

St Bernadette's Catholic Primary School

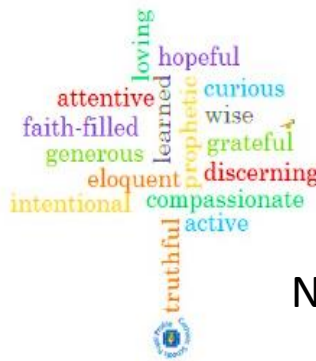
Hobmoor Road, Yardley, Birmingham, B25 8QL

Telephone: 0121-783-7232

Website www.stberns.co.uk

Twitter: @StBernsPrimary

e-mail: enquiry@stberns.bham.sch.uk



Newsletter 20

22nd May 2020

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

Dear Parents

By now you will have received a letter setting out the planned phased return for children in Year 6, Year 1, Reception and Nursery. **School will close for half term on Friday 22nd May and will re-open on Tuesday 2nd June for children of key workers and for Year 6 children only.** The key dates to remember are:

Monday 1st June	School closed for In-service Training
Tuesday 2nd June	School open for children of key workers and Year 6 children.
Wednesday 3rd June	School open to children of key workers, Year 6 and Year 1
Thursday 4th June	School open to children of key workers, Year 6, Year 1 and Reception.
Friday 5th June	School open to children of key workers, Year 6, Year 1, Reception and Nursery.

In the week commencing 8th June, school will be open to those year bands who returned to school the previous week only.

Please remember, the school will open 8.20am – 8.50am and the school gates will be locked promptly at 8.50am. Late arrivals will not be permitted. **Children do not need to wear school uniform.** They should wear something comfortable such as leggings/joggers with an elasticated waist. Please ensure children wear sensible footwear flip flops or open toes sandals are not permitted. School will close at 3pm Monday to Thursday and 2pm on Friday. This also applies to Key worker children.

As we are finishing for half term – it is important that our teaching staff get a break and a well deserved rest. Parents should refrain from emailing staff during the half term break and allow the teachers, support staff and office staff an uninterrupted break with their families.

Health and Safety

Parents can view a video of the school site with the changes we have made in preparation for the children's return on 2nd June. This illustrates how the classrooms and dining areas have been changed to allow social distancing. It also shows the one-way system that is in operation on the school grounds. Please login to <https://www.stberns.co.uk/corona-virus-updates>.

There is also a video message to parents on the website.

Children of Key Workers

I wanted to thank those children who have attended school during the lockdown period. Many of these children have attended school every day and shown great maturity, following the routines that have been established and completing their online work each morning that has been set. They haven't had the same opportunity to play at home like the other children have, but have simply got on with school life without any moans and groans. Well done to all involved.

To the Children

Next week is half term, so you can have a break from your online learning, which will begin again after the half term. I've seen some amazing biome poems this week which have been completed by children in Year 4, some of my favourite ones have been included below:

Biome Poem by Charlie

I am a grassland, they call me the Great Plains.
I am located in the prairie lands of mid-west
North America.
You will recognise me by my vast, open space and
peaceful, remote landscape.
Step onto my land and you will feel the fresh air
filling your heart with joy.
Look around you and you will find wild grass
and grazing buffalo for as far as the eye can see.
Listen closely and you will hear Prairie Dogs
calling and the breeze blowing over the rolling
hills.
Breathe in deeply and you will smell the sweet
grass and wild flowers everywhere you go.
In this grassland you will feel peaceful, calm and
joyful.
I am a grassland, a silent, wide open expanse
under a blanket of blue sky, an incredible sight to
see.

Biome Poem by George

I am the vast Great Barrier Reef.
I am located off the breath-taking coast of
Australia.
You will recognise me by my immense variety of
beautiful coral and wildlife.
Dive inside me and you will feel a million
emotions over-whelm you.
Look around and you will see a starfish dancing
in the flow of the water, as sunlight shines off
fluffy clouds.
Listen closely and you will hear the pops,
buzzes, whistles and crackles of the healthy,
captivating coral.
Breathe in deeply and you will smell the sweet,
powdery scent of coral tickle your nose.
In my waters you will feel the swish swash of
sage seaweed swaying beneath feet.
I am the vast Great Barrier Reef- forever home
to magnificent marine life.

Biome Poem by Saoirse

I am green and fertile, hidden beneath a rich
emerald canopy,
I am located in a variety of interesting places,
You will recognise me by my dense group of
trees,
Step inside me and you will feel the crunch of
leaves and twigs beneath your feet,
Look around you and you will see beautiful
bluebells and spiky twisted branches,
Listen closely and you will hear the rustling of my
amber leaves and the chorus of birdsong,
Breathe in deeply and you will smell the scent of
pine and damp moss lingering in the air,
In this woodland you will feel the silky flowers
and the rough bark,
I am the woodland, dark, light, mysterious and
bustling with life.

