



St Bernadette's Primary School

Newsletter

January 2022

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!



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.



General Illness

As per NHS guidance, if your child is displaying sickness or stomach upset, your child **must not** return to school until they are 48 hours clear of symptoms. If your child falls ill during the school day, we will contact you via telephone.

Please ensure all contact details are up to date.

Layering Up!

Due to the classrooms having to be well ventilated, we strongly advise children to "layer up! Although we still have our uniform policy in school we understand that the importance of keeping the children warm is the priority.

Meetings

Following National guidelines there are still no 'face-to-face' meetings permitted within the school setting. However, if you have any concerns/questions. Please do not hesitate to contact school.

If management/teaching staff are not available at the time of your call, we shall endeavour to call you as soon as possible.

COVID-19

If you think that you, your children or a member of your family may have coronavirus you should follow the latest NHS guidance at:

www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Please click [here](#) for the latest information on Self-Isolating and Contact Tracing within schools.

Please continue to look out for symptoms in your own family.

The most common symptoms are:

1. New continuous cough
2. Fever/high temperature (37.8C or above)
3. Loss of, or change in, sense of smell or taste

Within school, there are no longer 'bubbles'. Large gatherings indoors (e.g. whole school assemblies) are still not permitted; however, we are allowed to sing outdoors and indoors. Adults are still required to wear face coverings in corridors & communal areas. Also, adults whenever possible are required to observe social distancing of at least 1m from other adults. Parents/carers are asked to observe social distancing in school grounds and to continue to wear face coverings.

PRIMARY AND SECONDARY SCHOOL PLACING REQUESTS FOR AUGUST 2022

Parents/Carers **must** submit a Placing Request if they wish their child:

- to attend a school other than their catchment area school
- to attend a denominational school and are not baptised Roman Catholic
- to transfer from a non-denominational primary school to a denominational (RC) secondary school or vice versa

Online placing request applications can be made via the Council's website www.falkirk.gov.uk/placingrequests. Written application forms are available from all schools and from Children's Services. Written applications must be returned to the Director of Children's Services at the address below.

Applications will be accepted no earlier than Thursday 2nd December 2021 until the 15th March 2022. Parents/Carers will be notified of the outcome in writing by the 30th April 2022. Placing Requests received after the 15th March 2022 will be notified of the outcome within eight weeks of receipt of the application.

Parents/Carers must enrol their child at the catchment area school for their home address whilst awaiting the outcome of their Placing Request application.

Parent Council

The next Parent Council meeting is scheduled for 18 January. This will be held via ZOOM, with the meeting starting at 2000.

If you would like to attend, and haven't done so before, then please send an email to the undernoted address and we'll be in touch with the meeting details.

stbernadettesparentcouncil@gmail.com

Inverclyde

Our P7's shall be attending the residential week at Cumbrae 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 2022. **This deposit is non-refundable.** The final cost of the trip should be paid in full by Monday 21st March 2022.

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

Lunches

Please be reminded that all P5 Lunches are now free!

There is still a limited menu in schools and menus are subject to change – you may have noticed that they are only loaded week by week on IpayImpact. This is due to possible supplier issues and staff shortages.



School Uniform

It is great to see all our pupils in our School Uniform. We wish to thank parents/carers for always ensuring our children look so smart. BE Schoolwear in Falkirk are open. There are many items of our school uniform on offer at the moment – up to half price!

Please click [here](#) to view the other items on offer

MINISTRY OF META SKILLS

January has seen the launch of our new Ministry of Meta-Skills. This is a whole school skills development initiative with connections to Learning for Sustainability. Our focus this term is 'Our Wonderful World' and is underpinned by our Laudato Si quote - 'What kind of world do we want to leave to those who come after us, to children who are growing up now?'

The Ministry of Meta-Skills was launched on Friday 7th January by a mysterious figure who left a digital invitation inviting our children to use their skills to investigate our world. Every week, all classes will participate in a learning activity within the Ministry of Meta-Skills (Spare classroom). The mysterious person will write a letter to be read at our weekly assembly introducing the following week's theme. The letters will also include clues to who the mysterious figure is. Hopefully by the end of the term, the children will be able to make an informed guess at who the person is.

Classes will share their learning with each other through displays within the Ministry of Meta-Skills and with yourself through Twitter and SeeSaw. We will have a whole school celebration of learning at the end of term.

The meta-skills we will be focusing upon are recommended by Skills Development Scotland.



UNDER THE TREES

We are delighted to offer the opportunity for your family to participate in our Under the Trees family learning programme. Under the Trees have supported our children's outdoor learning over the last few years through working with whole classes within the school grounds and smaller groups off site at the Carron Dams and Forth Valley Royal Hospital woodlands.

Feedback from children and staff has always been very positive, with children developing their skills whilst engaging in the outdoor environment.

A little bit of information about Under the Trees, taken from their website.

'What is our aim? We want everyone, of all ages, abilities, backgrounds, interests to discover and enjoy our natural world. We want you to feel comfortable and confident leading groups or even your own family outdoors.'

