

St Bernadette's Catholic Primary School

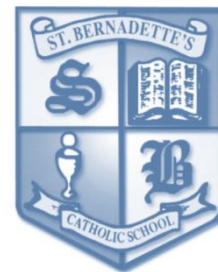
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Newsletter 3
02nd October 2020

At St Bernadette's we are fully committed to safeguarding our children. We expect all staff, parents and visitors to share this commitment.

Corona Virus (Covid-19) Update

As you are aware we have had 2 confirmed cases of COVID-19 within the school community in our Reception and Year 2 'bubbles'. Staff and children within these 'bubbles' have had to self-isolate for 14 days since the last contact with the confirmed cases. This will mean that children in Reception and Year 2 should return to school on **Wednesday 7th October**, if they are not exhibiting any symptoms.

This week has given us all a stark reminder that this infectious disease is still prevalent and not ready to go away just yet. Therefore it is vitally important that you continue to observe social distancing rules when on the school site and within the community. Remember the government slogan, 'Hands – face – Space.'

Wearing of masks

As of Monday 28th September we have asked that all parents/guardians who are collecting children wear a mask when on the school premises. Please may I request that masks are worn correctly, with both the mouth and nose covered, as the virus is transmitted through small droplets created from the nose or mouth when a person coughs or exhales. These measures have been taken to help to prevent any potential spread of infection as current rates of infection are high within Birmingham and surrounding areas. I would like to thank you for your support with this matter.

Test and Trace App

Protect your loved ones with the official NHS COVID-19 contact tracing app for England and Wales. It's the fastest way of knowing when you're at risk from coronavirus (COVID-19). The quicker you know, the quicker you can alert your loved ones, and your community. The more of us that use it, the better we can control coronavirus. Protect your loved ones. Please download the app.

Applications for Reception September 2021

Parents who have a child ready to start school in September 2021 can apply for a place for their child. This can be done online via Birmingham City Council's website.

https://www.birmingham.gov.uk/info/20119/school_admissions/1786/apply_for_reception_primary_school

An additional form will need to be completed (available from the school office) and we will also need to see your child's birth certificate and baptismal certificate. If you have any queries or require assistance, please call the school office on 0121 783 7232. Unfortunately, we are unable to allow visitors onto site.

Diary Dates

Monday 19th October

International Week

Thursday 22nd October

Feast of St John Paul II (4CB own clothes)

Friday 23rd October

Feast of St. Jude (for 28th -5KH own clothes)

Monday 26th October – Friday 30th October – Half-Term

Monday 2nd November

Inset Day - School closed

Thursday 5th November

Photographer in School - Family and individual

Wednesday 11th November

Remembrance Assemblies throughout the day

10.00am - New Parents Meeting

Monday 16th November

Anti-Bullying Week

Thursday 19th November

1:00pm - Yr6 Confessions (in preparation for Confirmation)

Friday 20th November

Feast of St. Cecilia (for 22nd 2RW own clothes)

Monday 23rd November

1:00pm Year 6 to cover FGM & CSE

Wednesday 25th October

9:00am - Yr4 - Mass (School)

Monday 30th November

St Andrew's Day (50p -all to wear blue or white)

9:00am - Advent Service in school throughout the day

Reflection

3 things to remember to help you move forward:

1. The life in front of you is more important than the life behind you.
2. Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.
3. Don't be consumed by your past. It was just a lesson, to help you move on to better things.

Pupil absence when sibling self-isolating

We are unable to authorise the absence of siblings if a pupil in any year group is sent home to self-isolate as a precaution. The pupil that is self-isolating will be coded with the new absence code that the DFE have given to schools for this purpose. However, the DFE and BCC expect siblings to attend school as normal UNLESS they or a member of their household develop symptoms. Sibling absence for reasons other than illness, covid related or otherwise, cannot be authorised. Parents are expected to make alternative arrangements to ensure that siblings attend school as normal. Unauthorised absence will be referred to the Local Authority and a fine may be issued in due course.

Communication

From time to time we will send communication to parents via text message or email. Please take time to read this communication through carefully before contacting the office. There have been incidents where parents have contacted the office asking about information that has clearly been communicated and therefore increasing workload for staff who are already very busy.

