



St Bernadette's Primary School

Newsletter

January 2020



Happy New Year!

We would like to wish all our families a Happy and Healthy New Year. We look forward to working with the children and their families. Thank you for your continued support.

We hope you all had a lovely Christmas holiday!



Lost Property

The lost property is kept in the Janitors office and can be accessed from 9.00– 9.30am or 2.30pm – 3pm.

Please ensure your child's name is on all items.

Car Park

We received a complaint from a local resident about a car being parked over their drive, resulting in the person missing an important appointment as they could not get out of the drive. We are very fortunate to have such a large car park and we would ask that you ensure you use this. We have witnessed parents/carers 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. **Please be considerate when parking.**

Entering the School

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. **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.**

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.

Electronic Devices

We are aware that many children are bringing in electronic devices to school which have the function of accessing the internet and making/receiving telephone calls. We would strongly advise that these DO NOT come into school as any loss or damage cannot be held responsible by school.

If a child does bring in any such electronic devices these must be switched off and stored in their bag throughout the day. Any child that removes it from their bag during the school day, including interval and lunch, shall have the device confiscated until the end of the day.

Parent Council

The next Parent Council meeting will be held on Tuesday 28th January 2020 at 6.30pm at St. Bernadette's Primary.

All parents/carers are welcome to attend meetings.

Cumrae

Our P7's shall be attending the residential week at Cumrae week beginning 30th March 2020. The payments can now be made on IpayImpact. All payments made to date have been updated on the system. Should you require any help with IpayImpact, please contact the school office. Please ensure payments are kept up-to-date. Deposit of £50.00 should be paid by the end of January 2020. **This deposit is non-refundable.** The final cost of the trip should be paid in full by Monday 23rd March 2020

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

P7 Swimming

Please remember our P7 are going to swimming lessons on 25/2/2020, 3/3/2020. 10/3/2020 and 17/3/20. Please ensure your child has swimming costume, towel and £2 for the bus. Thank you.

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 Scottish Weather!



Wellsfield Farm Park & Almond Valley Annual passes

Just a reminder that our Parent Council hold memberships for Wellsfield Farm Park & Almond Valley. Should you be interested in this, please contact a member of the Parent Council.

Staffing

We welcome back Mrs Martin who has now returned from her Maternity Leave and is teaching in P6D.

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.

Achievements

Well done to Caoimhe in P2 who, just before Christmas moved up to the next level in her swimming, from beginner to learner. All her lessons will now be in the deep end and she is over the moon! She has been working so hard to achieve this!



Has your child celebrated an achievement out of school, e.g. Dancing, Tae Kwon Do? We would love to hear so we can share the good news on our Newsletter. Please email the school stbernadettesprimaryschool@falkirk.gov.uk to let us know!



There is a new St. Bernadette's Padded Jacket available to order. Prices are from £17.00 and available to order online at:

<https://www.border-embroideries.co.uk/st-bernadettes-ps-padded-jacket-215034.html>

The jacket description is:

Polyester padding and lining. Lightweight. Showerproof and windproof.

Integral hood. Hang tag. Full length zip. Soft bound cuffs and hem.

Two front zip pockets. Reflective hip detail. Contrast lining and trim.



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.

Winter Health Information and Advice from NHS Forth Valley

The latest winter health information and advice is available at www.nhsforthvalley.com/winter. It includes details of local pharmacy opening times across Forth Valley over the festive period, information on the Minor Injuries Unit at Stirling Community Hospital and details of the ALFY advice line for older people. You can also find out more about the Pharmacy First scheme which provides free treatment for many common conditions without the need for a prescription (including urine infections, skin problems and conjunctivitis). You can follow them on Twitter @NHSForthValley or like them on Facebook www.facebook.com/nhsforthvalley to keep up-to-date with all the latest news from NHS Forth Valley.

Early Learning and Childcare Admissions



Falkirk Council



If your child's 3rd birthday falls between	They will be eligible for Admission from
1st March to 31st July	August of same year (phase)
1st August to 28/29th February	The month following their 3rd birthday

Applications can be obtained from any Primary School, Early Learning and Childcare Centre or can be downloaded at www.falkirk.gov.uk/nurseryenrolment. You can return your application along with supporting documents to any of the above or send direct to the Admissions Team at Sealock House.

