><b><u>Entering the School</u></b>          Anyone wishing to speak to their child's teacher must make an appointment via the school office. The teachers are extremely busy with pupils in the morning and the sooner the children are settled into class, the more time they have to learn. <b>Please do not take up the teacher's time by trying to discuss your child at the class room door in the morning. Do not attempt to follow your child into the building via the classroom door. For the safety of the children, visitors must be identified.</b></p>	
<p><b>If there have been any changes to your home or emergency contact details or to your child's medical needs then please contact the office.</b></p>	<p><b><u>Contacting the school</u></b>          A large volume of calls are received daily from parents, asking for messages to be passed to their child's class teacher or to the pupils themselves, particularly at 2.45pm. The office is extremely busy at the end of the day and if you call to advise your child that their transport arrangements have changed, your call may be missed! Please ensure that, where possible, your child knows how they will travel home. Letters regarding homework issues, medical appointments and holidays during the term should be sent to the class teacher.</p>
<p><b><u>Parent Council</u></b>          The next Parent Council meeting will be held on Monday 22<sup>nd</sup> October 2019 at 6.30pm at St. Bernadette's Primary. The Parent Council Office Bearers for this year are:          Chair: Mr Beer          Vice Chair: Mrs Walker          Secretary: Mrs O'Donnell          Treasurer: Mrs Sweeney  <b>All parents/carers are welcome to attend meetings.</b></p>	<p><b><u>Falkirk Herald</u></b>          Our Primary 1 class will feature in the Falkirk Herald Souvenir issue on Thursday 10<sup>th</sup> October 2019.</p>

### School Bus

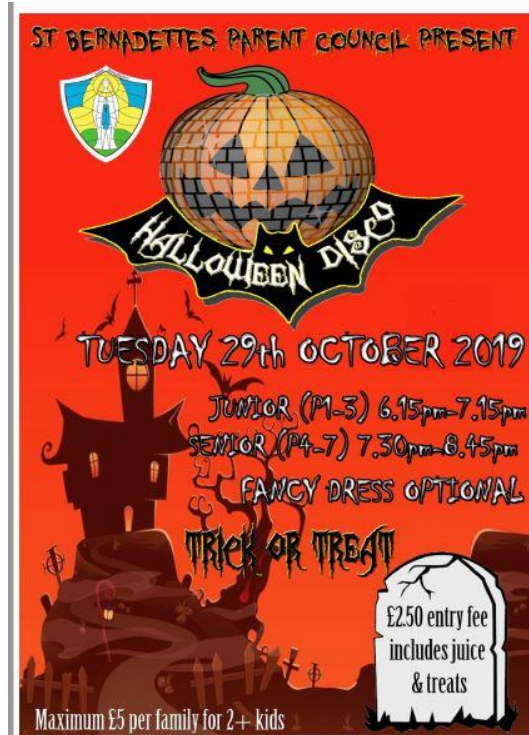
The cost of the school bus fayre has increased. A single journey is now £1 and a return journey is now £1.70. Please ensure your child has the correct bus fayre.



### Panto Trip

Your child should have come home with a letter and permission slip informing you that the whole school and nursery are going to panto on the 19<sup>th</sup> December – Oh yes we are! The cost for each child is £11 which can be paid online using IpayImpact or by handing cash to the school office. Thank you to those who have already paid, could you please return permission slips with payment by 27<sup>th</sup> September 2019. Should you require another copy of the letter, please let the school office know.

### Halloween Disco



Our Parent Council have organised a Halloween School Disco on Tuesday 29<sup>th</sup> October 2019. The Junior Disco (P1-P3) will be from 6.15pm – 7.15pm and the Senior Disco (P4-P7) shall be from 7.30pm – 8.45pm. There will be a £2.50 entry fee which will include juice and treats. For families with 2+ children the cost shall be £5.

### Aldi's Kit for Schools

We are collecting the Aldi's Kit for Schools stickers. If any of your family members spend over £30, you will get stickers for school! Bring them in and if we collect all 300, we could win £20,000 worth of sports kit! Thank you to those that have already handed in stickers, our poster is filling up nicely!



### **Thank you**

Thank you to our parent helpers that kindly gave up their time to help ensure the children were photograph ready for the school photographs recently. We really appreciate your help.



Thank you also to our Parent Council. They recently donated money to the school to allow P6 and our Nursery to have new projectors installed. They also donated money to allow school to renew our subscriptions to several resources we use within school, such as Bug Club and Linguascope. We really do appreciate everything our Parent Council do for our school.

