



# St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



## Bernadette's Blog

# Internet Safety Week

Tuesday 11th February was Safer Internet Day where people across the globe came together to promote a safer internet for all users but especially young people.

Mrs Milner has had a very busy week putting lots of really useful bulletins on line for parents and carers in our own special Internet Safety Week.

Each day dealt with a different aspect of this essential aspect of parenting in the 21st century.

It can often feel a little overwhelming just to keep up with changes in technology, but it is our responsibility to know what our children are doing on line, so that we can protect them.

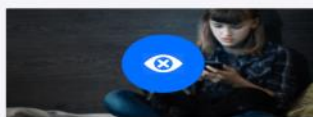
Please take some time to look at the articles, they will be available in your parent mail whenever you have time to read them.



### Cyberbullying

Cyberbullying is one of the most far-reaching issues facing children today. Support your child with expert advice.

[SEE ADVICE HUB](#)



### Inappropriate content

Learn how to protect your child from a range of inappropriate content that they may have a negative impact on their wellbeing.

[SEE ADVICE HUB](#)



### Online grooming

As children become more relaxed about talking to strangers online, it's important to talk about the potential risks and how to stay safe.

[SEE ADVICE HUB](#)

**Parents and Carers** Exploring identity online Conversation starters

**Safer Internet Day** is a fantastic opportunity to have a conversation with your child about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time safely online!

This year in the UK, Safer Internet Day will encourage young people to explore how they manage their online identity, and how the internet shapes how they think of themselves and others. We want Safer Internet Day 2020 to celebrate difference and help us work towards creating a truly inclusive internet. These conversation starters are a great way to help you talk about these issues with your child.

**Start the conversation on a positive note:**

- What do you like most about the internet and why? What's your favourite game/app/site?
- How does going online make you feel?
- How does the internet/technology make your life better?
- What could you do if being online is making you feel worse rather than better?
- What is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- Can people say/do whatever they want online? Why/why not?

**Talk about sharing online:**

- ⚠ What types of things can we share online? (Pictures, comments, personal information, opinions, etc.)
- ⚠ What is okay/not okay to share online? Why?
- ⚠ What should we do before sharing things online?
- ⚠ What do we do if someone shares something about us that we don't like?
- ⚠ How do you feel about your parents/carers sharing things about you online and vice versa?

**Talk about identity online:**

- 👤 What makes you...you? How would you describe your identity?
- 👤 How do you share your identity online? And where can you share it? (Profiles, pictures, comments, behaviour, etc.)
- 👤 How can we experiment with our identity online? How are we able to make it different from our offline identity?
- 👤 Why might someone want to experiment with their identity online?
- 👤 What might stop someone from being themselves online?
- 👤 What might make someone feel like they have to hide parts of their identity online?
- 👤 Do you see other people like you online? (Represented in adverts, emojis, characters, influencers, etc.)

**Talk about looking after yourself and supporting others online:**

- 👉 How do you stay safe online? What tips do you have and where did you learn them?
- 👉 Do you know where to go for help, and where to find the safety tools on your favourite apps and games?
- 👉 What could you do if someone was unkind to you online about the things you've shared?
- 👉 What could you do if you saw a friend online needed some help or support?
- 👉 How do you keep yourself safe online? Can you show me how I could use the internet in a better/safer way?

[saferinternetday.org.uk](http://saferinternetday.org.uk) #freetobe

**Set Up Safe** Helping parents keep their children safe online. [internetmatters.org](http://internetmatters.org)

**We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.**

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.

**Get started**

Set parental controls on your broadband to prevent your children seeing things they shouldn't

For smart phones check parental controls are also set up on the mobile network

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# Congratulations, Miss Hall!!

A very special Valentine's Day message!

We are delighted to announce that during the half term holiday, Miss Hall, our lovely Year 6 teacher, will be getting married!!

The very lucky young man is Dan Satterley.

All our love and congratulations go to them both (and Dexter the dog!)

for a very happy day and a wonderful future together.

After the holidays, Miss Hall will be known as Mrs Satterley.-as we can see from the lovely balloon here. This was brought in by Alfie, who arrived at 7.30am in the morning to decorate the classroom for Miss Hall's special day! What a lovely thing to do!



# Girls' Football News



Last Friday afternoon, our girls' football team travelled up to Darsley Park to take part in their latest tournament.

