Dear Parents,

The term seems to be moving along quickly, with the students very settled into the school routine. Last Saturday night at Mass the staff of St Bernard’s and Carroll College were inducted for the new school year by Fr John. The partnership between the school and the parish is central to our Catholic School. It was lovely to see some families there to support us. Kids Liturgy is on every Sunday at the 9.00am Mass and all families are welcome.

Opening School Mass tomorrow
Please join us for our Opening Whole School Mass for 2016 at 9.15am tomorrow morning. All families are welcome to attend. Our School Captains, Student Representative Council members and Sports Captains will be presented with their leadership badges. All Year 6 students will also be presented with a ‘Year 6 Leader’ badge to empower them to be the best role models they can be as senior students at St Bernard’s. Year 6 students will also receive a special blessing from Fr John as they take on their leadership roles for 2016.

Southern Region Swimming Carnival
Last Tuesday our swim team went to Narooma to compete in the regional carnival. The students selected were those with the fastest times at our local carnival held in Week 2. I would like to congratulate our age champions who were presented with their medals last week. A special mention must go to Jackson B. who broke two records in 11 year boys 50m backstroke and 50m freestyle. Congratulations St Bernard’s on your fabulous win at the Southern Region Carnival! I know some very excited students have made it on to the next level in Queanbeyan.

Enrichment Program
This year David Day from Catholic Education, has been appointed to St Bernard’s, St Mary’s and Carroll College to work with the schools in the area of Learning Technology. Last year Mr Day was leading Information Technology in Catholic Education and worked with St Bernard’s in developing our Makerspace. Mrs Burtenshaw and myself met with Mr Day last week to discuss his role at St Bernard’s for 2016. Mr Day is going to work with a group of Year 5 & 6 students, and a group of Year 3 & 4 students in our Makerspace. The students will be selected by their teacher to be a part of this enrichment group based on their academic abilities. These students will have an opportunity to learn new skills in programming and robotics, linking in with Mathematics. Our focus will be to extend critical thinking and higher order thinking skills of students, improving student engagement and performance of students in top bands. This is an exciting new initiative for St Bernard’s! We have been asked by the Director of Catholic Education, Moira Najdecki, to present our Makerspace in Week 7. I would like to take this opportunity to thank Mrs Burtenshaw for her time, effort and research that has gone into creating this innovative learning for our students. Last week I spoke to many students who were excited about the reopening of the Makerspace and the ‘Coding Club’ being run on Fridays at lunchtime. St Bernard’s is certainly continuing to embrace 21st century learning!

Calming Space for the Primary Playground
We are trialling a new space in the playground outside the Year 3 classrooms where students in Years 3 - 6 can go and talk with their friends away from the noise and ball games in the Lean To. We have found that some students were finding the Primary Playground too big and noisy and were looking for a quiet space to sit and talk with friends. The teachers in Years 3-6 have been talking with their class, discussing the purpose of the new space. We welcome any feedback.

Teachers have enjoyed meeting with parents over the last week at Parent/Teacher Introductory Meetings. Interviews will continue next week, please contact your teacher if you have missed out on a time. I look forward to seeing many of you tonight at our Welcome Barbeque and Disco.

Johanna Wain
Principal Acting
The context in which we live does shape our world. Our perceptions of how the world is can influence how we respond to others, where we invest our time and what we consider important. What attracts our attention will influence what we do and what we seek to be. We only have to consider our news programs and note the ordering of what we view: current events, business, sport and weather. It is good to stay informed but as Christians we are called to view our world through a different lens. All of these things can have an impact on our lives but do they focus on what is urgent and immediate rather than what is important.

During Lent we are called to consider how we respond to the place where we live. There is a need to study our environment as it is not as we would wish it was; we need to be prayerful in being present to God and to others; we also need to act in a way which is considerate of what God and others have placed on our hearts. I think we can be driven by external events beyond our influence and control rather than looking at what God is putting right in front of us. By seeking to be people who pray, reflect and act we start to be present to a world full of God’s grace. The focus shifts off our plans and onto what God’s is achieving with us.

How have I found time to be prayerfully present to God and others?
Where have I spent most of my time?
What am I called to do next?