### **Seasons for Growth® Programme - Learning to live with change and loss**



Change and loss are issues that affect all of us at some stage in our lives. At St Bernadette's we recognise that when changes occur in families through death, separation, divorce and related circumstances, children may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education programme called Seasons for Growth.

This programme is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss.

If you think your child would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the programme.

We are pleased to be able to offer this programme and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information or your child would like to participate please contact Mrs Lorenzetti, our Seasons for Growth trained Companion.

### **Play Based Learning Donations**

In order to allow us to develop our play-based learning from P1-P4, St Bernadette's would be extremely grateful if you are having a pre-Christmas clear out and can donate any of the following items:

Construction toys e.g. Lego, Playmobile, K'nex, sticklebricks, Dolls, Playdough sets/ moulds, Construction vehicles, Toy cars, Sand/ water toys, Metal pots and pans, Safe kitchen utensils, Story CDs, Dinosaurs, Zoo animals, Farm animals and farm toys, Ocean animals, Minibeasts, Puppets, Fantasy figures e.g. fairies, dragons etc, Board games / jigsaws (please ensure all of the pieces are present), Dressing up costumes, role play sets e.g. doctors set, Beanbags, Children's construction tools, Literacy/ numeracy games, Storage units with boxes.

### **Outdoor Learning and Play**

Our children shall regularly be outdoors learning and during interval and lunchtimes. Can you please ensure your child has an appropriate jacket for our ever changing Scottish weather. Thank you.



### **Pope Francis Faith Award Coffee Mornings**

Thank you to all that attended our recent coffee morning. These will be ran monthly by the pupils that are participating in the Pope Francis Faith Award on the last Wednesday of the month. All welcome.



### **Under the Trees**

All classes will be working with Under the Trees throughout the year. The main focus of the outdoor learning will be to develop STEM (Science, Technology, Engineering, Maths). Outdoor learning will also help to build resilience, perseverance, team work and a Growth Mindset.

Primary 4 will be learning with Under the Trees every second Wednesday morning until June 2020. We would love to share our learning with you and invite P4 parents/carers to join our learning on 27<sup>th</sup> November 2019 and 18<sup>th</sup> March 2020. Times and details will be provided nearer the date.

All other classes will be given the opportunity to learn with Under the Trees every fortnight for a three week block. A timetable is included below. We would love to share our learning with you and invite parents/carers to join their child's learning on week three of their block. Times and details will be provided nearer the date.

<b>CLASS – STEAM FOCUS 3 WEEKS EACH</b>	<b>CLASS – STEAM FOCUS 3 WEEKS EACH</b>
P3 18.9.19 2.10.19 23.10.19	P7 12.2.20 26.2.20 11.3.20
P5 6.11.19 20.11.19 4.12.19	P2 25.3.20 22.4.20 6.5.20
P6H 9.30 – 10.45 P6D 11.00 – 12.15 18.12.19 15.1.20 29.1.20	P1 20.5.20 3.6.20 17.6.20

All pupils should come appropriately dressed for the outdoors, including suitable footwear and a warm jacket. School uniform should still be worn but pupils may wish to wear warmer leggings or jogging trousers. We do have a supply of waterproof clothing in school but if your child has their own, it would be appreciated if they bring these.

### **Respect Me – Anti Bullying Parent Session**

Respect Me will lead an anti-bullying parent information session in St. Bernadette's Primary on the 9<sup>th</sup> October, 6.30pm to 8.30pm.

The key elements of the session for parents are:

- To help parents/carers understand what bullying is and how this plays out online and face to face
- To help parents/carers understand how they can offer important support to children affected by bullying behaviour
- To support parents/carers to consider their role in promoting positive respectful relationships in order to prevent bullying behaviour
- To raise parents' awareness of practical skills to help children to deal with bullying behaviour and to keep themselves safe



## **Achievements**

Before returning to school (and in honour of Lucy in P7 completing her treatment) both Sophia (P7) and Felicity (P1) had their hair cut and donated it to Little Princess Trust <https://www.littleprincesses.org.uk/> . They have also been raising money for Hamish Dear's Warm Hugs <http://www.hamishdearswarmhugs.com/> – a charity that helped Lucy and other children in the hospital by organising days out, restaurant vouchers etc.



***If you would like to share your child's achievements, please email the school and they shall be included in our next Newsletter.***



## What to do if you catch norovirus

### Keep it to yourself.

Staying at home and keeping your hands clean can help avoid spreading norovirus to others. You can still be infectious up to 48 hours after your symptoms go, so it's best to avoid seeing other people during that time. It's especially important to avoid visiting anyone in a hospital or care home, as norovirus is more serious for people who are already ill.