Biome Poem by Ashin

I am the Sahara.
I am located in North Africa.
You will recognise me by my winding shaped
paths of soft sand, profusion of pyramids and
array of adapting animals.
Step inside me and you will feel intense heat
tinting the flesh and rare rainfall stroking you
gracefully.
Look around you and you will see distant dunes
as golden as apricots; gazelles and foxes trot
with pride across the vast expanse of humidity.
Listen closely and you will hear the wind
rustling through twisted, shrubby bushes, or a
lizard scuttling up a rock formation.
Breathe in deeply and you will smell a herbal
aroma entwined with fragrant wildflowers; the
age of dust and creosote.
In this desert you will feel in solitude, yet
tranquil.
I am the Sahara — serene; savage; spectacular.

I have also been impressed by Romayah's Monster description in Year 2.



The first thing that I had noticed were the monster's big claws and super sharp nails which were as sharp as knives! The monster's messy, scarlet fur was as old as a carpet in a house. Also, his big, brown beady eyes were as dark as the midnight sky. The monster's gigantic, steep, long and pointed horns were right on top of his head. His ears were as big as a car, some people even say he hears every creak in the floor and every rustle of paper. People even say every breath you take he pretty much hears. His feet were so enormous that some people said that they were like enormous rowing boats and it even sounded like empty crisp packets were under his feet. The monster's nostrils were twice the size of a badger's burrow, he could smell all the way to Russia. His mouth was as wide as a mansion. If he burped you could see all the way down in his throat, his teeth were as razor sharp as cut glass and as dirty as cobblestones. He was super fat because he ate the largest pumpkins to ever be grown in human history, his hands were so big that he could throw a bolder and it would fly miles away from where he threw it. Because of all of this, no one dared to enter his territory or even look at him! They feared him so much that no one ever dared to speak of him, he was the town monster!

Mrs Harston would like to thank the following children from her English set for their hard work in completing their online tasks: Kacie-Leigh, Izabella, Trey and Kirsty. She would also like to say a huge thank you and well done to all of the children who are currently writing wonderful dragon reports.

Mrs Harston is delighted with how many children from her Maths set are completing their online lessons, but this week she would like to thank Heran, Montaha, Azlan and Kayden for their continual efforts with this.

Mr Wayne has nominated Lacie Perry for making a big effort to complete her English online work and Nathan, Adrija, Niamh and Qasim for completing their maths independent work everyday.

In Year 5 Maths - Kimani Richards, Daniel Senior and Jacob Yafai have been noted for always doing their work with high levels of accuracy and always replying to the teacher's comments. Scarlet Cochrane has impressed her teacher's for her consistent efforts.

Mr Carroll and Miss Connaire would like to say a well done to all of their maths and English set who have worked so hard to complete all of their online learning every day.

To the Children

Some of you will be back in school after the half term and we are all looking forward to seeing you then. The good news is that you can come back in your own clothes, so that's a real treat for you! When you do arrive in school, we will try to keep you in your own class as far as possible, but because we are limiting the size of the classes to twelve children, you might end up in a different class with another teacher. Your teachers have planned lots of exciting work for you when you return, and each of the classes within the year band will do the same activities. School will be a little different to normal as the classes will be spaced apart, and only a few of you will be out on the playground at break times and lunch times at any one time, but we will keep you safe and you will still be able to have fun.

For those of you who can't return after the half term, the children in Year 2, 3, 4 and 5 will still need to complete their online work every day. This will be in the same format as normal. Miss Finnegan will provide the work for Mrs Harston's set and Mrs Bhella will prepare work for Miss O'Toole's set, as their teachers will be working in school. Mr Kingston will provide the work for Mrs Canning's set after half term. If you are in Reception, Year 1 or Year 6 you will have some topic work to complete, if you remain at home. Remember the topic work for Nursery/Reception will be on Tapestry, for other year bands this can be found on bgfl.

We look forward to seeing you soon.

The Feast of the Ascension

We celebrated the Feast of the Ascension this Thursday, which is the 40th day of Easter. During this Feast day we commemorate Jesus Christ's Ascension into heaven, after he had completed his mission on Earth. The children can read the account of the Ascension of Jesus in Mathew's Gospel ch28 v 16-20.

We will also celebrate the Feast of Pentecost on Sunday 31st May. This is the time when the disciples received the Holy Spirit giving them the confidence and ability to spread the word of Christ. There are some lovely YouTube videos which the children can review which tells the story of Pentecost.



