



St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



Bernadette's Blog

Walking The Wall

As some of our youngest pupils took their first footsteps into school once again, we made this week's challenge about a very special virtual journey of our own.

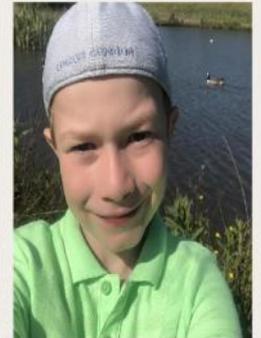
Living and going to school in Wallsend- we know a little about Hadrian's Wall-but not many of us have actually walked it.

So, this week we took our chance-virtually!

The Hadrian's Wall Path is an 84 mile (135 km) long National Trail stretching coast to coast across northern England, from Wallsend, Newcastle upon Tyne in the east to Bowness-on-Solway in Cumbria on the west coast.

Estimating a ten minute walk would be about half a mile long-we set off to see if, together, we could make the whole distance.

**Day 1
23 miles**



Following in Hadrian's Footsteps



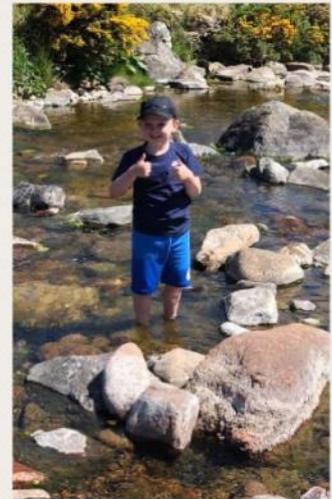
Looking at the view



Day 3
67 miles!!



Seeing the sights



Reaching our target!!



Home Learning and Achievements!

After watching the Space Shuttle Launch at the weekend Isaac spent so time learning about space this week. Well done, Isaac!



Josie used shells, pebbles, leaves and a stick to produce her koala bear natural art work. She was inspired by Andy Goldsworthy. Fab!!



More artwork from Ava, who has been doing observational drawing and pebble people. She also completed a module on The Maths Factor and was awarded a certificate. She is very proud of herself... We are too!



George and Oscar had fun pizza making this week. Looks tasty lads! Well done!



Eva has also been busy with her Andy Goldsworthy inspired artwork. It's great, Eva! Well done!



Reception has been reading The Snail and the Whale this week, Sophia has enjoyed learning about spirals and spiral patterns.



We would love to see your ideas and all the Home learning and fun activities that are going on in your house. Don't forget tips for parents*, rainbow moments, birthdays, holEy toast, achievements, acts of kindness etc etc Please send photos office@s-bernadettesprimary.co.uk marked FAO Mrs McConville by Thursday, 10am. Thank you!

Next Week!

Next week is "Bike Week 2020"

Look out for details of Mr Thomas' Super Hero Cycling Challenge on Monday!!
You could get a certificate like this!



Child Safety Week

This week has been, Child Safety Week. This is an annual community education campaign run by the Child Accident Prevention Trust (CAPT).

With the extra pressures on the NHS and many families worried about visiting A&E, parents and carers are being encouraged to be vigilant and reflect on their family's behaviour, routine and home environment in order to keep their children safe. The key message is #SafetyMakesSense.

According to Public Health England 90% of accidents involving under-fives happen at home and fall into five main categories:

Threats to breathing - choking, strangulation or suffocation

Falls

Poisoning

Burns and scolds

Drowning

Doctors are concerned that children stuck at home during lockdown may be at higher risk from an abundance of potentially poisonous products, from sanitiser to surface spray and paracetamol.

With more meals being cooked at home, there is also an increased risk of accidents involving hot pans and hot drinks.

The majority of these accidents are preventable, and parents and carers can make a big difference by being vigilant about risks and keeping potential dangers like hair straighteners, medication and button batteries out of harm's way.

Children's Services, said: "Families are under enormous pressure at the moment. Some are self-isolating, others are juggling home working with home schooling.

"It's difficult keeping little ones entertained and it's also easy to become distracted. This Child Safety Week I'd urge parents and carers to scour their homes, take time to think about potential hazards and take steps to avoid accidents.

"Safety Makes Sense and can help to ensure we protect our loved ones."

National Child Safety Week is to encourage families and carers to consider the most common causes of injury and think about the simple things they can do to minimise the risks to children and young people.

