

# Newsletter



Issue # 3

Term 1

Thursday 20 February 2020

Dear Parents,

The Parents & Friends (P&F) committee at St Bernard's are central to the success of our school, contributing to fundraising ideas and supporting initiatives for the benefit of the school and students. This week the first P&F meeting of the year was held. It was very well attended by new and some familiar faces and we were able to elect new committee members to fill positions for 2020. Congratulations to President - Kelly Jameson; Vice President - Katie Shakespeare; Secretary - Kiri Wright, Treasurer - Nicki Allen and Board Representative - Melissa Franzen.

We are very grateful for the contribution made over a number of years by outgoing committee members, President - Tori Vincent and Treasurer - Nicole Powell. We thank them for the many successful fundraising initiatives they contributed to during this time, including the highly successful Grand Pesca at Lollapalooza last year.

An important project we would like to raise money for this year is a passive play area adjacent to the infant's eating area, which would cater for the sensory needs of many of our students in the playground.

The next meeting of the P&F will be Monday 16 March at 5.30pm. We would love to see you there.

## School Board

We continue to seek interest for two new representatives to join the School Board. The Board meets twice a term. Matters that concern the Board relate to the big picture planning for all aspects of school governance. The representation of parents on the Board is important to us and we would be very interested in your nomination. Please refer to the form included in this newsletter to express your interest or to nominate someone you know who would suit this position. Nominations close tomorrow, Friday 21 February.

## Parent Teacher Introductory Meetings

Parent Teacher meetings will be held next Tuesday 25 and Wednesday 26 February and continue on Wednesday 4 March. If you are yet to book a time to meet with your child's teacher, please do this at your earliest convenience. These meetings are an excellent way to support your child's learning, strengthening the partnership between home and school.

## Weekly Memo

We have had very positive feedback regarding the new weekly memo that your child's teachers has been sending via email. The format of *Preview, Review and Prepare* helps to keep our communication with you as succinct and informative as possible. The weekly email takes the place of the term Curriculum Notes.

## Southern Region Swimming Carnival

Yesterday a number of our students from Years 2 to 6 competed at the Southern Region Swimming Carnival in Narooma. We thank Mrs Angela Holmes for once again organising a fabulous event for the swimmers in our region. Congratulations to the swimmers who will be competing in Canberra at the Archdiocesan carnival on Monday 2 March.

## Welcome BBQ

We hope to see you tonight at our Welcome BBQ and Disco starting at 5.00pm-6.30pm in the school hall. Sausage sandwiches will be available and treats can be purchased in the canteen, organised by the P&F. This is also an opportunity for you to access some of the donations that have been shared with our school community.

*Karen Hadley*

Assistant Principal

## What's on

### Weekend Masses

Vigil Mass:

Saturday: 6.00pm

Sunday: 9.00am

Sunday: 5.00pm

### Week 5

**Monday 24 February**

**Tuesday 25 February**

Shrove Tuesday

Parent Teacher

Introductory Meetings

3.00pm-6.00pm

School Board Meeting

5.30pm-6.30pm

**Wednesday 26 February**

Project Compassion-Caritas

Ash Wednesday

Whole School Mass

9.15am-10.15am

Parent Teacher

Introductory Meetings

3.00pm-6.00pm

**Thursday 27 February**

Curriculum in Focus P/L

11.00am Enrichment

Program Carroll College

**Friday 28 February**

Year 3 Assembly

Minnie Vinnies

Badge Presentation

## Birthdays

Happy Birthday to our students who will celebrate their birthday in the coming week:

Sarah A. Milo D.

Charley Mc. Emerson K.

Hayley R. Sophia D.

Lincoln D. Mia S.

Maizi M.



## PARISH WEEKLY NEWS

### “Querida Amazonia” – Pope Francis

In October 2019 Pope Francis called a Synod in Rome to discuss possible pastoral responses to the social, cultural, ecological and ecclesial issues that are currently presenting themselves in the Amazon Region. The Synod consisted in the gathering of many bishops, priests, religious and lay faithful particularly from the Amazon region in South America but also from across the whole world, to listen to, and dialogue with, those for who these issues are a lived reality in this particular part of the Church.

