

Friday, 5th March, 2021

St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



Bernadette's Blog

Goodbye Home Learning

It is almost one year ago that we were asked to "Stay Home and Protect The NHS" for the first time. Our first Home Learning Blog showed the Rainbow Trails we had made to support our key workers.

We hope that now, with the Covid-19 vaccine programme underway that we may be nearing the pot of gold at the end of that rainbow.

On Monday, all our children will be returning to school and we can't wait to see them!

But we could not end this strange and hopefully unique time in our lives without paying tribute to everyone who has worked so hard to deliver and undertake our home learning: our wonderful children, parents, carers, teaching & support staff.

You have done a fantastic job!



Everyone Has Worked So Hard!



This has been a special time for our St. Bernadette's family. Together, we can get through anything!

Let's Get Ready For The Big Day!

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.



School Lunch Menu

Primary School Menu 2021



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Oven baked beef burger or vegetable burger in a bun served with chips & sweetcorn	Margarita pizza served with baked potato wedges & salad	Chicken curry or Quorn curry served with brown rice	Homemade minced beef pie or Quorn mince pie served with creamed potatoes & carrots	Oven baked fish fingers or vegetable fingers served with chips & peas
ALTERNATIVE OPTIONS	Jacket potato or a freshly made sandwich, each with a choice of fillings				
PUDDING	Fresh fruit or iced chocolate sponge finger	Fresh fruit or Flapjack	Fresh fruit or chocolate brownie	Fresh fruit or raspberry muffin	Fresh fruit or golden coconut cookie

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margarita pizza served with baked potato wedges & salad	Homemade minced beef lasagne or vegetable lasagne served with garlic bread and sweetcorn	Oven baked pork or Quorn sausage served with creamed potato and baked beans	Homemade chicken & vegetable pie or Lentil & tomato vegetable pie served with creamed potato & broccoli	Oven baked battered fish fillet or vegetable fingers served with chips & peas
ALTERNATIVE OPTIONS	Jacket potato or a freshly made sandwich, each with a choice of fillings				
PUDDING	Fresh fruit or Oat crunch biscuit	Fresh fruit or Fruit jelly	Fresh fruit or chocolate muffin	Fresh fruit or iced lemon sponge finger	Fresh fruit or chocolate shortbread biscuit

Medical prescribed diets will be catered for and items subject to availability

fresh food matters



Don't Forget!

We still need you to email any birthday photos, achievement photos, good news etc that you would like to share on the blog. Due to bubbles and social distancing rules nobody in school will be able to do this job yet.

Please email to blog@st-bernadettesprimary.co.uk by 10am Thursdays

Thank you!

Vacancies

We have spaces in Year 2 and Reception, please email office@st-bernadettesprimary.co.uk

You may apply now for places in Reception Sept. 2021



Mass: Sunday 11.30am
Fr John McElhone— 0191 2623820

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

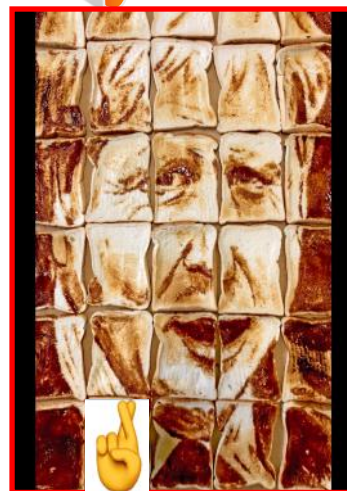
On our websites you will find information relating to times that churches will be open, booking a place for Mass and the initiatives that we will be undertaking to try and keep in touch with parishioners.

Additionally we have a Facebook Page:

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

which you can join.

Holy Toast!



Thanks Mrs Collins!

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.



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.

www.northumbria.police.uk
northumbriapolice
northumbriapd