Sienna, Kora, Mia, Berry, Elouise, Mia-Mae, Lily and Charlotte all played beautifully reaching the quarter finals.

Miss Kincaid was so proud of them all!

She said they really "Lived the Gospel" -stopping to help their opponents up after a tackle!!



This afternoon, the boys' team will be taking part in the NUFC final.

We wish them lots of luck and look forward to hearing how they did on next week's blog.



# Year 5's Collective Worship



We are  
unique!



On Wednesday morning, there were snowflakes everywhere as Mrs Hall, Mrs O'Brien and the children in our Year 5 class welcomed members of their family to their celebration of Collective Worship.

The theme was "You are Unique". There were songs sung, prayers said and even a dance.



# Sum Dog Success in Year 5!

Last week, some classes in school took part in the North Tyneside Sumdog

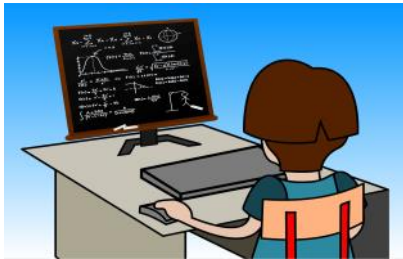
Competition. In total, 243 pupils from across NT took part, answering almost 250,000 questions between them.

Well done to Bobby, Lucas and Ewan who all came in the top 10 pupils overall. A special congratulations to James, who came 1st overall!!! A fantastic achievement.

Mrs Hall's class won the competition overall, and won a 6 month subscription to the Sumdog game!

Well done to all pupils who took part!

It's on the way to you very soon.



## Thank you so much!

We were delighted to welcome Maurice Ahern into school this week. Maurice is a long time friend of St. Bernadette's having seen his children, grandchildren and now great grandchildren as pupils here, as well as serving as a school governor for many years.

Maurice is a really talented artist and he has been working on our statues of Mary and St. Bernadette for the last few weeks. He has done a fantastic job.

They both look amazing!

Thank you so much, Maurice!

A Jelly Bean Award is on its way to you very soon.





# Happy Birthday



# Half Term Holidays

Just to remind you that this afternoon at 3.30pm we shall be finishing for our Half Term break.

**School will be closed all next week.**

Don't forget, we have a **Teacher Training Day on Monday, 24th February.**

**School will open once again on Tuesday, 25th February.**

We look forward to seeing you then.

# Packed Lunch Reminder

Our dinner nannies have reported that there seems to be items of chocolate being included in the packed lunch of some children. May we remind parents that being a healthy school we do not encourage the inclusion of chocolate.

Also- as a matter of Health and Safety any products including **NUTS** should not be included as we have children in school who are allergic and may suffer from an anaphylactic shock.

Thank you so much for your co-operation in this matter!

# IMPORTANT NOTICE FOR Y6 PARENTS

This year the **Year 6 SATs** week will be

**Monday, 11th May - Thursday, 14th May**

Please ensure that you do not book any holidays during this period or in the weeks leading up to this very important time.

Thank you!

## Safety First!

Please may we ask that on these icy morning, children and parents use the pathways around the car park and MUGA. These are the only areas which are gritted.  
Many thanks!





# What's On Over Half Term?

## February Half Term Holiday Courses with Newcastle United Foundation.

17th February - 20th February 2020.

### Half Term Holiday Course

**Goals Newcastle, High Gosforth Park, Newcastle upon Tyne, NE3 5HP**  
9.30am - 15.30pm  
5 - 13 years old  
**£50.00 per person**

### Wrap Session

9.00am - 16.30pm  
5 - 13 years old  
**£64.00 per person**

### Half Term Holiday Course

**Consett AFC, Belle View Stadium, Delves Lane, Consett, DH8 7BF**  
9.30am - 15.30pm  
5 - 13 years old  
**£50.00 per person**

### Half Term Holiday Course

**Blaydon Leisure Centre, Shibdon Road, Blaydon-on-Tyne, NE21 5NW**  
9.30am - 15.30pm  
5 - 13 years old  
**£50.00 per person**

