

Home & School Association

The St Bernadette's Home and School Association committee held their July meeting on Tuesday.

Thank You Kara

Kara Sutherland, Chairperson of the association has decided to stand down from the committee. This is a big loss to the group and everyone in attendance acknowledged the huge loss this is for the committee. Kara has been a tireless worker and a great leader, and she is to be sincerely thanked for the work she has done as chairperson for the last few years. Without question the fair would not have been such a success without Kara's organisational skills, her commitment and huge workload. The school community hopes that her decision to step down from the committee gives her some well earned free time, but knowing Kara she will soon find other avenues to keep her very busy.

Thank you Kara.

New Chairperson

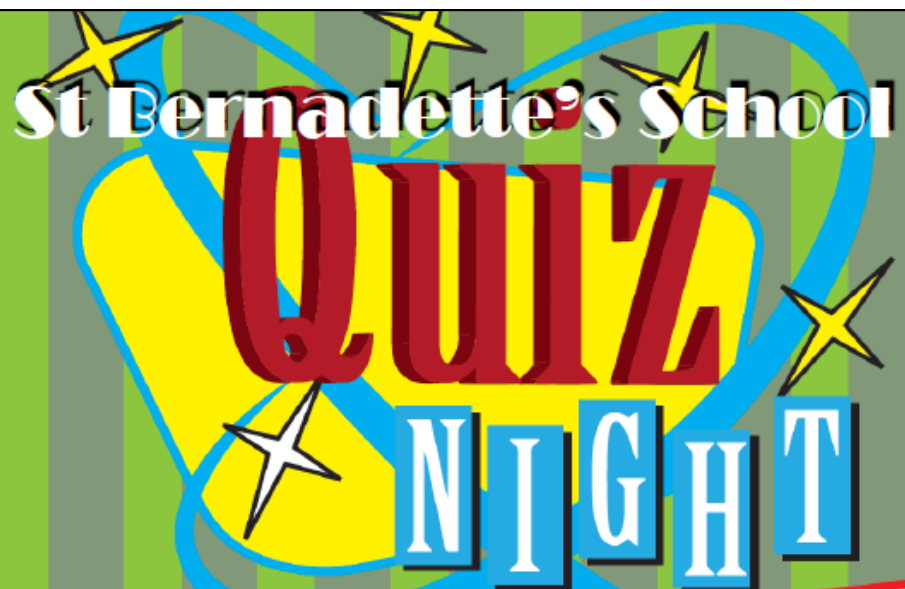
Kara's resignation leaves the committee in need of a new chairperson. At the next H&S meeting on September the 2nd a new chairperson will be elected. That person will be chosen from existing members of the committee or from the wider school community. If anyone feels they have the skills and the will to take on the job, please let a committee member know or contact the school office.

Quiz Night

Planning for the Quiz Night is coming along well. The committee is urging as many parents and friends to come along and enjoy a fun night. The purpose of the evening is definitely enjoyment!

Mufti Day

Next Thursday the H&S are organising a school Mufti Day. Children are invited to bring along an item of food for quiz raffle hampers. A reminder notice about this will be sent home next Tuesday. Each class will have a particular type of grocery item to bring if they are able.



Friday August 22nd, 7pm

Dunedin Rugby Club Rooms

Lots of Fun, Raffles and Prizes!

Make up a team of friends and family from school, workplaces or the neighbourhood and come along.

Register by ringing the school office 4557408 or just turn up on the night and you will be very welcome.

If you would like to come but can't make up a team give us a ring and we will put you one.

The more teams the merrier! A great night guaranteed.



Maori & Pacific Festival

Work is progressing very favourably for the St Bernadette's contribution to the 2014 Maori and Pacific Festival to be held at the end of the term. Our item this year consists of a Samoan hymn, a Maori Waiata medley, followed by a Samoan sasa and haka.

The Maori medley is made up of two songs commemorating Maori soldiers who fought for New Zealand, 'E te Hokowhitu' and 'Karanga Tiara'. The senior classes are learning about the history of New Zealand's contribution to the war effort this term as part of the 100 year anniversary since the outbreak of World War 1. An excellent school journal has been produced on this topic.