On the 2<sup>nd</sup> of February 2020 Pope Francis published his Post Synodal Apostolic Exhortation titled “Querida Amazonia” which was the final result of the synodal process. In writing this document “I [Pope Francis] wish merely to propose a brief framework for reflection that can apply concretely to the life of the Amazon region.” In doing this, the Holy Father speaks about four great dreams that the Amazon region inspires in him:

- I dream of an Amazon region that fights for the rights of the poor, the original peoples and the least of our brothers and sisters, where their voices can be heard and their dignity advanced.
- I dream of an Amazon region that can preserve its distinctive cultural riches, where the beauty of our humanity shines forth in so many varied ways.
- I dream of an Amazon region that can jealously preserve its overwhelming natural beauty and the superabundant life teeming in its rivers and forests.
- I dream of Christian communities capable of generous commitment, incarnate in the Amazon region, and giving the Church new faces with Amazonian features.

This exhortation consists of four chapters in which the above social, cultural, ecological and ecclesial dreams for the Amazon region are expanded upon.

Check out the whole document at: [http://www.vatican.va/content/francesco/en/apost\\_exhortations/documents/papa-francesco\\_esortazione-ap\\_20200202\\_querida-amazonia.html](http://www.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20200202_querida-amazonia.html)

*Eden Langlands*



**LENT – A TIME TO REFLECT**

*People often don't look  
forward to Lent.*

*Childhood memories of  
giving up something may come immediately to mind. Words like “sacrifice”, “discipline”, and “self-denial” are often used in ways that suggest that Lent is something to be endured rather than a time of grace and spiritual growth.*

*Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to “return to God with our whole heart.”*

*It can be challenging to decide what our commitment will be, but it is about making the season of Lent a meaningful time of prayer, fasting, and almsgiving for ourselves, our loved ones, and our communities. As we journey through this annual second chance, remember that each step brings us closer to the welcoming arms of our loving God*

# Religious Education News

## Shrove Tuesday – Pancake Day

In Australia and Britain the day preceding Ash Wednesday is popularly known as Shrove Tuesday. With Shrove Tuesday taking place before the start of Lent on Ash Wednesday, it was the day when Christians were encouraged to go to confession in preparation for the penitential season that would end 40 days and 40 nights later with Easter Sunday.

Over the years Shrove Tuesday not only became a day for Confession but a time for Catholics to feast on eggs, sugar and dairy which are traditionally restricted during the Lenten fast. You might like to celebrate Shrove Tuesday by making up a batch of pancakes at home. **Many classes will be making Pancakes at school on Tuesday with their teachers.**

Here's a basic recipe which you can embellish by adding chocolate or by serving with maple syrup, strawberry puree and whipped cream or with a good squeeze of lemon and a sprinkling of sugar!

### **PANCAKES FOR FOUR**

#### **Ingredients:**

2 cups self raising flour  
2 eggs  
2 cups of milk  
1 good knob of butter

#### **Method:**

Place all ingredients bar the butter in a bowl and mix until combined. Then let stand for 10 minutes. Meanwhile melt butter into the pan or using cooking spray, then using large spoonfuls begin making pancakes one by one. Drop a decent sized spoonful of batter into the hot pan. Move the pan about so the batter spreads across the bottom in a wide circle. Then once bubbles burst to the surfaces and the edges start to go dry, flip the pancake and cook the other side until it is also golden brown. <https://www.catholicweekly.com.au/shrove-tuesday/>

## Ash Wednesday and Lent

**Ash Wednesday** begins a holy season for many Christian religions. It marks the start of the 40 days leading up to Easter. This 40-day period is known as Lent. During Lent we are encouraged to focus on fasting, prayer and almsgiving.

When we go to Mass on Ash Wednesday we will receive a cross of ash on our forehead. The ash reminds us to turn away from bad things and believe in the words of Jesus. Sometimes the ashes are gathered from the burning of the palms from the previous year's Palm Sunday.

Parents and friends are welcome to join us for our Ash Wednesday Mass on 26 February at 9.15am. The Mass will be held in St Bernard's Parish church. All classes will be attending.



**Project Compassion** is Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

For more information about 2020's Caritas Appeal you can visit their website <https://lent.caritas.org.au/>

A Project Compassion Box will be distributed to eldest in the family to use over the season of Lent.

Wishing you a happy and peace filled weekend

Sharon Beashel REC





# Sports News

## Sydney Swans Visit

Yesterday the Sydney Swans AFL team came to visit the students. They classes thoroughly enjoyed meeting the players and having a kick around with them. Thank you to the Swans for visiting and making the students day.





# Sports News

## Southern Region Swimming

Congratulations to the students who swam at Southern Region full details of results will be published in next week's newsletter.

