Dear Parents

Welcome to Week 3, the term is flying by already! This week the staff attended the Commissioning Mass at Star of The Sea Parish in Rockingham. This Mass is a way of celebrating the start of the new year and welcoming new staff to the region. It was great to see our new staff, Tori D’Uisse and Rachael Snel receive their Commissioning scrolls at the mass along with many other new staff. This has been one of many after school commitments the staff have been involved over the last two weeks and I thank them for their extra efforts.

Today is St Bernadette’s Day, the feast day of our foundation Saint. Saint Bernadette lived a life devoted to God and lived out our virtues in action. We celebrate her feast day with a Mass and special tabloid sports activities. I thank Michael O’Dwyer and his roster of parent helpers for their work in making the tabloid sports day such a success.

A contract has been awarded to repair the Church so a workforce, vehicles and equipment will soon be moving on-site near the church. In order to ensure parishioners attending morning Mass have parking near the church an area for six cars will be signposted as reserved for church parking only. School parents are requested to please obey these signs and any other temporary signs and barricades which may be erected from time to time for material deliveries etc. Also cars will be signposted as reserved for church parking only. School parents are requested to please obey these signs and any other temporary signs and barricades which may be erected from time to time for material deliveries etc. Also be especially careful in the car park if conditions are altered. I trust all parents will be patient and understand they may need to allow more time in the mornings and afternoons to navigate the carpark.

Already this year we have had a couple of social media issues involving children. Attached to this newsletter is a list of social media Apps and the age children must be to use the App. They all start at 13 years of age. We are often dealing with issues that arise on Instagram, yet no child in our school should legally have an Instagram account. Please discuss this with your child and if you are choosing to allow them to work productively.

This week’s Parenting ideas information sheet is about the distinction between teasing, rudeness and bullying. Not all situations where children experience an unpleasant encounter at school are bullying incidents. This article helps to clarify what bullying is and isn’t. I encourage you to read the article.

The first P&F meeting for the year will take place at 6.00 pm on Tuesday 1st March. It would be great to get some new parents attending this meeting and then becoming a regular part of the P&F. We will be commencing the Nature Playground project this year so it will be an exciting time to be involved. Please try to get along to the meeting and get involved.

Over the next week the children will be focusing on the virtue of Honesty. Please speak with your child/ren about this virtue and how they can show it at home and at school.

God Bless

From the Principal

Almighty and Everlasting God, You have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming Man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son.

Amen.

Food For Thought

“Honesty is the first chapter in the book of wisdom”
` Thomas Jefferson

“Honesty is something you can’t wear out”
` Waylon Jennings

PARISH

MASS TIMES
Mon, Thurs & Friday 9am
Tuesday 6pm
Wednesday 8.45am
Saturday 6pm
Sunday 7.30am and 9am
MASS 1ST SATURDAY OF EACH MONTH
9.30am Mass with the Sacrament of Healing

ROSARY
20 minutes before each weekday Mass, except Tuesday AND Mondays at 3.30pm during school terms

RECONCILIATION
Saturday 5.15 to 5.45pm OR on request

ADORATION OF THE BLESSED SACRAMENT
Tuesday 12noon – 6pm

CHILDREN’S LITURGY
Sunday 9am Mass
1st, 2nd 3rd, & 4th Sunday of the month

CHAPLET OF MERCY NOVENA
Every Friday after the 9.00am Mass for 10 minutes

2016 Term One Holiday Dates

7th March Public Holiday
8th March Pupil Free Day
25th March Good Friday
28th March Easter Monday
29th March DOE Holiday
8th April Pupil Free

IMPORTANT UNIFORM

Hair - A number two razor is now the limit for short cuts and there is to be no patterns etched into the shaved area. Hair must be kept out of the student’s face to allow them to work productively.

St Bernadette’s white socks.

All white shoes - all aspects of the shoe (heel, side, laces, tongue, etc) excepting the sole.

**Athletes Foot in Rockingham supply the correct shoe required.**

All items (except shoes) to be purchased from the uniform shop.
Today our 2016 Student Leaders made their pledge, received a blessing from our Parish Priest, Fr Gavin and were presented with their badges by Mr Gibbs. They have already been of great service and example. We congratulate them and wish them well in their formal leadership roles.