For further information:
www.falkirk.gov.uk/nurseryenrolment
Tel: 01324 506611 or 506661
ELC Admissions Team,
Sealock House, 2 Inchyra Road
Grangemouth, FK3 9XB

Applications should be submitted by 31 March.

Playground Equipment

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.

Water Bottles

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.



School Gates

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.

Headlice

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.

All information provided will be strictly confidential

Allergies

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.

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.

Further information can be found at:

<http://www.anaphylaxis.org.uk/what-is-anaphylaxis/signs-and-symptoms>

Many thanks for your cooperation in this matter.



Thanks for remembering
this is a



Peanut/Nut
Free School



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 <https://twitter.com/MrsBlac77957778>

School Twitter <https://twitter.com/stbernadettesps>



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.rcstanged.org.uk/current>

and <https://www.facebook.com/stbernadettelarbert>

School Events Calendar 2019-20

Month	Su	Mo	Tu	We	Th	Fr	Sa	Notes
Jan 2020	5	6	7	8	9	10	11	January
	12	13	14	15	16	17	18	24th - 1.30pm P4 class assembly, followed by child-led learning (P4)
	19	20	21	22	23	24	25	28 th – Parent Council Meeting – 6.30pm. All welcome
	26	27	28	29	30	31	1	31st - 1.30pm Mass (led by P4)
Feb	2	3	4	5	6	7	8	February
	9	10	11	12	13	14	15	7th - 1.30pm P3 class assembly, followed by child-led learning (P3)
	16	17	18	19	20	21	22	21st - 1.30pm P7 class assembly, followed by child-led learning (P7)
	23	24	25	26	27	28	29	26th - Ash Wednesday Service (led by P6D)
Mar	1	2	3	4	5	6	7	28th - Mass (led by P7)
	8	9	10	11	12	13	14	March
	15	16	17	18	19	20	21	6th - Snap Shot jotters home, return Monday 9th
	22	23	24	25	26	27	28	18th - Parent Consultations 4.30pm - 7.00pm
Apr	29	30	31	1	2	3	4	20th - 1.30pm P5 class assembly, followed by child-led learning (P5)
	5	6	7	8	9	10	11	25th - Parent Consultations 3.30pm - 7.00pm
	12	13	14	15	16	17	18	27th - 1.30pm Mass (led by P6H)
	19	20	21	22	23	24	25	28th - 11am or 2pm P3 Sacrament of Reconciliation
May	26	27	28	29	30	1	2	30th - P7 Residential week
	3	4	5	6	7	8	9	May
	10	11	12	13	14	15	16	21st - 1.30pm Mass (Feast of the Ascension) (led by P5)
	17	18	19	20	21	22	23	22nd - 1.30pm P2 class assembly, followed by child-led learning (P2)
Jun	24	25	26	27	28	29	30	25th - 1.30pm - 2.30pm P1 Transition Parent Meeting
	31	1	2	3	4	5	6	June
	7	8	9	10	11	12	13	2nd - Sports Day (option 1) or 16th (option 2)
	14	15	16	17	18	19	20	5th - 1.30pm P1 class assembly, followed by child-led learning (P1)
Jul	21	22	23	24	25	26	27	6th or 13th - 10.30am P4 Sacrament of Holy Communion
	28	29	30	1	2	3	4	9th - 11am - 12.30pm P1 Transition Parent Meeting 2
	5	6	7	8	9	10	11	12th - Nursery Sports Day
	12	13	14	15	16	17	18	19th - Final written reports to be given home
Aug	19	20	21	22	23	24	25	19th - Nursery Graduation
	26	27	28	29	30	31	1	24th - 9.30am P7 Leaver's Assembly / 1.30pm Mass (led by P7)
	2	3	4	5	6	7	8	25 th – Last day of term
	9	10	11	12	13	14	15	School closure due to holiday or staff development
	16	17	18	19	20	21	22	
	23	24	25	26	27	28	29	
	30	31	1	2	3	4	5	