



# St Bernadette's Primary School

Newsletter

April 2022



## Absences

If your child is absent from school could you please call the school office to notify us of this and NOT by sending messages to Teachers via See-Saw or Teams. If you do not get a reply, please leave a message on the answering machine. Alternatively you can report an absence by emailing the school at

[stbernadettesprimaryschool@falkirk.gov.uk](mailto:stbernadettesprimaryschool@falkirk.gov.uk) . Thank you.

**If there has 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.

## COVID-19

From 1 May, people with symptoms of respiratory illness in Scotland, including COVID-19, will be asked to follow general public health guidance which will be available on 1 May. As set out on the [Public Health Scotland website](#), this new guidance will be published on [NHS Inform](#).

### **New guidance for pupils with symptoms: when they should stay at home and when they can return to education**

- Pupils with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Pupils who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

### **Guidance for pupils aged 18 years and under who have a positive test result**

- It is **not** recommended that children and young people are tested for COVID-19 unless directed to by a health professional.
- If a pupil has a positive COVID-19 test result they should stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.
- Pupils who usually go to school and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

### **Staff News**

Congratulations to Mrs Murtagh (P4), formerly Miss McAulay, who got married during the Easter Holidays. We wish you a long and very happy marriage!



We welcome Mrs Lynne Morrison-Love (Early Years Officer) and Mrs Lisa Armstrong (ELC Support for Learning Assistant) to our Nursery.

### **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 during COVID-19 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.



### **Holidays**

The In-service day is Thursday 5<sup>th</sup> May, the school shall be closed to pupils on this day. The school is closed on 2<sup>nd</sup> and 3<sup>rd</sup> June for the Queen's Platinum Jubilee. The last day of term is Friday 24<sup>th</sup> June.

### **Outdoor Classroom Day**

On Thursday 19<sup>th</sup> of May it is International Outdoor Classroom Day, St Bernadette's will be taking part with all class lessons and activities taking place outside. (School lunches will not be affected.)



**Outdoor Classroom Day is a global campaign to celebrate and inspire outdoor learning and play. On the day, thousands of schools around the world take lessons outdoors and prioritise playtime.**

**Outdoor learning improves children's health, engages them with learning and leads to a greater connection with nature. Play not only teaches critical life skills such as resilience, teamwork and creativity, but is central to children's enjoyment of childhood. ( <https://outdoorclassroomday.com/> )**

On this day, your child can come to school wearing comfortable clothes and practical shoes which they don't mind getting dirty. Please also ensure that your child is dressed appropriately for the weather e.g. sunscreen, hat, jacket, waterproofs etc.

### **P7 Transition Days**

There are a few important dates for our P7's coming up! The 1<sup>st</sup> Transition day to St. Mungo's is Monday 24<sup>th</sup> May. There is a bus arranged to and from St. Bernadette's on this date. The other transition dates are 6<sup>th</sup> and 7<sup>th</sup> June – a letter will follow with all the details.

The transition dates for Larbert High are 13<sup>th</sup> and 16<sup>th</sup> May. A letter with more details will be issued soon!

### **Basketball Team**

Well Done to Mrs Duncan (Teacher) and our Basketball Team, they recently took part in a tournament at Graeme High School. They unfortunately lost all 3 games but Mrs Duncan said "they tried their absolute best and kept positive throughout. They were a credit to the school". They look forward to the next league games in May.



### **Sacrament of Confirmation**

Please keep our P7's in your prayers as they prepare for the Sacrament of Confirmation.

**Date and Time:** Saturday 21<sup>st</sup> May 2021, 11:00am

**Location:** St Francis Xavier's, Falkirk

**Services** – children must wear uniform (sash to be provided at the Church) and be at Church 20 minutes before start time

**Family Guests** – Maximum of 5 family members (excluding Child and Sponsor)

**Seating details** – children will sit on left hand side (facing Altar), 9 per row, and sponsors sit on right hand side (facing Altar), in same order as children so they meet as Child stands to process for Confirmation.

