



St Bernadette's Primary School

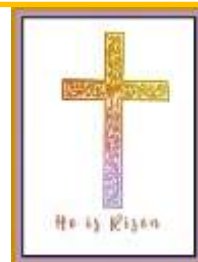
Newsletter

March 2022



Easter Holidays

We would like to wish all our St. Bernadette's pupils, families and friends a lovely Easter holiday. We look forward to seeing our pupils again on Tuesday 19th April at 9am.



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.

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.

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'. 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.

School Car Park

It has been brought up at our Parent Council meeting that there is concerns about the speed of cars when dropping/collecting children from our school/nursery. Can we also please remind our parents/carers that the disabled bays are only for blue badge holders. We are very lucky to have such a large car park with plenty of parking.

Ukraine Appeal

Thank you to everyone that donated to the Ukraine Appeal. We were very overwhelmed with donations of blankets, baby items, toiletries and clothing. It is so lovely to see our community pull together at times like these. All baby items were delivered to the unit at Kinnaird and the rest of the donations were taken to The Hope Hub in Denny and Pets in Need at Callender Square. Thanks to all staff and parents for transporting the donations.



World Book Day

Well Done to our Golden Ticket Winners. We had a great Book Day with Book swaps, brunch, decorating book stands, masked readers and lots of fun. Watch <https://t.co/5O2MIZSbD2> to see how we celebrated!



Super Silly Sponsor Fun Run

Huge thank you to all the very generous donations made for our Super Silly Sponsor Fun Run. We raised an amazing £2805!!



MINISTRY OF META SKILLS

Eddie the Hermann tortoise surprised the classes with a visit! He has set a challenge for classes to build a bridge for him to return safely home!



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.



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
- Household linen & towels



NEWS FROM OUR PARENT COUNCIL

Parent Council Meeting

The next Parent Council meeting is scheduled for 26th April 2022. We're always delighted to have new faces attend, so don't be shy - why not attend the next meeting to hear and discuss first hand things concerning the school. Equally, our Fundraising Group is always looking for new volunteers if you feel you can spare some time to help with the activities they organise.

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

Proposed PC input

As you will be aware, one of the roles of the Parent Council (PC) is to determine how to distribute the monies that are raised via the various fundraising activities to benefit the school and the pupils. At a recent meeting, the PC agreed to purchase additional football kits - this will consist of 11 full new strips, plus additional shorts/socks to complement the existing strips. It is hoped that the new kit will be received before the Easter holidays - watch out for pictures of this! The PC also confirmed its intention to fund the purchase of the P7 hoodies - these have all been ordered and hopefully will be with pupils shortly. These follow on from the recent purchase of a new SMART TV (cost ~£2,000) for the P7 classroom - all of this is only possible with your support.

200 Club Winners

Congratulations to the below winners!

The March draw winners are:

£100 - 160. Mary Frater
£50 - 176 Louise Graham
£50 - 56. Michelle Weston
£25 - 54 Pam Angus
£25 - 125 Denise Rodden

Now that some Covid restrictions have been lifted the school can once again hand over winnings to our lucky winners. Please call at the school to collect if not already done so.



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 and someone will be in touch. The Fundraising Group are also discussing potential activities for the post-Easter period - watch out for more information on this!

If you'd like more information on any of this, please drop an email to 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!

Football

Well done to Mr Taylor and the football team – they took part in games at St. Mungo's at the beginning of the month – they played 4 games each, against 2 S1 boys teams, a S1 girls team and against each other. The P6 team didn't win any games but they were 2 years younger than most of the St. Mungo's teams, they did really well though and will have learned a lot.

The P7 team won 3 games, they beat the S1 Girls team 4-0, the S1 boys team 2-0 and the P6's 3-0. They only got beat by the S1 school team 1-0!

Mr Taylor is so proud of them all, they behaved impeccably, they all shook hands at the end of the game win or lose.



We are hoping to take part in the Minerva Cup Football Tournament on Sunday 15th May – letters shall be handed out when we return after the Easter holidays.

Cross Country

Well done to our Cross Country Team! They recently took part in the Callendar Park schools event and done really well! Thanks to Mrs Angus, Mr Taylor and Mrs Martin for coaching and supporting the children!



P7 Leavers Hoodies

Huge Thank you to our Parent Council for purchasing our P7 Leavers Hoodies. Much appreciated!



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>

