

Friday, 8th February, 2019



## St Bernadette's Roman Catholic Primary School

*Live the Gospel and when necessary use words*

# Bernadette's Blog

## Youth Friday Celebration



On Wednesday afternoon, Mrs Milner, Alice and Natan travelled into Newcastle to attend the Youth Friday Mass at St. Mary's Cathedral.

Fr Dermott Donnelly and the Youth Ministry celebrated the service.

We were excited to hear on Tuesday that that Pope Francis has appointed Bishop Robert Byrne as Bishop of the Diocese of Hexham and Newcastle. Bishop Byrne will be the fourteenth Bishop of Hexham and Newcastle.

The children left one of our prayer pods inside the cathedral.



# Invitation to Parents of KS1 and LKS2 Children



Just to remind you that from today, until the end of the spring term, you are invited to our 'Open the Book' assemblies which take place at 10.20am in our school hall each Friday morning. 'Open the Book' is a short assembly of Bible stories told by an Ecumenical team to an audience of KS1 and LKS2 children. The children are encouraged to take small acting roles and participate in the story. We would love to share these Bible stories with KS1 & LKS2 parents. Please return the filming permission slips sent yesterday asap.



## E-Safety Week

This week, Mrs Milner has been sending out some fascinating information and advice about keeping our children safe online and on social media.

If you haven't had chance to look at these let-please, please make time to.

These really are essential tips for parents and carers of children today.

Below is a small part of one of the bulletins:

### E-Safety Bulletin 2

One of the concerns we hear from parents at St. Bernadette's is around the time that their children are spending on phone/tablet/computer.

We've looked at the resources available put together this bulletin for parents with advice and talking points with your child on screen time.

#### How Much is Too Much?

This morning, in one of our older classes, we conducted a small experiment to gauge how much the time the children were spending on their phones. We asked them to go to the battery usage in their iPhone settings and to look at their activity logs. What we discovered was in the last 24 hours children had spent between 2 and 6 hours on their phones. These were mainly social media apps. When we look at a week there were children who were, for example, spending over 17 hours on social media.





# Digital Resilience Toolkit

internet  
matters.org

*Advice for parents of 6–10 year olds*

Help children become more digitally savvy  
and get the best out of their online world

## What are they doing online?



44%

of six-year-olds are going  
online in their bedrooms<sup>1</sup>

28%

of 10-year-olds have  
a social media profile<sup>2</sup>



8 in 10

aged 5 to 15 regularly use  
YouTube to watch short  
clips or programmes<sup>2</sup>

<sup>1</sup> Internet Matters OL research 2016  
<sup>2</sup> Ofcom Children's and parents'  
media use and attitudes 2017



## What challenges can they face?

It's the first time they are using technology, many independently. For children between 6 and 10, they are going online to play games or watch videos. This activity can quickly become very addictive.

As children get closer to 9 and 10, they are starting to engage online and socialise through games or through social media and they may come across potential risks when talking to others online such as cyberbullying.



# Happy Chinese New Year



## Kung Hei Fat Choi







**This week at baking club  
we got to make our own  
pizzas and eat them!**



**They were "delicious, scrumptious,  
fantastic,  
yummy, scrumdiddleyumptious!"**



# Book now for Half Term!

## Premier Camps

**Fun and adventure with Premier Tyne & Wear. Fun Sports  
and Arts activities for all 4 to 12 year olds!**

Premier Tyne & Wear provide a wide range of exciting, fun, Sports and Arts  
activities for you and your friends to try. Be creative and adventurous.  
Make new friends and have loads of fun along the way!

Visit [camps.premier-education.com](http://camps.premier-education.com)  
or alternatively call 01953 499 040



### What's on this February?

#### WALLSEND

St Bernadette's RC Primary School  
Wallsend NE28 9JW  
Multi Sports Camp  
18th Feb - 22nd Feb

#### BEDLINGTON

St Bedes RC VA Primary School  
Bedlington NE22 6EQ  
Football camp  
18th Feb-20th Feb

#### BEDLINGTON

St Bedes RC VA Primary School  
Bedlington NE22 6EQ  
Gymnastics Camp  
21st-22nd Feb

#### NEWCASTLE

Throckley primary school  
Newcastle Upon Tyne NE15 9DY  
Multi Sports Camp  
18th Feb - 22nd Feb

#### SOUTH SHIELDS

Lord Blyton  
South Shields NE34 9BN  
Football Camp  
19th-21st Feb

**9.00am till 3.00pm  
£9.00 per day**

**Exclusive February Offer:  
Up to 15% OFF**

#### You will need...

- ▶ A packed lunch
- ▶ Plenty of water or fruit juice
- ▶ Weather-appropriate clothing
- ▶ A change of footwear
- ▶ Shin pads (for contact sports)
- ▶ ...and loads of energy!

#### Don't worry!

Our Activity Professionals are fully insured and DBS  
checked. They all hold an Emergency First Aid certification.

Premier parent &  
family membership  
discounts available  
subject to  
conditions.

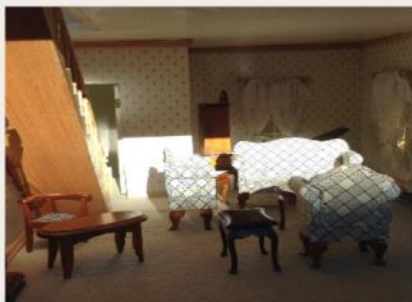
**Book now to guarantee  
your place!**

Twitter Facebook @PremierActivate

**Don't forget! Half term is 18th-22nd February and school  
is closed on Monday, 25th Feb for Teacher Training Day.**



# A Very Special Gift



This beautiful dolls' house was donated to our school by the Kenny family, in memory of Moira Kenny who worked as a dinner nanny here for many years.