**STUDENT LEADER PLEDGE**

- As student leaders of our school, we promise to uphold the motto of kindness, honesty and respect in all that we do.
- We pledge to be good examples to the children at St. Bernadette’s by our manner towards adults, teachers and fellow students.
- We will represent our school at all times in a positive manner and display a responsible and caring attitude to all.
- We will work hard throughout this year as student leaders and be prepared to take on the extra responsibility that our role will involve.

**PROJECT COMPASSION AWARENESS, PRAYER AND FUNDRAISING.**

Each class has a Project Compassion Box and we are encouraging each child to give a little donation each week during Lent to their class Project Compassion Box. It would be most effective if the money came from their pocket money or as a result of giving up a treat and donating the money instead. Perhaps they could do a job around the house to earn an amount of money they could donate. We are called to love and help others, especially those in need. It is part of the Social Justice that Catholics are called to be a part of. We are the hands of Jesus today.

If you would like to make Project Compassion a family activity please help yourself to a Project Compassion box in the office. They can be returned to school before Easter or handed in at Church.

We thank you for your generous support.

**SACRAMENTAL PROGRAM**

Parents, if you wish your child/ren to be in the Sacramental Programmes that will be conducted in the St. Bernadette’s Catholic Parish this year you will need to fill out a form. Forms are available after the 6:00pm Saturday Mass and the 7:30 and 9:00am Sunday Masses or any of the weekday masses, they are not available through the school office and are not to be given in to the school office.

Forms will be out until the end of the April school holidays. If forms are not handed in by this time parents will need to see either Fr. Gavin or Cath Flynn to have their children included in the programme.

Please note that Confirmation this year will be ONE Mass which will be held on **Sunday May 29th at 9am**. This time is not negotiable as it is given by the Arch-Diocese. The celebrant for Confirmation will be Arch-Bishop Timothy Costelloe.
First week of Lent:

Like many families in her remote village, Doney and her family have often gone months without enough to eat. But with the support of Caritas Australia and local partner CADECOM, the people of Doney’s community have learned to harness their strengths. Today they are building new livelihoods, improving health and growing literacy to create paths towards a better future.

Please donate to Project Compassion 2016 and help people in remote areas of Malawi harness their strengths and pave the way towards a thriving future. You can donate through School boxes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

Second week of Lent:

With limited support services for children living with intellectual disabilities in Laos, Duangmala feared that her eight-year-old son, Hum Noy, would never reach his full potential because he has Down Syndrome. However, he now has the chance to learn and thrive at a school for children with intellectual disabilities, supported by Caritas Australia.

Please donate to Project Compassion 2016 and help children living with intellectual disabilities in Laos learn, grow and reach their full potential. You can donate through School boxes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.
COMING UP

1st March Swimming Trials 4 – 6
7th March Public Holiday
8th March Pupil Free Day
18th March Swimming Carnival
31st March & 1st April School Photos

UNIFORM SHOP is open:
Tuesday 8.30am -9.30am
Thursday 2.30pm -3.30pm

Eftpos is available.

St Bernadette’s Netball Club
Registration Day is:
Saturday 20th February
10.00am -1.00pm
Mike Barnett Stadium

Registering does not guarantee your place in a team. Teams are determined according to how many coaches and team managers we have.

School Fees were sent home this week via email, along with an SMS and a link to the school fee package. If you did not receive these please contact the school office immediately.

➢ Please ensure a payment plan is in place before 1st March.
➢ If you are on a Health Care Card this must be presented to the office before Friday 26th February.

CANTEEN:
The Canteen is open every Wednesday, Thursday and Friday.

UNIFORM SHOP is open:
Tuesday 8.30am -9.30am
Thursday 2.30pm -3.30pm

Eftpos is available.

St Bernadette’s Netball Club
Registration Day is:
Saturday 20th February
10.00am -1.00pm
Mike Barnett Stadium

Registering does not guarantee your place in a team. Teams are determined according to how many coaches and team managers we have.

Parent Handbook: The Parent Handbook is now available on the school website. I encourage you to peruse through it, as it will inform you of important things related to our school.