Safer Schools App.

We are delighted to launch the new Safer Schools App to enable you to keep abreast of ever changing online technology, apps and trends. The App is designed to support and protect children by providing simple and easy to understand information about relevant and contemporary information. Parents and carers will have access to information about popular social media platforms and also be given an insight on critical issues such as online bullying and gaming etc. The App provides easy-to-follow advice on how to make homes and devices safer for children to use. The App responds to current trends and provides prompts, alerts and warnings to parents. Please remember to enable push notifications for this to be most effective. To download the App please see the information flyer attached.

We are currently rolling this App out to parents at this stage, with a view to extending it to pupils at a later date. In order for school to get a picture of digital use at home it would be very helpful if, when you have downloaded the App, you visit the 'Survey Section' and complete the 'Digital Footprint Survey'.



School Meals

Those children who are returning to school after the half term can choose to bring a packed lunch or a school meal. The children in Nursery will not be provided with a hot meal as their lunches will be delivered to the Nursery. This will be a packed lunch. Those children from Reception, Year 1 and Year 6 who opt to have a school meal when they return, will be provided with a cooked meal, though the menu system which currently exists, will not operate. Lunches will need to be paid for, unless your child qualifies for a free school meal.

We assume at this time, that the supermarket vouchers for parents on low income, will continue to be emailed to parents, regardless of whether their child attends school or not. All families who pay for their child's school meal, should do so via ParentPay. The cost for the first week will be £9.40 for main school and for Nursery the cost will be £8.80.

Our Memories of Lockdown:

We are hoping to collate a commemorative collection of artwork and poems that the children have created at home during lockdown on the following themes:

What have you enjoyed?

What have you missed?

What have you worried about?

What are you proud of?

If you would like to submit work from your child, please send it to the following email address:

lockdown@stberns.bham.sch.uk

Please include the name of your child and class within the email and permission for this work to be collated in a book.

Provision for Key Worker Children

With more year groups returning after half term it is important that we are able to manage numbers. For this reason, we will no longer be able to offer provision for pupils of Key workers on a part-time basis. Key worker children will now be required to attend full time- 5 days a week.

Mental Health Week is from 18th to 24th May

Just to let you know that this week is Mental Health Awareness Week and the theme is kindness. I have attached some links below which show some lovely ideas around spreading kind words or doing acts of kindness through artwork. Please feel free to take part in any of these activities and send in your work to me so I can put them on twitter, we would love you to share!

An act of **kindness** can boost feelings of confidence, being in control, happiness, and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/award-a-kindness-cup-for-mental-health-awareness-week/>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/resources>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-kindness-theme>

John Henry Newman

The JHNCC Transition 2020 webpage is now live those children who are due to move to JHN in September should log onto

<http://www.johnhenrynewmancatholiccollege.org.uk/year-7-transition-2020/>

The Year of the Word: Reflection II

So then the Lord Jesus, after He had spoken to them, was taken up into Heaven and sat down at the right hand of God.

Mark 16: 19



THE GOD WHO SPEAKS

We are nearing the end of Eastertide, soon we will once again enter into Ordinary Time in the Church's Liturgical Calendar. But before this we will celebrate two of the great solemnities in the Christian Liturgical Calendar: Ascension Day and Pentecost or Whit Sunday. These two feasts bring God's plan to completion - The Son is restored and returned to the His Father; His work on Earth complete for the time being until He returns again at the end of time; God's Spirit is given to Mankind so that God's work can continue and Mankind knows God has not abandoned them.

The first, Ascension Day commemorates the bodily ascension of Jesus into Heaven. Ascension Day is traditionally celebrated on a Thursday, and on the 40th day after Jesus' resurrection on Easter Sunday. This year Ascension Day is celebrated on Thursday 21st May.

Before His ascension, Christ spent 40 days teaching the apostles and disciples about the Kingdom of God (Acts 1.3). The Lord encouraged them by saying that they would receive power from the Holy Spirit to be His witnesses to the ends of the earth (Acts 1.8). The Ascension occurred at Bethany on the Mount of Olives mentioned in Luke 19.29. Jesus had travelled through Bethany on his way to Jerusalem. It was where He asked His disciples to find a colt for Him to ride, and, from then on, the crowds greeted Jesus by waving palms and rejoicing at His entry into Jerusalem (the Palm Sunday Gospel reading). Christ's work of redemption is called the Paschal Mystery of Christ. It is fulfilled in His passion, death, resurrection, and glorious ascension into Heaven. This Paschal Mystery constitutes one action for the salvation of the world since Jesus "was handed over to death for our trespasses and was raised for our justification." (Romans 4.25). Jesus' ascension also signified the completion of His time on earth, celebrated 10 days before the Feast of Pentecost - the coming of the Holy Spirit. Christ was already preparing His disciples for His departure by promising them real hope when He said:

"And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also." (John 14.3).