Friday Newsletter



16 Forbury Rd Dunedin, Phone/Fax (03) 4557-408

Email: office@stbernadettes.school.nz

Web Site: stbernadettes.school.nz

Harold and Chris are back!

Chris and Harold from Life Education arrived yesterday along with their mobile classroom and prepared for classes with the children this morning. Unfortunately the weather had other ideas and we will have to wait until Monday to enter the mobile classroom. Life Education is a non-profit organisation providing Health Education to 245,000 primary and intermediate school children each year. In the mobile classroom the children are taken on an adventure. The classroom is equipped with sight and sound equipment designed to capture children's imaginations, with help from teacher Chris and Harold the Giraffe.

Goals of the programme

- It supports students to develop life skills.
- It encourages students to make healthy choices.
- Students gain knowledge about health and their bodies.
- Students develop self esteem and a positive understanding of themselves.
- Students develop strategies for relating to others.

The three philosophical principles are:

- You are unique – aims to make each child comfortable with their identity. In the whole world there will never be another you. You are unique, you are special.
- The human body is amazing –showing children the magnificence of the human body – its sensory, circulatory and digestive systems, showing how the body functions and what its needs are – food, oxygen and water.
- Support and respect each other – because of the delicate and complex nature of life itself, we need to support and respect each other and ourselves.

St Bernadette's will have the following programmes for the 2014 visit.

- | | | |
|--------------|-----------------|--|
| • Year 4,5,6 | Quest | Legal drugs and their input on health and well being. |
| • Year 3/4 | Happy & Healthy | Dealing with emotions and coping with change. |
| • Year 1/2 | All Together | Basic safety needs. Thinking about friends & feelings. |

A parent Session will be held for anyone interested. We will advise everyone on Monday of the time for this as today's closure may mean that the Life Ed timetable may have to be revised.



The new school website is now operational. This morning you were able to check the site at 6.15am and find that the school was closed for the day. There are many pages to explore and the site will grow and develop as time goes by. You may also have found this newsletter online from mid day. We hope you all have a great weekend. Stay warm. **Web site address: stbernadettes.school.nz**

**Aug 8th
2014
Term 3
Week 3**



St Bernadette's School, Forbury

Phone/Fax: 03 455 7408 - Email: office@stbernadettes.co.nz - 16 Forbury Road, Forbury, Dunedin 9012

WE BELIEVE, WE CARE, WE LEARN



Dates for the Diary

Mon Aug 11th	Life Ed Mobile Classroom
Tues Aug 12th	Life Ed Mobile Classroom
Wed Aug 13th	Life Ed Mobile Classroom
Thurs Aug 14th	Mufti Day
Fri Aug 15th	Feast of Assumption Mass
Fri Aug 15th	Pastoral Area Housie
Wed Aug 20th	Y6 Ukulele Jam
Thurs Aug 21st	Class Mass Room 3
Fri Aug 22nd	Prayer Assembly Room 6
Fri Aug 22nd	St Bernadette's Quiz Night
Tues Aug 26th	Sacrament of Confirmation
Tues Aug 26th	Y5/6 Netball Tournament
Thurs Aug 28th	Class Mass Room 7 & 5
Fri Aug 29th	Prayer Assembly Room 8
Tues Sept 2nd	Home & School Meeting
Tues Sept 2-5	Art Gallery Visits
Wed Sept 3rd	School Photos
Thurs Sept 4th	Class Mass Room 1
Fri Sept 5th	Prayer Assembly Room 4
Thurs Sept 11th	Class Mass Room 6
Fri Sept 12th	Prayer Assembly Room 3
Thurs Sept 18th	Maori & Pacific Fest (TBC)
Fri Sept 19th	Gym Club Anniversary
Fri Sept 26th	Prayer Assembly Room 1
Fri Sept 26th	Last Day of Term 3

Netball Draw August 11th & 12th

Day	Team	Versus	Ct	Time
Mon	Mystics	Maori Hill HS	11	4.15pm
Mon	Vixens	Balaclava	11	3.30pm
Tues	Magic	Grants Braes	6	5.15pm
Tues	Tactix	Kaikorai	6	3.45pm

Pastoral Area Housie Night
Dunedin Rugby Club - Fri 15th of Aug
This is set to be a fun, one-off housie night with raffles. Proceeds will go towards the re-development of St Patrick's. The Committee is looking for any sponsorship that can help with prizes, and for people to help on the night and in preparation for the night.
If you are able to help please contact:
dspafundraising4@gmail.com.