Communication with parents

If you need to communicate with your child's class teacher please try to do so using the year band email accounts that have been created rather than trying to speak to them at the end of the school day. The email accounts take the format of the child's Year in school followed by @stberns.bham.sch.uk. For example if you wish to contact a member of staff in Nursery the email would be nursery@stberns.bham.sch.uk, for staff in Reception the email would be reception@stberns.bham.sch.uk, for staff in Year 1 the email would be year1@stberns.bham.sch.uk and so on.

Car Parks

The school car parks are solely for the use of staff and authorized visitors. Please ensure that you do not obstruct the car parks or driveways. Please also ensure that when entering and exiting school that the designated paths are used and that pupils and parents do not walk across the car parks.

Attendance

Well done to the following classes who have had the best attendance in their key stage. FS/KS1 **2EL KS2 5KH and 6KL**

Follow us

If you use Twitter and would like to keep us with news, pictures and updates for school, why not follow us at @StBernsPrimary

School Tuck

Children from Year 3 to Year 6 may bring in a piece of fruit for their break time. Can I please remind parents if they are sending tuck into school with their child, for consumption during break time, it should be a healthy snack, consisting of fruit or a cereal bar. Please ensure that it is fruit. Chocolate and crisps will not be allowed. Grapes and cherry tomatoes must be cut up. Nursery, Reception, Year 1 and Year 2 are now being provided with fruit from the school fruit scheme.

Harvest

There will be no harvest celebration next week in school as we are awaiting the arrival of the new parish priest before this can take place. Further details to follow.

Make time for Breakfast!

Please make sure that your child has a good breakfast before coming into school. It is so important to help them get through the morning. If on the odd occasion your child has missed breakfast, please let us know because we do not want them going hungry.

Person of the week

Each week we will be sharing information about a range of different important figures: scientists, athletes, musicians, etc. to help increase the children's aspirations, general knowledge and cultural capital. To date they have learnt about: Emmeline Pankhurst, Freda Kahlo, Stephen Hawking, Martin Luther King Jr, Amelia Earhart. You may wish to ask your child about what they have learnt about the person of the week.

Ten:Ten Parent Newsletter

The monthly Ten:Ten parent Newsletter which used to be attached to the school newsletter has now gone digital! The newsletter for October can now be found on the school website using the following link: <https://www.stberns.co.uk/ten-ten-parent-newsletter>

Should I send my child to school?

If your child is feeling unwell and you are unsure as to whether to send them to school, please see the following flowchart. Please ensure that you do not send your child to school if they have COVID-19 symptoms: · a high temperature above 37.8c– this means feeling hot to touch on the chest or back (you do not need to measure the temperature) · a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours · a loss or change to your sense of smell or taste – this means not being able to smell or taste anything, or things smell or taste different to normal.

Would you have kept your child off school before Covid?

Yes

Keep your child off school

Yes

Keep your child off school and at home. Speak to 119 or go to <https://www.gov.uk/coronavirus> website and arrange for a self-test to be done.

Your child and your household must self isolate until you have the result of this test.

Do they have

1. A continuous cough?
2. A fever (high temperature over 37.8°C using a thermometer)
3. A complete loss or change in taste and smell.

No

Does your child have an underlying chronic medical condition such as cystic fibrosis?

Yes

Speak to their specialist team about testing criteria if you haven't already seen or spoken to them or had a letter in the post telling you when to worry.

No

Kids who are otherwise well with

- Runny noses
- Sore throats without a fever
- Mild colds

Can go to school AS NORMAL.