According to Luke, when Jesus was lifted up, a cloud took Him out of their sight (Acts 1.9).

In this text, we see two key visible things:

- "He was lifted up" (elevation and praise)
- "a cloud took Him" (entrance into the divine mystery).

Jesus is physically lifted up from Earth to Heaven, it is a sign of another journey that Christ needs to make in order to arrive in Heaven in His glorified state in God. The meaning of the ascension is, therefore, that of a revelation that the risen one has been transported into heavenly intimacy of God. This is shown by "the cloud," a well-known Old Testament biblical sign of the divine presence. So Christ disappears from the eyes of His disciples by entering the transcendent realm of the invisible God.

This is intrinsic to the mystery of Christ's purpose in ascending when He says of Himself:

"I came from the Father and have come into the world; again, I am leaving the world and am going to the Father." (John 16.28).

This return to the Father visibly realises a messianic truth foretold in the Old Testament. Since when Mark tells us, "the Lord Jesus... was taken up into Heaven" (Mark 16.19), his words echo the "prophecy of the Lord" recorded in Psalm 110: 1

"The Lord says to my lord,

'Sit at My right hand until I make Your enemies Your footstool.'"

To sit at the right hand of God means to share in His kingly power and divine dignity. The ascension of Christ marks the beginning of a new era for humanity. The Messiah has come and He has lived among us. He has offered the perfect sacrifice for reconciliation with the Father through His death, and has risen triumphant from the grave. Now He has departed in His earthly body so that the Holy Spirit may come. Therefore, we can say with absolute confidence the Apostles' Creed that summarises these events and their truths perfectly.

The second feast, Pentecost is the festival when we celebrate the gift of the Holy Spirit. The Greek word pentekoste means "fiftieth" and was borrowed from Greek-speaking Jews who used the phrase to refer to the Jewish 'Festival of Weeks'. Pentecost therefore, occurs 50 days after Easter Sunday (and 10 days after Ascension). Pentecost is regarded as the birthday of the Christian Church, and the start of the Church's mission to the world since according to the Book of Acts, the apostles suddenly found themselves speaking in other languages, enabled by the Holy Spirit. This year Pentecost day is celebrated on Sunday 31st May.

Pentecost was an event, but the actual experience was transcendental, making an abstract depiction of Pentecost very compelling to an artist. Traditionally, Pentecost is portrayed as a dove and/or with tongues of fire above the disciples' heads. Jesus could have eaten his last supper on his own and the Spirit could have descended upon the disciples when they were alone. While there are times when the Holy Spirit touches us as individuals, the fact that Jesus and the Holy Spirit were given to a gathering of believers is not incidental. It underpins the centrality of the Church in God's work in the world. The Church's mission is not an addition to that of Christ and the Holy Spirit, but is its visible expression: in its whole being and in all its members, the Church is sent to proclaim, bear witness, make present, and spread the mystery of the Holy Trinity. Pentecost is the new covenant between Christians and Jesus that fulfils the old Mosaic Covenant at Mount Sinai. It reveals a similar theophany (appearance by God) in the form of wind and fire, and is the New Testament resolution of the Tower of Babel Story in Genesis, where the pre-Israelites were separated by language and confusion into different nations. So Pentecost turns the Babel story around, and unites everyone on a mission from God that would have no linguistic barriers, a mission that would stretch to all four corners of the earth. In the exciting reading from Acts we have nothing short of a Hollywood movie but clearly on a very tight budget. What we have is a violent wind, tongues of fire, a smoky mist, a moon of blood and many different languages spoken and understood. Nobody is imagining it, nobody's drunk or drugged, it's 9 o'clock in the morning - everything is normal. Well relatively speaking...

Jesus needed to send the Holy Spirit because His own disciples could not understand His teachings or read the signs He had predicted while He was still with them. So how on earth would they cope when He was gone? This dove from above that dive-bombed into their lives at Pentecost has remained with all believers ever since. Not as tongues of fire or anything visible, but then dove-tailing is a delicate business. To dove-tail into our inner lives, we need to accept the Spirit into the depths of our hearts rather than just above our heads.