Annie F  
Campbell R ,Oscar J.  
Molly W, Claire Z, Hailey I, Lily D.  
Rogan H, Kobi B, Lachlan J, Sam S-D.  
Remi C, Zarly P, Olivia M, Amy C.  
Leo H, Charlie J, John F, Henry A.  
Summer H, Lizzy B, Emma I, Maya B, Chelsea T.  
Nicholas W, James C, Luke D, Indi F.  
Bronte E, Wendy H, Charlotte W.  
Cooper T, Lincoln D, Kodyn M, Miller W.

## Summer Representative Sporting Trials

Congratulations to James C, Indi F, Cale P and Nicholas W who competed against student from all over Canberra - Goulburn and Wollongong for a place in the AFL team. The students had a wonderful time and enjoyed the competition trialing against all the Year 6 students. Congratulations to James C on being selected in the Canberra/Goulburn - Wollongong AFL team. We are very proud of all the talented students we have here at St Bernard's. Congratulations on your enthusiasm and for representing our school with pride.





# Kinder News





# Banking & School News

COMMONWEALTH BANK

STUDENT BANKING

**YOUR BANKING DAY IS WEDNESDAY**



## Beeswax Wrap

Let's reduce the plastic used in lunchboxes. Have you thought about using beeswax wraps? Made from 100% cotton and beeswax. Wrap a sandwich, cheese, produce, and cover a bowl.

**Reusable:** Wash with cool water and gentle soap, and reuse.

To order please return the form below and return to the Front Office or order through QKR.

Student \_\_\_\_\_

Class \_\_\_\_\_

Large Wraps 32cm x 32cm \$4.00 each

Small Wraps 20cm x 25cm \$3.00 each

(Sandwiches, small bowls)

(Lunchbox snacks)

Qty

Qty

## BEE A SUPER SAVER

**School Banking is back for Term 1.**

Power up your savings with regular deposits on school banking day.

The first school banking day  
for 2020 will be  
**Wednesday,  
12 February**

Remember, every 10  
deposits earns a free  
gift\*, like this eye-  
catching slinky.



For Buzzy's savings tips, worksheets and other fun activities, visit the beehive [imb.com.au/beehive](http://imb.com.au/beehive)

Don't have an account for school banking? Visit IMB Bank Batemans Bay, 21 Orient Street. Ph 4478 4400.

**imb**  
BANK

\*Limit of one per member for each 10 school banking deposits made. Gift will be the current IMB Bank School Banking Gift being distributed at the time that the member becomes eligible to receive the gift. The information is general advice only and does not take into account your individual situation, objectives or needs. Please consider the PDS available from IMB before making a decision about this product. IMB Ltd trading as IMB Bank ABN 62 087 651 974. AFSL/Australian Credit Licence 237 391.

# School Board Nomination Form

## School Board Nomination Form

I wish to nominate \_\_\_\_\_ (myself / parent) as a member of the School Board for 2020.

I have read the Constitution for Catholic Archdiocesan School Boards, including Criteria for Membership.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

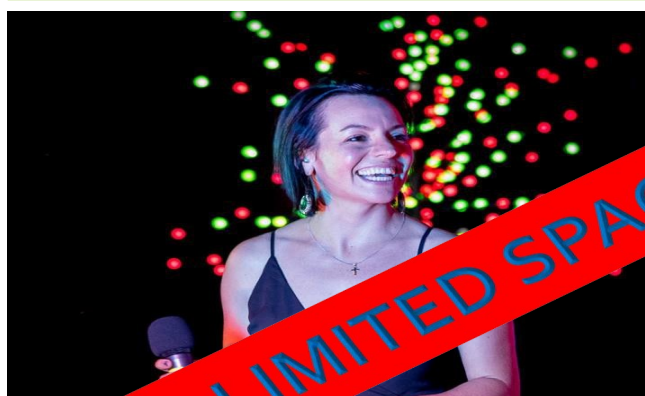
Signature: \_\_\_\_\_

Please return to the school office no later than Friday 21 February 2020.



# Community News

## SINGING LESSONS



LIMITED SPACES AVAILABLE

## Singing Lessons with Dee Farnell

Currently taking group and individual students for 2020, Deanna Farnell has over 15 years' experience in vocal tutoring, choir directing and professional music, musical theatre and acting performance. Good vocal technique, building confidence and enjoyment are at the centre of her music education philosophy and she cannot wait to continue working with the wonderful St Bernard's students in the new year!

Dee is a registered Creative Kids Provider and CK Vouchers can be redeemed with her.

