



St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



Bernadette's Blog

Bike Week 2020

This is "Bike Week 2020" So this week we put our very own expert cyclist, Mr Thomas in charge of our challenge.

You may remember that each year our wonderful

Caretaker, Mr Thomas undertakes an epic cycling challenge Coast to Coast etc and

raises money for good causes. Our school's defibrillator came from one such sponsored ride.

For the past twelve weeks Mr Thomas has got on his bike to deliver packed lunches to some of our children. He is our very own super hero.

So this week, we got out our super hero costumes (amongst others) and got on our bikes to meet the Hand Signal challenge he set.



I am turning right



I am turning left



I am stopping



Charlie

Pedal Super Power!



Pedal Super Power!



Theo and Alex



Matthew



Isaac



Dylan



Jessica

If your child has taken part in our
Bike Week 2020 Challenge and you have a printer at home
-you can visit:

<https://www.cyclinguk.org/bikeweek>

In the family activity section, you can download this certificate.
There are lots of ideas here for you to use on your family bike ride.

Thank you to everyone who took part!
We know the weather this week wasn't ideal!!



Home Learning and Achievements!

Ava has been looking at capacity in Maths and her optional activity was to follow a recipe and 'make' something. Ava baked a chocolate cake of course!



Challenge
SCIENCE WEEK
Will it dissolve?
Get several small containers and a selection of materials to test e.g. oil, sugar, salt, food colouring, rice etc. Ask children to make a prediction as to whether it will dissolve or not.



Sophia had some help from her big brothers, Aaron and Owen, with her science experiment. Well done, everyone!



Josie took part in the world's biggest art class with Rob Biddolph in May. She has just received her certificate for being part of a world record. Fab!



Jamie made a great job of his natural resources Artwork, "A Girl" in the style of Andy Goldsworthy. Well done, Jamie!



Maggie and Joe made lots of folk smile when they baked cupcakes and delivered them to their friends and neighbours. What a lovely act of kindness! That's "Living the Gospel!"

Here is Isaac, in action, learning to skip with the help of a chair. Well done, Isaac! You are well on the way!



Freya and Cameron were happy to receive those very cupcakes. They were delicious. Thank you for being so thoughtful and spreading a little happiness Maggie and Joe!



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!

More Home Learning and Achievements!



Matthew has been busy, this week, creating some art with stones as part as his home learning. Looks great!



Isabella has been baking throughout lock down following the pack of recipes she was given in cookery club in Year 1 with Mrs McGuigan. This week was smartie cookies.

Grace too, has been baking again as part of the extra curricular activities this week. Fairy buns and scones.. Lovely!



Next Week!

Next week will be our "Pet Special"

Look out for details on Monday!!
So many of our pets have really helped us keep smiling during lockdown.
We shall celebrate them all!



Rainbow Moment

Happy Birthday!



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



NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270

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 Year One children who came back into school this week.

They have been fabulous! Social distancing, hand washing rules etc strictly followed. Well done, all!

Next week, we shall welcome back some Year Six 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.



Howley Toast Winner



This week's
HOWLEY
toast!
Twooly fabulous!