October – the month of the holy rosary

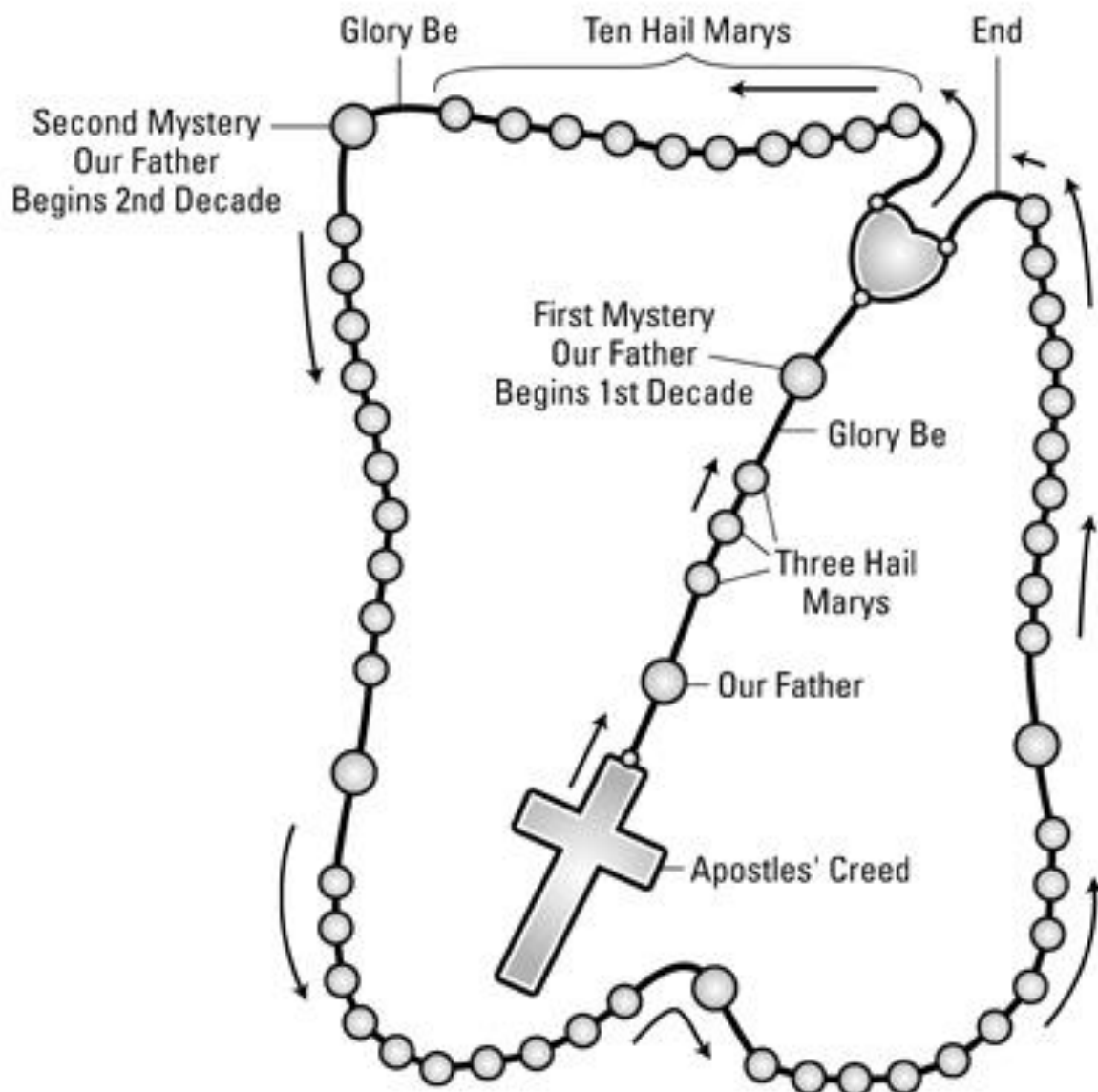
We are now in the month of October which is the month dedicated to the Rosary. The Rosary is a prayer to remind us that Jesus loved us so much that he died on the cross for us. The rosary tells the story of Jesus' life in four parts:

- **The Joyful Mysteries (prayed on Monday and Saturday)**
- **The Sorrowful Mysteries (prayed on Tuesday and Friday)**
- **The glorious Mysteries (prayed on Wednesday and Sunday)**
- **The Luminous Mysteries (prayed on Thursday)**

Catholics have been given a special gift in the Rosary. Each time we pray the Rosary we should focus on Jesus' life as well as a special person or intention that we want to pray for. The Rosary is a particularly special prayer to our school as it is the prayer which Our Lady taught St Bernadette to pray. Some resources to help pray the Rosary at home are available on the following website: www.tentenresources.co.uk/rosary-for-parents

The password to access this information is: ROSARY

I hope you will find these resources useful in focusing and engaging your child in this special prayer.