You can download the Safety Makes Sense parents pack by visiting: <https://www.capt.org.uk/csw-parents>.



Rainbow Moment

Gracie and Alfie spotted this Rainbow Moment as they were out Walking the Wall this week.

I know the Thursday evening Clap for Carers have officially finished-but we will never forget those key workers in our school community who have done so much, especially during the last eleven weeks of lockdown.

Thank you! We love you all!

Stay Safe!



Preparing Your Child To Return To School (For those it may concern)

POCKET FAMILY PSYCHOLOGIST

HELPING YOUR CHILDREN RETURN TO SCHOOL

www.pocketfamilypsychologist.com

1

Make school familiar and interesting again

Walk past school, talk about teachers and friends, play (new schools), set up some video calls with friends, get a new lunch box

2

Show confidence in teachers and school

Teachers are very focused on child mental health at the moment. Let your child know you trust their teachers to take good care of them

3

Assure your child things will be different now

We suspect, like you, many children do not want to go back to the old busy ways. Assure your child that there will be less time in school and classes will be much calmer with more 1:1 time with their teacher

4

Notice and allow worries

It is normal to feel worried and uncomfortable, everything feels so uncertain. But assure yourself and your child that you will be able to cope and respond to whatever challenges emerge

5

Start to increase routine and safety cues now

Start to creep back to school routines and include lots of safety cues or anchors in daily life. You could have a packed lunch each day this week and put in some treats that will be consistent next week

Forwarded Information

NEVER ALONE



<p>NSPCC 0808 800 5000 (24hrs)</p>	<p>National Domestic Abuse Helpline 0808 2000 247 (24hrs free)</p>	
<p>Mind 0300 123 3393 (Mon-Fri 9-6)</p>		<p>Victim Support 0808 168 9111 (24hrs)</p>
<p>Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)</p>		<p>ChildLine 0800 1111 (24hrs)</p>
<p>Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)</p>		<p>Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)</p>
<p>Samaritans 116 123 (24hrs free)</p>	<p>National Centre for Domestic Violence 0207 186 8270</p>	

Domestic abuse – Where to get help during the Covid-19 pandemic

For 2 million victims of domestic abuse, home may not be the safe place it should be.

We can help and support you if you are experiencing domestic abuse. you can contact Northumbria Police by telephone on 101 or online via www.northumbria.police.uk

However in an emergency, always call 999. If you dial 999 and are unable to speak, the emergency operator will ask you to dial 55 and to follow their instruction to quickly put you in touch with Police.

Mass: Sunday 11.30am
Fr John McElhone— 0191 2623820

www.wallsend-aidettes.co.uk



Message from Fr John

We have launched new more interactive websites bringing you the most up to date news regarding our parish communities which will be updated on a daily basis.

These can be found at:

www.staidanschurch.uk

www.stbernadetteschurch.uk

On our websites you will find information relating to times that churches will be open and the initiatives that we will be undertaking to try and keep in touch with parishioners.

Additionally we have a Facebook Page:

[St Aidan's and St Bernadette's Community Page](#)

which you can join.

Stars of the Week

Our Stars of the Week this week are the Reception children who came back into school this week.

They have been fabulous! Social distancing, hand washing rules etc taken in their stride.

Next week, we shall welcome back some Year One children to their pods.

We are looking forward to seeing you!

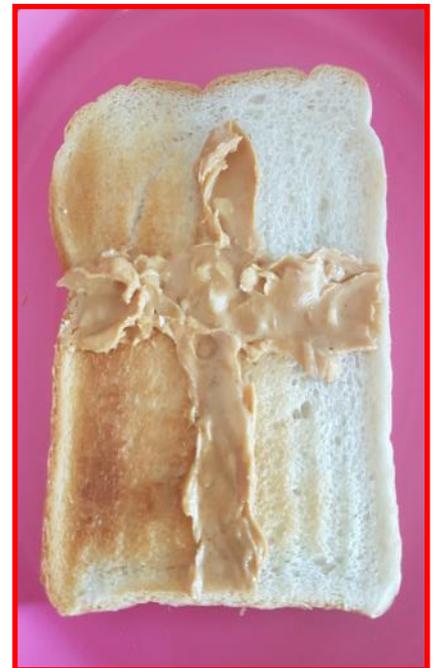
Prayer for the Week

Pope Francis
Prayer for protection from Coronavirus

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.



HolEY Toast Winner



Holy holEY toast!
Thanks,
Bethany!!