### Half Term Holiday Course

**Wallsend Boys Club, Wallsend, NE28 7DJ**  
9.30am - 15.30pm  
5 - 13 years old  
**£50.00 per person**



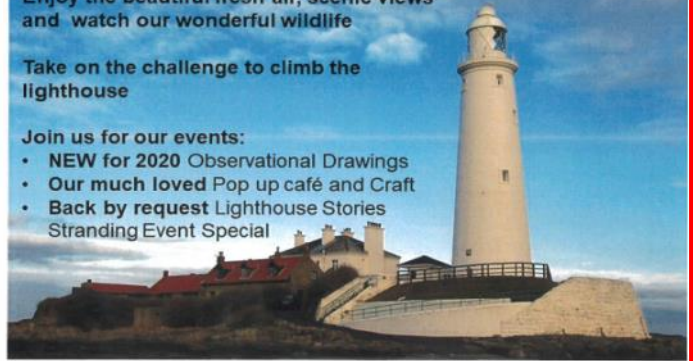
## St Marys Lighthouse: Feb Half Term 2020

Enjoy the beautiful fresh air, scenic views and watch our wonderful wildlife

Take on the challenge to climb the lighthouse

Join us for our events:

- NEW for 2020 Observational Drawings
- Our much loved Pop up café and Craft
- Back by request Lighthouse Stories Stranding Event Special



Pop up café and craft. Drop in to our conference room upstairs in the warmth, £3 per child for crafts, biscuits to decorate and eat and a child's hot chocolate with cream and marshmallows (recommended for over 3). Hot drinks and light refreshments available to purchase for adults (50p for tea or coffee in your own clean reusable mug, £1.70 in our mugs or luxury hot chocolate £2.20), Sunday 16<sup>th</sup> February 12pm-4pm, Monday 17<sup>th</sup> February 12pm-4pm, Tuesday 18<sup>th</sup> February 1.30pm-4pm

Lighthouse Stories Stranding Event Special. Attendees will be told some horrible true histories of shipwrecks and lighthouses and will be being stranded on the island over the high tide, so recommended for children over 8 years old. Bring a packed lunch. Lighthouse access included, closed to general admissions. £5 per person. Stranding event, book by calling 0191 6434777 (please leave a message, we will get back to you). Wednesday 19<sup>th</sup> February 10.30am-2pm.

Observational Drawing Art Workshop. New for 2020, we are running a 2hr workshop in drawing from observation, using our bird taxonomy and lighthouse historical collection. Materials provided (although you are welcome to bring your own equipment) in our Pop Up Art Space. £3 per person, recommended for adults and children over 10 years old. Book by calling 0191 6434777 (please leave a message and we will get back to you). Any wildlife art produced by attendees can be added to our exhibition for St Marys Wildlife Festival, Sunday 23<sup>rd</sup> February 10.30am-12.30pm.

Our lighthouse and gift shop are also open if you want to climb the 137 steps (£3.30 ad, £1.70 ch): Saturday 16<sup>th</sup> 10.30am-4pm; Sunday 16<sup>th</sup> 11am-4pm; Monday 17<sup>th</sup> 12pm-4pm; Tuesday 18<sup>th</sup> 1.30pm-4pm; Saturday 22<sup>nd</sup> 10am-12pm; Sunday 23<sup>rd</sup> 10.30am-12.30pm. For more opening and event information, please check our monthly opening times and safe causeway crossing times and events on Facebook: St Marys Lighthouse and Visitor Centre.

Car parking £1.20 per hour or £3 per day.



February



Spread your wings with the RAF Red Arrows

Until 10 Feb 2021  
A Red Arrows Flight Simulator

[More info](#)



Play + invent: Things that Fly  
17 Feb  
Drop-in make and invent activities.

[More info](#)



Discovery Days: February half term  
18 Feb  
Crafty Family Fun

[More info](#)



Tales of Engineering  
19 Feb  
Pre-school children and their families connect with professional engineers to...

[More info](#)



Play + invent: Things that Fly  
19 Feb  
Drop-in make and invent activities.

[More info](#)



Discovery Days: February half term  
20 Feb  
Crafty Family Fun

[More info](#)



Play + invent: Things that Fly  
21 Feb  
Drop-in make and invent activities.