Special Certificates

Each week a child from each class is nominated to receive a special certificate through the post. The pupils who are awarded these certificates have shown that they really understand what it means to live as Jesus taught us, perhaps by being particularly kind or helpful. Well done to the following children:

Nursery (Blue)	Nancy	For being a kind friend.	Nursery (Red)	Freddy	For always listening and being so sensible!
Nursery (Green)	Chester	For a great effort at singing our going home song.	Nursery (Yellow)	Sophia	For showing kindness to others when they needed it the most.
RND	Bailey	For always working hard and being so sensible!	3TK	James	For fantastic manners and beautiful behaviour at all times.
	Penny-Lou	For always being a kind friend and for making our new friend in the class feel welcomed.		Kayden	For fantastic manners and beautiful behaviour at all times.
RPF	Daniel	For super counting in our Maths lesson.	4AMD	Adeena	For extending her learning at home and creating her very own Viking research booklet.
	Rekishion	For sitting nicely on the carpet and listening carefully to his teachers.		Nathan	For making huge changes to his behaviour and attitude since starting year 4.
RSD	Ana Maria	For remembering to put her hand up and being a kind friend.	4CB	Mason	For having impeccable manners and for always doing the right thing.
	Francie-Joe	For always joining in with singing and dancing and sitting beautifully on the carpet.		Umar	For superb effort in RE and Topic lessons.
1EG	Clay Rivers	For excellent attitude to his learning and fantastic listening	4CM	Shay	For super reading every morning.
	Charlotte	For always using her manners and being polite.		Sophia	For being a fantastic class librarian and a brilliant role model to her peers.
1OB	Kieran Jai	For always trying his hardest and listening carefully.	5EB	Hermon	For a superb attitude and work in every aspect of school life – a real example to all.
	Aaishah	For her hard work in Maths. Well Done Aaishah!		Leona	For a great reading every morning.
1SMCG	Laicen	For super Maths work. Well done Laicen!	5KH	Evie	For being such an amazing role model to her peers.
	Chloe	For having such a positive attitude to school life		Eren	For always being so helpful and for having such beautiful manners.
2EL	Macey	For being such a smiley, happy presence in our classroom.	5LC	Logan-Jay	For working hard at home to create his own book, complete with cover and blurb!
	Callum	For his amazing efforts in RE		Muhammed	For being so enthusiastic about reading.
2RW	Rocco	For always being super helpful in class! Thank you	6AMJ	Alexander	For making a determined effort in his maths lessons.
	Arianna	For always being polite and saying hello in the morning :)		Josh	For always doing the right thing and for having such beautiful manners
2SF	Zachary	For being hardworking and having wonderful manners.	6KL	Benhur	For being a great lead in our circuits work-out and being voted our Liturgy Leader.
	Amaya	For being hardworking, polite and a pleasure to have in class.		Jack	For always displaying excellent manners.
3EG	Robert-Junior	For his great attitude and enthusiasm in History lessons	6ZB	Daniel	For being so helpful and always having excellent manners.
	Scarlett	For being a wonderful role model for her peers.		Emme	For working so hard in maths.
3JR/LC	Lucas	For a positive attitude in all areas of school life.			
	Chanel	For a positive attitude in all areas of school life.			



Harvest Festival 2020 -

exciting new way to support with donations

To our wonderful School supporters,

As you know, each year we enjoy coming together with you to celebrate the Harvest festival. The dedication and generosity you've shown by supporting us is greatly appreciated.

This year, we're doing something special for our clients. We've joined forces with Opus restaurant and Chef Director Ben Ternent to create a unique set of nutritious recipes to be cooked and served at our Drop In.

"We wanted to create balanced options, keeping the ingredients simple, making it easy for supporters to join in." ~ Ben Ternent



To do this, we need you!

You can help us produce these meals, with either donations of the specific ingredients or the funds to purchase them. This means whichever option chosen, we'll have the resources needed for our clients. On our website, you'll find six unique recipe cards that are available to download. One side explains how to make the dish and the other has the ingredients and cost. You can click below to view and download them.

www.sifafireside.co.uk/harvest

We want this project to be fun for all and to support our clients with a tasty new range of healthy, nutritious meals to enjoy. If you can help support this cause please send the food items or money, in a clearly labelled envelope with 'Sifa Fireside' and your child's name and class, into school in the coming weeks.

We look forward to hearing how you are getting on and thank you as always for your ongoing support.