### Drink plenty of liquid.

Water is best. This will replace the water your body loses from vomiting and diarrhoea. Avoid alcohol.

### Eat food that's easy to digest.

That means things like soup, rice, pasta and bread. Babies should continue with their normal feeds.

## What is norovirus?

You've probably heard of the 'winter vomiting bug' - that's what people call norovirus, just because it's more common in winter. You can catch it at any time of year though. It spreads very easily, and it can affect anyone of any age, causing **vomiting and diarrhoea**.

Other symptoms include:

- mild fever
- headaches
- stomach cramps
- aching limbs.

Norovirus is unpleasant, but not usually dangerous. There's no cure for it - you just have to let it run its course and avoid contact with other people until you feel better. That usually takes just a few days.

### Class Twitter





*Below is a link to each classes Twitter page. Please check for regular updates.*

- P1 <https://twitter.com/P1STBPS>  
P2 <https://twitter.com/p2StBernadettes>  
P3 <https://twitter.com/P3stbernadettes>  
P4 <https://twitter.com/p4stbernadettes>  
P5 <https://twitter.com/P5StBernadette1>  
P6H <https://twitter.com/misshiqneySTB6H>  
P6D <https://twitter.com/P6DStBernadette>  
P7 *To be confirmed*  
School Twitter <https://twitter.com/stbernadettesps>



### School Website

Please check the school website regularly as this will be the main source of information for parents. The address for this is: <http://stbernadettes.edusite.co.uk/>

<p><b><u>Playground Equipment</u></b>          Are you clearing out your garden shed? Do you have any playground equipment we could use? If you are looking to get rid of bikes, toys, natural play items, we would gratefully receive these! We would accept anything which is in reasonable condition.</p>	<p><b><u>Water Bottles</u></b>          All our pupils are encouraged to drink water during the school day. Research has indicated that drinking plain water improves concentration and therefore leads to effective learning. It would be helpful if all our pupils have a labelled water bottle with them in school daily.</p> 
<p><b><u>School Gates</u></b>          Can we please strongly discourage parents/carers/ Grandparents/any other family members of friends from standing at the School Gates at morning interval and/or lunchtimes. The playground is supervised by Support Staff. This is in the interest of children's safety. Staff cannot always identify the adults observing at the school gates.</p>	<p><b><u>Headlice</u></b>          We would encourage you to check your child at regular intervals to prevent the spread of headlice throughout the school. If your child becomes infected, we would appreciate it if you could inform us as soon as possible.</p> <p><b><u>All information provided will be strictly confidential</u></b></p>
<p><b><u>Allergies</u></b>          For the health and safety of all pupils please ensure that your child is not provided with nut products or legumes (foods which are members of the pea family) at school. Some children are bringing products such as Snickers, Lion Bars and Peanut Butter sandwiches, sugar snap peas to school. We have pupils and staff who are severely allergic to peanuts and legumes. Peanuts or legumes do not have to be eaten by an allergic person to cause an allergic reaction; they can be ingested or contaminate tables, hands etc. Any peanut or legumes products will be returned home in packed lunch boxes unopened.</p> <p>All Falkirk Council school lunch menus do not have nut products as standard but our school menu will also be altered to remove peas. An alternative vegetable will be offered on these days.</p> <p>Further information can be found at:  <a href="http://www.anaphylaxis.org.uk/what-is-anaphylaxis/signs-and-symptoms">http://www.anaphylaxis.org.uk/what-is-anaphylaxis/signs-and-symptoms</a>          Many thanks for your cooperation in this matter.</p> <div style="text-align: right;">  <p>Thanks for remembering this is a</p>  <p>Peanut/Nut Free School</p>  </div>	

*Please remember that there is access to funding to help families with financial difficulties. Please contact Mrs Savage, in strictest confidence, for more information.*

Stay Connected! Please follow us on Twitter @stbernadettesps  
 Check our website for details of school events and information: <http://stbernadettes.edusite.co.uk/>

Keep up-to-date with Parish News on: <http://www.stbernadette.rcstanded.org.uk/current>  
 and <https://www.facebook.com/stbernadettelarbert>