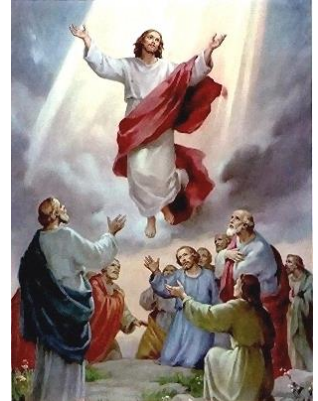
"in the last days I will pour out a portion of my spirit upon all flesh. I will work wonders in the Heavens above and signs on the Earth below".

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.



Readings for Reflection from the Gospels

John 20: 17 Jesus talks to Mary Magdalene of His Ascension
Mark 16: 19, Luke 24: 50-53 and the Acts of the Apostles
1: 8-11 - The Ascension
Acts 2: 1-13 - Pentecost
Genesis 11: 1-9 - The Story of Babel
Isaiah 11: 1-2 - Foretelling of the Gifts
1 Corinthians 12: 4-11 - The Gifts of the Spirit
Galatians 5: 22-25 - The Fruits of the Spirit



Jesus ascends into Heaven.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Alleluia, praise His name.
Forever and ever;

He was lifted up while they looked on.
He made Him sit at His right hand in Heaven.
Alleluia, praise His name.
Forever and ever;
Amen.



The Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day, he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.
I BELIEVE in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.



Pentecost Sunday - Whitsun



Dear Parents, Carers & Guardians,

Whether you're a mum, dad, carer, auntie, uncle, granny or grandpa, it's important for you to understand what children are doing online, so you can help make them safer.

We are delighted to invite you to download our new 'Safer Schools' App' provided by our school insurance provider Zurich Municipal.



★ ***Make sure to enable push notifications to keep up-to-date with our tips, advice and guidance on how to make your children safer.***★

About the App

The App is designed to support and protect children by educating and empowering them both at school and at home. Through their access, your children get access to information that is relevant to them and you will receive tips and advice on how to keep them safer online.

Excited? Ready to make your children safer? Download the 'Safer Schools' app now!



The Safer Schools App has been developed by Ineqe Safeguarding Group in partnership with Zurich Municipal.

+44 (0) 2896 005 777

saferschools@ineqe.com

@OurSaferSchools

www.oursaferschools.co.uk



Mental Health Awareness Week.

This week is Mental Health awareness week. If you're struggling with any aspect of your life, it's best to speak to someone. It's not a sign of weakness, we all need support at one time or another and it can make a huge impact on all aspects of your life in the long run. Practising mindfulness such as colouring, meditation or gentle exercise like yoga might help. Or just talking to friends and family.

Alternatively, you can visit your GP or Practice Nurse. If you'd rather not do that you can get advice from www.nhs.uk on stress, anxiety, depression, fear, panic, loneliness, grief, anger, therapies and counselling.

Other agencies that offer support are listed below. Just remember you are not alone and many others are suffering just like you - getting support will make a difference.

Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm) Website: www.anxietyuk.org.uk	YoungMinds Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare Peer support forum: www.sane.org.uk/supportforum Website: www.sane.org.uk/support	Abuse (child, sexual, domestic violence) NSPCC Children's charity dedicated to ending child abuse and child cruelty. Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk
Men's Health Forum 24/7 stress support for men by text, chat and email. Website: www.menshealthforum.org.uk	Refuge Advice on dealing with domestic violence. Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities. Website: www.mentalhealth.org.uk	Addiction (drugs, alcohol, gambling) Alcoholics Anonymous Phone: 0800 917 7650 (24-hour helpline) Website: www.alcoholics-anonymous.org.uk
Mind Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk	National Gambling Helpline Phone: 0808 8020 133 (daily, 8am to midnight) Website: www.begambleaware.org
Rethink Mental Illness Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm) Website: www.rethink.org	Narcotics Anonymous Phone: 0300 999 1212 (daily, 10am to midnight) Website: www.ukna.org
Samaritans Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk	Alzheimer's Alzheimer's Society Provides information on dementia, including factsheets and helplines. Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends) Website: www.alzheimers.org.uk
CALM CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net	Victim Support Phone: 0808 168 9111 (24-hour helpline) Website: www.victimsupport.org
Bereavement Cruse Bereavement Care Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: www.cruse.org.uk	Relationships Relate The UK's largest provider of relationship support. Website: www.relate.org.uk
Parenting Family Lives Advice on all aspects of parenting, including dealing with bullying. Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm) Website: www.familylives.org.uk	

MENTAL HEALTH SUPPORT LAUNCHED FOR BIRMINGHAM AND SOLIHULL

Are you feeling...

Overwhelmed

Stressed

Lonely

Isolated

Anxious

Afraid