ACADEMIC SCHOLARSHIPS 2017
A direct link is available to the Kolbe website for Academic Scholarships for 2017.

http://www.kolbe.wa.edu.au/enrolment/academicscholarships/
What is the minimum age for account holders on these social media sites and apps?

13
Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret

14
LinkedIn

16
WhatsApp

17
Vine
Tinder

18
Path

18 / 13 with parent’s permission
YouTube
WeChat
Keek
Kik
Foursquare
Flickr

Age specified in the platform’s terms of service as of 09/2014.
linneyville.com
The first P&F meeting for the year will take place at 6.00 pm on Tuesday 1st March. It would be great to get some new parents attending this meeting and then becoming a regular part of the P&F. We will be commencing the Nature Playground project this year so it will be an exciting time to be involved. Please try to get along to the meeting and get involved.

P & F Facebook page is:
https://www.facebook.com/groups/stberniespandf/
This certificate is awarded to

Graduating Year 6 Years 2014 & 2015

THANK YOU

in recognition of valuable contributions to supplying the new faction sun shelters.
When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question: “What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction; joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

**Bullying** is the selective, uninvited, repetitive oppression of one person or group by another. It involves **three elements** – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

**Why the distinction?** I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.
Kolbe Catholic College, is a vibrant learning community for Years 7 to 12, focused upon providing excellence in education whilst embracing the Catholic ethos. We seek to develop each student as a ‘whole’ person, nurturing their academic, cultural, social, emotional and spiritual growth.

OPEN DAY

Wednesday 9 March 2016
4.00pm

Students will showcase our outstanding facilities and the many activities we offer at Kolbe.

Registration is essential

Please visit our website:
www.kolbe.wa.edu.au
Please RSVP Thursday 3 March 2016

Year 7
2017 and 2018

ACADEMIC SCHOLARSHIPS

Applications: Please visit our website: www.kolbe.wa.edu.au
Registration closes 9.00am 11 March 2016

Dowling Street, Rockingham
Tel: 9592 1500 Fax: 9592 2933
Email: info@kolbe.wa.edu.au

We are currently holding interviews for entry into Year 7, 2018
Mercedes College celebrates 170 Years of quality education in the Mercy tradition.

To register please go to:
www.mercedes.wa.edu.au/openday

OPEN DAY
14 March (Mon)
9.30 – 11.30am

T: 9323 1323 • www.mercedes.wa.edu.au
A Ministry of Mercy Education Ltd
SISTERS OF ST JOSEPH OF THE SACRED HEART

IN WESTERN AUSTRALIA

2016 ... Celebrating 150 years

We invite you all to join us in thanking God for his mercy and love to us all.

Fri March 18
10.00am Mass at St Columba’s Church South Perth – St Columba’s Students, Sisters, Associates and Friends (morning tea in Convent Garden 16 York St). RSVP appreciated to laura.mccarthy@sosj.org.au, 9334 0999 before 9 March.

Sun March 20
7.00pm - 8.00pm Taizé Prayer Chapel, 16 York Street, South Perth.

Sat May 21
9.30am Mass at St Columba’s Church, South Perth to mark the 25th Anniversary of the death of Sr Irene McCormack. Followed by refreshments in the Convent Gardens, 16 York St, South Perth. RSVP appreciated to laura.mccarthy@sosj.org.au, 9334 0999 before 21 April.

Sun August 7
10.00am Mass of Thanksgiving at St Patrick’s Cathedral Bunbury. Followed by refreshments and entertainment. RSVP details TBA.

Sat August 13
10.00am - 3.00pm At La Salle College, Muriel St, Viveash, facilitator, Sr Michele Connolly rsj (Michele lectures at the Catholic Institute Sydney). Theme - The Mission of Jesus in the Gospel of Mark: Invitation into my mission as disciple of Jesus. Morning tea and lunch provided. RSVP details TBA.

Thurs Sept 15
ArtFest Display – celebrating the life of Fr Julian Tenison Woods will be exhibited at Mary MacKillop Centre, 16 York St, South Perth. Details to follow.

Enquiries: Laura McCarthy (08) 9334 0999, laura.mccarthy@sosj.org.au