Thank you. We shall treasure it.



# Brush Up!

On Wednesday afternoon we had lots of visitors in our Reception Classes. A whole group of people from Wallsend Children's Community had come to carry out an Oral Health Programme with the children. There were lots of interesting activities, like brushing a dragon's teeth, going on. It was great to see some of our parents, carers and governors there, who came along to take part. Thank you for your support.

The children really enjoyed it. Look out for the leaflet coming home!





# Children's Mental Health Week

## Be Mindful

Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

## Talk about It!

How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

## Healthy Body, Healthy Mind

Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

## We Are All Unique

Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

## Be Kind

Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

## Make Time for Fun

Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!


## Ask for Help

We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.





# HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

 @BELIEVEPHQ

[www.BelievePerform.com](http://www.BelievePerform.com)



## LOVE

Be there for your child and show care and love



## EXERCISE

Encourage play, exercise and sport



## BEHAVIOUR

Keep an eye out for any changes in behaviour



## SUPPORT

Regularly support, encourage and praise your child



## REST TIME

Help your child to manage stress by building in some rest time



## BE PROUD

Tell your child that you are proud of them



## PATIENCE

Be patient. Don't pressure your child



## HELP

Don't be afraid to seek help from professionals



## FEELING

Get to know how your child is feeling



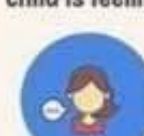
## EDUCATE

Educate yourself about mental health problems



## PROBLEM SOLVING

Help your child to effectively problem solve



## LISTEN

Make sure you take time to listen to what your child has to say



## COPING

Help your child to learn some simple coping skills such as relaxation



## SYMPTOMS

Be aware of signs and symptoms



## CONVERSATION

Encourage your child to engage in conversation



## ENVIRONMENT

Provide a positive environment for your child where they can thrive





# Messages from the School Office

## Breakfast Club

Parents and Carers **MUST BOOK A PLACE ONLINE FOR BREAKFAST CLUB.**

The booking page does not close until 8pm on Friday evenings for the next week.

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

**You may now book on all the way to Easter. Miss Coates has been busy again!!!!**

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.

Many thanks!



## Rose Garden Gates

Parents and Grandparents please note that the

**Rose Gardens Gates must be locked at 9am promptly.**

This will mean that children will have to come around to the main entrance if they are late. Mr Thomas has to lock all the school gates and cannot be asked to bring children through. Sorry!

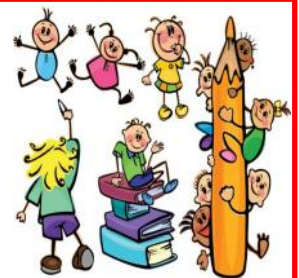
## After School Clubs

Clubs will finish next week for this half term.

All payments should be completed by now if your child is booked on an After School Club. Quite a few are still outstanding.

Go to Parentpay. Look in "Shop" and put the item into your basket.

Please phone the office if you have any difficulties. 200 7363.



## Be Aware

Just to let you know that we have a few cases of chicken pox in the Early Years and Key Stage One. This is just to inform any mummies who are expecting.





# Sports and Achievements



Here is Isla with the certificate that she received for being very brave during her visit to the fracture clinic.

We hope you are better very soon, Isla!



Will and his Benfield U10 Football team hit the Evening Chronicle headlines this week! The team have been invited to play a team in Austria. How wonderful!

Congratulations Will! (and Jack!)

We love to hear all about your achievements! If you want to be on this page, take a photo and please send it to:

[stberndettes.primary@northtyneside.gov.uk](mailto:stberndettes.primary@northtyneside.gov.uk)

Many congratulations to Faye!

She passed her Pre Primary Royal Academy of Dance Ballet exam back in November.

Her ballet teacher presents her with the medal and certificates



## Mini-Vinnies Appeal

Thank you to those people who have contributed food and toiletries to the Mini Vinnie Appeal for the food bank. Special thanks to Charlotte and her family who donated the contents of their '2018 Reverse Advent Calendar'. It's not too late to bring in any goodies from Christmas, that you might not get around to using.

Thank you!







## Library Books

Miss Jones and her team of librarians would be very grateful if parents and carers could encourage their child to search at home for books that should have been returned to the school library. Please could any books found be returned directly to Miss Jones (Y1) to be logged back into the system. Many thanks!



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

11th February Dental Survey for 5 yr olds  
(Random Selection-not all children)  
18th-22nd February Half Term Holiday  
25th February School closed for Teacher Training  
5th March PTA Meeting at 6pm

For more dates check out our website at

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

This week's

Holy Toast

Winner

This is our  
final Holy Toast for this  
half term.

Thank you for your support!



Nursery	Harrison Rauri
Reception (AW)	Milo
Reception (SK)	Isaac
Year 1	Olivia
Year 1/2	Harvey
Year 2	Mollie
Year 3	Jessica
Year 3/4	Ethan
Year 4	Amelia
Year 5	Alyssa
Year 5/6	Ryan F
Year 6	Scarlett



## Mission Value

Our value for this term is  
**"Community"**

Attendance of the  
week

Congratulations!

Year 4

99.4%