Best wishes,

All of us at SIFA Fireside

SIFA Fireside - celebrating the importance of food this harvest



'I'd gone a couple of days without any real food when someone told me about SIFA Fireside. When I came in I was surprised. I never knew that there was something like this out there.'

Parentkind

Bringing together home & school

The importance of sleep

Advice for parents and carers from The Children's Sleep Charity

Sleep plays a vital role in children achieving their full potential at home and at school. Sleep deprivation can have a huge impact on a child's physical, emotional and mental wellbeing. Over 40% of children will at some point in their childhood have a sleep issue with this figure rising to over 80% for children with Special Educational Needs and Disabilities. There are however some practical steps that you can take to promote a good night's sleep.

Spotting signs of sleep deprivation

While there are the common signs that we may expect such as tiredness and irritability, sleep deprivation can also present in other ways. Hyperactivity is one of the most common symptoms of sleep deprivation in youngsters, this however is often mistaken for a child not needing much sleep.

Children can find it difficult to concentrate during the day time if they are sleep deprived. Behaviours can also be affected negatively, they may find it more challenging to get on with their peers for example.

Sleep issues may also impact on physical wellbeing. Growth hormones are released when we sleep. Some children crave sugar if they are tired and this may impact on their weight.

Practical steps to promote a better night's sleep

The good news is that there are lots of practical steps that you can take to support your child to get a better night's sleep. Improving sleep patterns can help them to feel better and to achieve more in school.

Bedroom Environment

The bedroom environment is very important when it comes to getting a good night's sleep. You should consider whether your child's bedroom is conducive for relaxation. Bright colours can be over-stimulating and best avoided, neutral colours are a better choice.

Ensuring that the bedroom is kept cool is also important, temperature plays an important role in supporting a good snooze. The ideal bedroom temperature is around 16 to 18 degrees. Try to see things from your child's point of view, that dressing gown hanging behind the door may look fine in the daytime but may look scary at night time.

It is vitally important that conditions are kept the same throughout the night in order to avoid children waking. We all sleep in cycles and partially awaken numerous times. If changes have

been made to our sleeping environment we are likely to awaken fully. Make sure that the light levels are the same throughout the night. Investing in blackout blinds is a good idea, particularly for the summer months. If a child is afraid of the dark then a nightlight that has a soft glow, left on throughout the night may be helpful.

Bedtime Routine

We all have a body clock and routine helps to keep it on track. Developing a good bedtime routine in the hour before sleep is an important strategy. Screen activity can be particularly stimulating and can reduce the production of the sleep hormone, melatonin. This means it can be harder to fall asleep after engaging in screen activities and is why we advise that all screens are switched off an hour before sleep time.

Hand eye co-ordination activities can be helpful to promote relaxation. Make a bedtime box of different things to do, ideas can include jigsaws, colouring and model making.

Some children enjoy a bath and it can aid relaxation, half an hour before bed is the ideal time to plan this. For other children a bath is too stimulating and may be better avoided in the run up to bedtime.

The key thing about a bedtime routine is that it is consistent and needs to be carried out every night - including weekends!

The Morning

Wake up time is also important and should be scheduled to support your child's body clock. A set wake time is very helpful and needs to be adhered to every day of the week to maintain that regular wake/sleep cycle. Open the curtains to let in natural daylight to help to wake your child up.

Diet and Sleep

What we eat and drink in the daytime can have an impact on our sleep. Avoiding caffeinated products is important but did you know that hot chocolate also contains caffeine as well as sugar? Water or milk or good choices for drinks in the run up to bedtime. Blackcurrant juice can act as a diuretic meaning children may wake more for the toilet or even wet the bed at night time.

Slow release carbohydrates help to keep hunger at bay during the night. Porridge or wholemeal toast are ideal pre-bedtime snacks. Dairy products are also helpful including yoghurts, fromage frais and cheese (it doesn't give you nightmares!)

Sleep Issues

If you are having sleep issues with your child then please ask a professional about what sleep support is available in your area.

For more information about The Sleep Charity's work please visit thechildrenssleepcharity.org.uk

Key points

- Look out for signs of sleep deprivation

- Check the bedroom environment supports sleep
- Set a bedtime routine - and stick to it
- Seek help for sleep issues

Reviewed: February 2018