Spaces are filling up with some groups already full so if you'd like more information, please text or call Dee: 0424 044 043

**Batemans Bay Junior Rugby Union has planned registration days for a 2020 Junior teams:**

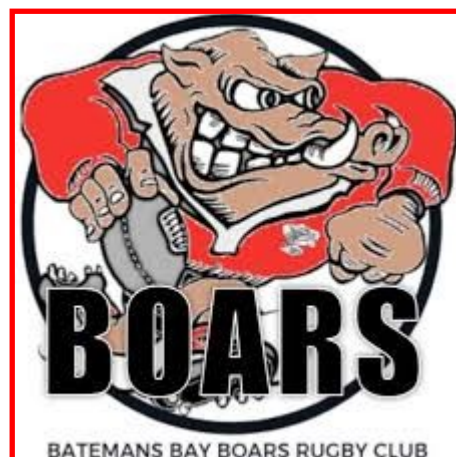
Friday 21<sup>st</sup> February 2020 @ Hanging Rock Oval 5.00pm– 6.30pm

- Saturday 29<sup>th</sup> February @ Seaside Carnival
- Tuesday 3<sup>rd</sup> March 2020 @ Hanging Rock Oval from 4.30pm

Player age groups for the season are:

- U/10's boys & girls
- U/12's boys & girls
- U/14 boys
- U/16 boys
- U/14 girls
- U/16 girls

All enquiries to [rugbymail@bigpond.com](mailto:rugbymail@bigpond.com) or 0409470295



BATEMANS BAY BOARS RUGBY CLUB

## School Banking newsletter.

Term 1 update.

### CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances. [commbank.com.au/bushfirerecovery](http://commbank.com.au/bushfirerecovery)



## 2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour\*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.

### Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$\_\_\_\_\_.

### Activity 2: Find and count how many frogs and butterflies you can see

A: \_\_\_\_\_ Frogs and \_\_\_\_\_ Butterflies.



### Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's  
Activity Book



Mini  
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)



\*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018.  
Commonwealth Bank of Australia ABN 48 123 123 124



# Community News



## BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

### STANDARD MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.

*"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia*



#### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation



This is a 12-hour educational course, not a therapy or support group.

#### HOW DO I SIGN UP?

Registrations through Eventbrite: <https://www.eventbrite.com.au/e/58079456217>

Email enquires to [supportworks@outlook.com](mailto:supportworks@outlook.com) or ring either above numbers

Ticket have been set at concession rates to make this training accessible for everyone

**DATES** 6th & 7th April 2020

**TIMES** 9am - 4.30pm both days

**COST** \$160

**VENUE** The Olive Tree  
Batemans Bay

#### FACILITATOR/S

**Donna - 0419221665**

**Anita - 0434945066**

## BATEMANS BAY LIONS CLUB PRESENTS



**Saturday 29<sup>th</sup> February at Corrigans Reserve**

### **Program Events**

- 9.00am** Registration for pie eating competition
- 9.00am Region X kayak paddle (cost involved)
- 9.30am Welcome to Country
- 9.45am Tug of war
- 10.00am Pet Parade (sponsored by Petstock)
- 10.30am Thong throw
- 10.30am Region X kayak paddle (cost involved)
- 10.45am Batemans Bay Primary School drummers
- 11.00 Pie eating competition (sponsored by Batehaven Bakehouse)
- 12.00 Radio control car demo
- 12.30pm Fancy dress -seaside theme
- 1.00pm Stepz/ Cheerleaders
- 1.30pm Teddy bear parade
- 2.00pm BMX demo
- 2.30pm Tug of war
- 2.45pm Battle of the Bands

**FLASH MOB – “THE GIT UP”**



## Learning Labs 2020

April School Holidays

## Save the Date!

**LITTLE LEARNING LABS (YEARS 1-2)**

**EARLY LEARNING LABS (YEARS 3-6)**

Learning Labs is coming again to UOW Batemans Bay!

Learning Labs is targeted at students from Years 1 to 6 during 2020, who are excelling in their area of interest within their year group; and are passionate, self-motivated and curious learners.

It is designed for students to participate in challenging, fun and innovative workshops, which will be held over two days and are presented by academics and professionals with specialist training or a specific interest in gifted education.

### **DETAILS**

**15 & 16 APRIL 2020**

**9.00 AM TO 3.30 PM**

**UOW BATEMANS BAY CAMPUS, HANGING ROCK**

Look out for more information coming in Term 1 2020!

Please contact the Batemans Bay Learning Labs team if you have any questions at [bbav-learninglabs@uow.edu.au](mailto:bbav-learninglabs@uow.edu.au)

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