'How do we achieve this? Through a wide range of events, and our ongoing work with schools, groups, early years settings as well as with young people and adults. We want you to feel confident leading your class or group outdoors by providing you with the skills and support to do so. We want you to come along to our events and have lots of fun, get muddy, climb trees with your family building happy memories, and learning about our natural world. We want to help you to enjoy, discover, and explore our natural world.'

More information about Under the Trees can be accessed here: <https://underthetrees.co.uk>

Come and join us!

Where: **St. Bernadette's Primary School grounds**

When: **Tuesdays 3pm – 4.30pm**

There is no limit on the number of family members.



Please click [here](#) to join our Under the Trees family learning opportunity. Families who have participated previously are more than welcome to join us again.

Seasons for Growth

Change and loss are issues that affect all of us at some stage in our lives.

At St Bernadette's Primary we recognise that life can be difficult for a while when changes happen in families through death, separation, divorce or other reasons. Our children have been through many changes over the past year and some may have experienced the loss of a loved one. We are offering a very successful programme called Seasons for Growth. This programme is a chance for children to learn with a small group of children who have experienced similar issues. The programme will help children to learn new skills to cope with change and loss. Please contact Mrs Lorenzetti if you would like more information.



Children's Mental Health Week

It's Children's Mental Health Week starting on Monday 7th February 2022. The theme is Growing Together.



We will be in touch with parents/carers to let them know how we will be taking this forward in St Bernadette's Primary.

200 Club Winners

Congratulations to the below winners! The Parent Council fundraising group are kindly continuing to deliver the winnings to the lucky winners due to COVID.

The bumper December draw winners are:

£250 Eleanor Garvin
£100 J Heeps
£100 M Tarrant
£75 Val Kiddie
£75 Katie Sweeney
£75 Anne Walker
£50 Pam Angus
£50 Lesley Cooper
£50 Sheila McKee
£50 Laura Aitken
£25 Ann Duncan
£25 Rachel O'Reilly
£25 Tracy McLaughlin
£25 P Butterly
£25 S Gallagher



Thanks again to all the members for continuing to support the 200 Club.

Anyone wishing to join the 200 club please contact stbernadettes200club@gmail.com. We would love to have more people join up to help support the school.

Well done P7!

Well done to Mrs Podmore & Mrs Brown and all the P7 pupils that organised the fundraiser in the last week of term. With the amount raised they purchased lots of toys and gifts and donated them to the Children's Ward at Forth Valley Hospital.



Strathcarron Hospice Hampers

Thank you for all the donations we received from our St. Bernadette's community. We were overwhelmed with the kind donations. The pupils and Mrs Gallacher worked really hard to put these hampers together and deliver them. All this hard work is definitely worth it when you see the smiles and messages from those who have gratefully received them. Without your kind donations we could not deliver – sincere thanks!



3 Ladies received there hampers today. They are really touch by the love & kindness shown from the kid's at St Bernadette primary. ❤️



One woman said (through tears) that it is so heartwarming that these children think of others and especially people worse off then themselves. It gives her such hope for the future. She was so extremely grateful that we had thought of her.

16:17

Rotary
Larbert



Children's
Clothing
Bank

KLSB

in partnership with



**Home
StART**
Support and Friendship
for Teachers

Can you help?



Following a short break over Christmas and New Year and the need for warm clothing still increasing we have now restarted taking donations of warm winter clothing for children aged from birth to 12 years of age.



If you can help us, want to find out more or need an address to drop off donations email:

RotaryLarbert@gmail.com

Rotary



PEOPLE IN ACTION

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.

Achievements

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!



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.

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 or 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 head lice 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 any nut products at school. Some children are bringing products such as Snickers, Lion Bars and Peanut Butter sandwiches. We have pupils and staff who are severely allergic to peanuts. Peanuts 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 products will be returned home in packed lunch boxes unopened.

All Falkirk Council school lunch menus do not have nut products as standard. Further information can be viewed here:

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

Many thanks for your cooperation in this matter.



Mobile Phones

If your child brings their mobile phone or smart watch to school can we please ask that you reiterate at home, that it must be switched off and in their school bag throughout the school day. If any mobile phone or smart watch is seen during the day or disrupts the class it shall be confiscated by the Class Teacher and given to the Headteacher who will then contact the parent/carer and arrange for the parent/carer to collect it from school, it will not be given back to the child. If you need to contact your child during the school day, please contact the school office. We would appreciate your support with this matter.

Check our website for 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>

Class Twitter

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

P1 <https://twitter.com/MrsEdwardsStBs>

P2 <https://twitter.com/P2StBernadettes>

P3 <https://twitter.com/P6StBernadettes>

P4 <https://twitter.com/Primary4StB>

P5 <https://twitter.com/P5Bernadettes>

P6 <https://twitter.com/MrsLCMartin> <https://twitter.com/mrsqallacherSTB>

P7 https://twitter.com/Mrs_Podmore https://twitter.com/MrsBrown_STBPS

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