### **Sacrament of First Reconciliation**

Well done to all the children in Primary 3 who made their First Reconciliation on Wed 27<sup>th</sup> April in Our Lady of Lourdes and St Bernadette's Church. They did so well and were a credit to their parents and families.



### **End of Term Trip**

We have planned an End of Term trip to Blair Drummond Safari Park on Wednesday 15<sup>th</sup> June 2022 for the whole school and nursery. The children will be transported by bus to Blair Drummond Safari Park and will leave school just after 9am returning to school for 2.45pm. A packed lunch will be required on this day and the children should wear comfortable shoes and a warm/waterproof jacket.

The cost of the trip will be £15.00 per child and should be paid as soon as possible. Payments can be made on IpayImpact or cash/cheque. A maximum of £5.00 spending money is suggested. Letters have been issued with all the details.



### **HMIE**

We are being visited by Her Majesty's Inspectorate of Education on the 18<sup>th</sup> and 19<sup>th</sup> May for a Recovery Visit. This will be to showcase our journey through COVID-19, remote learning and beyond. The main focus for this visit will be safeguarding, wellbeing and continuity of learning. The inspectors will be visiting all classes from ELC – P7. There will be an opportunity for a group of parents to meet with the inspectors and more information about this will follow.

### **Tea with Mr T!**

We shall shortly be launching Tea with Mr T! There will be 2 children chosen from each class to join Mr Taylor for a refreshment and update him on any achievements and news on how their week has been. The children shall be chosen by their teacher in recognition of their engagement in learning. This shall start on Friday 13<sup>th</sup> May.





## Inverclyde

Our P7's had a fabulous time at the residential trip to Inverclyde. Mrs. Savage was with them all week and has praised them all on their behaviour. They really were an outstanding group!





## NEWS FROM OUR PARENT COUNCIL

### School Football Strips

The Parent Council were delighted to hand-over a set of new football strips to Mr Taylor - 11 new full strips have been purchased, along with an additional set of new shorts and socks to supplement the existing kit. Here's hoping they bring 'good luck' in the forthcoming football tournaments!



### Dates for your diaries

- Next Parent Council meeting - Monday 6 June (this will be held in the school but we're hoping to also offer the chance to join by ZOOM for those who can't attend in person).
- End of term disco - Thursday 16 June.

The Fundraising Group is also looking to organise a **PICNIC** in the school grounds to which families and parishioners will be invited. The provisional date for this is Saturday 28 May - a separate communication will be issued on this shortly.

### 200 Club Winners

Congratulations to the below winners!

The April draw winners are:

£100 – 145 Jim Clark  
£50 – 8 Claire Rodger  
£50 – 82 James McDonald  
£25 – 171 Margaret Scott  
£25 - 134 Ann Nolan



Prize money is available to collect from the school office. Thanks again to all the members for continuing to support the 200 Club.

As anyone who has won money from the 200 club will testify, it's a great feeling when 'your number comes up'. If you or anyone in your family would like to join (cost £3 per month per number), then please drop an email to [stbernadettes200club@gmail.com](mailto:stbernadettes200club@gmail.com) and someone will be in touch.

You can contact the Parent Council at [stbernadettesparentcouncil@gmail.com](mailto:stbernadettesparentcouncil@gmail.com) or speak to Peter Butterly (Chair) or Louise O'Rourke (Deputy Chair) if you see them at the school - they're both there most days!

### Rag Bag Collection

Thank you for all your Rag Bag donations. Our recent collection weighed 150kilos, raising £60 for school funds. All donations are most welcome, please place the bags directly into our Rag Bag bin (beside the cycle shed) or pass to your child to hand into the school. We Collect:

- All Clothing
- Paired Shoes (tied together)
- Handbags, bags, ties & belts



### Achievements

Martha in P5 got 9<sup>th</sup> in the World Irish Dancing Championships for her heavy jig during the Easter Holidays. Well done Martha – this is an amazing achievement – we are all very proud of you!



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](mailto: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](http://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](http://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/Mrs_Podmore) [https://twitter.com/MrsBrown\\_STBPS](https://twitter.com/MrsBrown_STBPS)

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