School Events Calendar 2019-20

Month	Su	Mo	Tu	We	Th	Fr	Sa	Notes
Sep 2019	1	2	3	4	5	6	7	<b>September</b>
	8	9	10	11	12	13	14	18th - Meet the Teacher 5.30 - 6.00pm or 6.00 - 6.30pm
	15	16	17	18	19	20	21	27th - 1.30pm P6 Pope Francis Faith Awards Enrolment Mass
	22	23	24	25	26	27	28	27th - 2.30pm P3 Sacrament of Reconciliation meeting
	29	30	1	2	3	4	5	<b>November</b>
Oct	6	7	8	9	10	11	12	1st - 1.30pm Mass (All Saints) (led by P6D)
	13	14	15	16	17	18	19	1st - 2.30pm P4 Sacrament of Holy Communion meeting
	20	21	22	23	24	25	26	1st - Snap Shot jotters home, return Monday 4th
	27	28	29	30	31	1	2	3rd - 10.30am P4 Holy Communion Enrolment Mass
Nov	3	4	5	6	7	8	9	8th - 1.30pm P6D class assembly, followed by child-led learning (P6D)
	10	11	12	13	14	15	16	13th - Parent Consultations 3.30pm - 6.00pm
	17	18	19	20	21	22	23	20th - Parent Consultations 4.30pm - 7.00pm
	24	25	26	27	28	29	30	22nd - 1.30pm P6H class assembly, followed by child-led learning (P6H)
Dec	1	2	3	4	5	6	7	29th - 1.30pm Mass (led by P6H)
	8	9	10	11	12	13	14	<b>December</b>
	15	16	17	18	19	20	21	6th - Nursery Nativity
	22	23	24	25	26	27	28	11th - 9.30am and 1.15pm Cakes and Carols / Nativity
	29	30	31	1	2	3	4	13th - Nursery party (am)
Jan 2020	5	6	7	8	9	10	11	13th - 1.30pm Mass (led by P5)
	12	13	14	15	16	17	18	16th - P4&P5 party (am) and P6&P7 party (pm)
	19	20	21	22	23	24	25	17th - P1 party (am) and P2&P3 party (pm)
	26	27	28	29	30	31	1	18th - Christmas lunch
Feb	2	3	4	5	6	7	8	19th - whole school pantomime visit
	9	10	11	12	13	14	15	<b>January</b>
	16	17	18	19	20	21	22	24th - 1.30pm P4 class assembly, followed by child-led learning (P4)
	23	24	25	26	27	28	29	31st - 1.30pm Mass (led by P4)
Mar	1	2	3	4	5	6	7	<b>February</b>
	8	9	10	11	12	13	14	7th - 1.30pm P3 class assembly, followed by child-led learning (P3)
	15	16	17	18	19	20	21	21st - 1.30pm P7 class assembly, followed by child-led learning (P7)
	22	23	24	25	26	27	28	26th - Ash Wednesday Service (led by P6D)
	29	30	31	1	2	3	4	28th - Mass (led by P7)
Apr	5	6	7	8	9	10	11	<b>March</b>
	12	13	14	15	16	17	18	6th - Snap Shot jotters home, return Monday 9th
	19	20	21	22	23	24	25	18th - Parent Consultations 4.30pm - 7.00pm
	26	27	28	29	30	1	2	20th - 1.30pm P5 class assembly, followed by child-led learning (P5)
May	3	4	5	6	7	8	9	25th - Parent Consultations 3.30pm - 7.00pm
	10	11	12	13	14	15	16	27th - 1.30pm Mass (led by P6H)
	17	18	19	20	21	22	23	28th - 11am or 2pm P3 Sacrament of Reconciliation
	24	25	26	27	28	29	30	30th - P7 Residential week
	31	1	2	3	4	5	6	<b>May</b>
Jun	7	8	9	10	11	12	13	21st - 1.30pm Mass (Feast of the Ascension) (led by P5)
	14	15	16	17	18	19	20	22nd - 1.30pm P2 class assembly, followed by child-led learning (P2)
	21	22	23	24	25	26	27	25th - 1.30pm - 2.30pm P1 Transition Parent Meeting 1
	28	29	30	1	2	3	4	<b>June</b>
Jul	5	6	7	8	9	10	11	2nd - Sports Day (option 1) or 16th (option 2)
	12	13	14	15	16	17	18	5th - 1.30pm P1 class assembly, followed by child-led learning (P1)
	19	20	21	22	23	24	25	6th or 13th - 10.30am P4 Sacrament of Holy Communion
	26	27	28	29	30	31	1	9th - 11am - 12.30pm P1 Transition Parent Meeting 2
Aug	2	3	4	5	6	7	8	12th - Nursery Sports Day
	9	10	11	12	13	14	15	19th - Final written reports to be given home
	16	17	18	19	20	21	22	19th - Nursery Graduation
	23	24	25	26	27	28	29	24th - 9.30am P7 Leaver's Assembly / 1.30pm Mass (led by P7)
	30	31	1	2	3	4	5	<b>School closure due to holiday or staff development</b>