The celebration of the sacrament will take place on the 26th of August at St Patrick's Basilica. We ask you to keep the children in your prayers as they prepare for this special day in their faith journey.

Feast of the Assumption
Next Friday the whole school will be attending the parish mass at 11am to celebrate the Feast of the Assumption.

Ukulele Jam

The year 6 children have been practising their ukulele skills in preparation for the Ukulele Jam. The Jam has been growing every year and St Bernadette's has been part of every jam. In the first jam, 5 years ago, there were about 200 children. This year there will be 800 children. With such high numbers there will be two jams held on consecutive days.

The boys and girls in Room 3 will be presenting a concert for the school and parents later in the term.

Art Gallery Visits for Junior Classes
The junior classes plan to visit the Dunedin Public Art Gallery in early September. The children participate in art appreciation activities as well as practical art lessons.



CELEBRATING 50 YEARS
1964 - 2014
St Bernadette's Gym Club

Join us to celebrate 50 years of gymnastics in Dunedin.

Friday 19 September, 7.30pm: Registration and catch up. At our original training venue - St Bernadette's School Hall, Forbury Road, Dunedin. Drinks & supper provided.

Saturday 20 September, 1-6pm: Drop in day while competition gymnasts are training. Come and see where we are now and how gymnastics has developed since you were involved with the club. King Edward Technical College, enter off York Place

7.30pm: Dinner. Venue to be arranged. Please pay for your own meals.

Sunday 21 September, all day: Steps 1-3 Teams and Steps 4-6 Qualifying Competition hosted by St Bernadette's, to be held at Caledonian Gymnasium, Andersons Bay Road.

Come and let it take you back to your time here

Please register by emailing:
stbernadettesgymnastics@gmail.com
\$10 Registration - please pay on Friday night.

A message from our Health Nurse Regarding: BED TIMES
Children need a good night's sleep so that they have enough energy for the next day's activities. Sleep is not only necessary for bodies it is important for our brains. Rather than appearing tired, children who do not get enough sleep at night may display the opposite signs, bouncing around, being unable to concentrate, losing interest quickly and even becoming uncooperative, irritable and angry. Children may not be a good judge of how much sleep they need; they may not recognise they are tired. Children of primary school age may require 11 or 12 hours sleep. Suggested bedtimes for 5 to 11 year olds are 7pm to 8.30pm. Generally 12 years olds need only 10 hours. A good bedtime routine will help. If parents are having difficulty with the bedtime routines they can discuss these with the local public health nurse or GP.

The 'Choice' Programme continues for Years 5 and 6
This term the Year 5 and 6 children at St Bernadette's continue to work on the special Health Programme called CHOICE. The Choice programme has been in place at St Bernadette's over many years and designed to provide students with the skills and knowledge to make healthy, safe and informed choices in regards to drugs and alcohol. The 5 week module will be taught by the class teachers and Constable Jeanette Parcell from the New Zealand Police. The programme is aligned to the New Zealand Health Curriculum. There are 8 components and only one deals with drugs, where children look at resisting pressure to misuse drugs.

Car Park and Road Safety Reminders

We remind people dropping off and picking up children in the mornings and at the end of the day to please follow these safety guidelines.

- Enter the car park by the correct entrance way.
- Park in the spaces marked.
- Do not park or drive through the coned off areas.
- If no spaces are available continue to drive through the centre of the car park back onto the street.
- Do not park cars along the centre of the car park.
- When the car park is full you are asked to park on the street.
- Please leave your car correctly parked and collect your children from in front of the church.
- Do not stop and have conversations in the car park area.

We are very grateful to the Forbury Parish for the use of this car park.
This is one of a very small number of school in Dunedin where parents have access to off street parking.
You may prefer to park down Forbury Rd and take a brief walk to school to avoid congestion.
If you are parking on the other side of Forbury Rd make sure that you use the pedestrian crossing.