[More info](#)

active NORTH TYNESIDE



# Move more, live more

## Kit Unit @Cedarwood with \*PYD

**FREE Pre-loved Sports Kit to support anyone wanting to get active!**

**Where: Cedarwood Trust  
Avon Avenue  
Meadowell Estate  
NE29 7QT**

**When: Mondays – Fridays**

**Time: 10am-3pm**



\*Phoenix Detached Youth Project



[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)

Active North Tyneside @active\_NT (0191) 643 7171



# Sports and Achievements



Here's Charlie receiving his bronze medal after fighting in his first U12's BJA Judo Competition. He fought so well and we're all so proud of him  
Well done, Charlie!



Maggie's dad is going to be busy putting up extra shelves to house the latest trophies that Maggie has won for Irish Dancing.  
Congratulations Maggie!  
A fantastic achievement.



We love to hear all about your achievements! If you want to be on this page, take a photo and please send it to: [office@st-bernadettesprimary.co.uk](mailto:office@st-bernadettesprimary.co.uk)

Hannah had a very successful weekend at her swimming gala. She won 1 gold, 4 silvers, 1 bronze and two 4th places. She also did some big personal best swims.  
Fantastic!!



Faye passed her recent ballet exam with Distinction! Congratulations, Faye! That is great news.



Here is Jayden celebrating Gaining his Orange Belt in Martial Arts.  
Well done!



Joseph loves going to Star Strike Soccer with Phil!  
He is very proud of the medal he received.  
We are proud of you too, Joseph!



## Don't forget!

Holy Toast  
MONDAYS 20p





# Messages from the School Office

## Breakfast Club/OOSC

Parents and Carers

### MUST BOOK A PLACE ONLINE FOR BREAKFAST CLUB AND/OR OUR OOSC (Out of School Club)

Miss Coates has been busy and has put the booking forms up on the website for this half term. So you can be really organised!

The booking page does not close until 8pm on Friday evenings for the next week. Please, please book on as we have far too many late comers. As these clubs become more popular-we must know numbers as early as possible for staffing arrangements to be put in place.

Numbers are growing and places are limited. Don't miss out!

Please remember children requiring breakfast must be in by 8.15am please.



## Pupil Absence



If you do not inform us via ParentMail or the telephone absence line that your child will not be in school, you will receive a text message asking you to call the school office.

This message will not reach you if you have an incorrect mobile number attached to your parentmail account. Please check that yours is correct. Thank you.

## Free Hi-Vis Vests Available

Be prepared for those dark winter mornings and evenings!

Free Hi-Vis vests available from school office. Just pop in!



Date for your Diary

Teacher Training Day-Monday, 24th February 2020

## Don't forget!

If your child vomits or has diarrhoea, they must be kept off school for 48 hours from the last episode please.

This is a government directive to protect your children.

Mass: Sunday 11.30am  
 Fr John McElhone— 0191 2623820  
[www.wallsend-aidettes.co.uk](http://www.wallsend-aidettes.co.uk)



# Star of the Week

## Dates for your Diary

**School Opens Tuesday, 25th Feb.**

Wednesday 26th Feb Lent begins

9.10am Y5/6 (Miss Smith) Collective Worship

Weds 26th and Thurs 27th Parents' Evenings

For more dates check out our website at

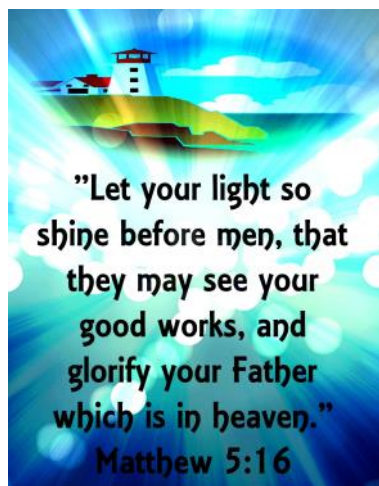
[www.st-bernadettesprimary.co.uk](http://www.st-bernadettesprimary.co.uk)

**Holy  
 Toast  
 Winner!**



Nursery	Leo Noah
Reception (AW)	Halle
Reception (SK)	Emmie
Year 1	Whole Class for a good week!
Year 1/2	Jad
Year 2	Heath
Year 3	Hannah E
Year 3/4	Joe
Year 4	Amber P
Year 5	Alfie
Year 5/6	Ava W
Year 6	Lily D

## Mission Value: Truth



### Attendance of the week

This will be announced at our celebration assembly.