Fr. John Armstrong
Parish Priest of Batemans Bay
Administrator of Moruya
PO Box 3220
Batehaven NSW 2536
02 4472 4153
jarmstrong@cg.org.au

Key Dates for Confirmation:

- **Sunday 6 March 9.00am**: Confirmation Candidates Commitment Parish Mass at St Bernard’s Church.
- **Tuesday 8 March**: Confirmation and Year 6 Retreat Day at Carroll College combined with St Mary’s Moruya.
- **Thursday 10 March** practice for children receiving Confirmation at Carroll College (after Combined School Mass as students already on site).
- **Sunday 13 March** **Sacrament of Confirmation** at Carroll College at 3.00pm.
Dear Parents

**YEAR 6 LEADERSHIP RETREAT**

Yesterday, our Year 6 students travelled to St Mary’s Moruya to participate in a retreat day looking at what makes a good leader. They had the opportunity to work together and form friendships with one another which for a lot of them they will take with them to high school at Carroll College as part of our K-12 pathway. Students were able to interview leaders in our community including the Carroll College leaders for 2016, local council members, hospital administrators, Police, and Fr John. Students took the opportunity to inquire about, ‘What makes a leader a GREAT leader?’ It was a wonderful way for students to become informed of their new role and how as followers of Jesus we too will serve our community just like he did.

![Leadership Retreat Photos]

**KINDER VISIT THE CHURCH**

This week our Kinder classes walked up the hill and participated in ‘show and tell’ up at the church. It was for some students the first opportunity to walk around our local Parish church and see how we join together as a school community and celebrate. It was wonderful to hear them ask questions and inquire about the space in readiness for their first Mass where they will meet their Year 5 buddies on Friday who will sit with them and assist them to celebrate.

![Kinder at Church Photos]

**OPENING SCHOOL YEAR & COMMISSIONING THIS MASS FRIDAY 9.15am**

This Friday is our first Mass as a whole school community with our Kindergarten students joining us for the first time. Mass this Friday we will be officially welcoming students and staff who have joined our community this year as well as inducting our new school leaders for 2016. Our Year 6 students will be receiving their badges to show to our community that they are willing to help our community as leaders. We would love to see our parent community join us for this special occasion.

**PROJECT COMPASSION**

Project Compassion is a major activity run during the period of Lent. Caritas Australia’s annual fundraising and awareness raising appeal brings thousands of Australian’s together in solidarity with the world’s poor to help end poverty, promote justice and uphold dignity.

Running through the six weeks of Lent each year, Project Compassion is an extraordinary ongoing demonstration of faith, love and generosity of caring supports all in the name of justice and peace. It is the life blood for many who could not survive without their help. In 2015, Project Compassion raised $11.57 million which reached the world’s poorest communities. Thank you to all those families who already are participating and supporting this great charity.

The theme for Project Compassion this year is ‘Learning More, Creating Change’ As Pope Francis says, ‘Education is an act of hope’, so this year Project Compassion celebrates the power of learning, and the many ways that they provide vital learning and renewed hope for children, women and men most vulnerable to extreme poverty and injustice. Together we can empower the world’s poorest people with the opportunity to learn, grow and create change for the better’.

Carla Durnan
Religious Education Coordinator Acting
Dear Parents

I hope that you are enjoying a lovely week. Many of you may have already had the opportunity to meet with your child’s teacher on Tuesday or Wednesday. **Bookings are now closed online**, however, if you are yet to make a time for an introductory meeting with your child’s teacher, I strongly urge you to do so. Please contact the school office or your child’s teacher directly to arrange a mutually suitable time. These early, introductory meetings are a great way to get to know your child’s teacher, clarify any questions, discuss any concerns you may have and build a positive partnership between home and school.

**Buddy Chair**

You may have noticed our new **Buddy Chair** which has been installed in both the K-2 Playground and the 3-6 Playground. The idea behind the Buddy Chair is that whenever children have no-one to play with at lunchtime, they can sit on this seat; and someone will come over and invite them to join in with their games. It is hoped children will approach the one on the seat, make sure he or she is alright and ask them to play. It also aims to help prevent bullying before it becomes a problem. The seat can be a key beginning to promoting friendship and kindness in youngsters and help build a sense of community. The operation of the Buddy Chair supports the values of friendliness, caring, respect, responsibility, valuing difference and including others.

**Friendliness:** Children encourage contact with students using the seat to treat them in a friendly way to include them in what they are doing or help them find someone to be with during break times.

**Caring:** Students approach the student on the seat in a caring way reflecting on how they may feel if they felt lonely or needed assistance on a particular day.

**Respect:** Students treat all students who access the friendship seat with respect, understanding how they feel.

**Responsibility:** Students understand that it is everyone’s responsibility to monitor and use the friendship seat in the agreed way.

**Valuing difference:** Students understand that some students may need to use this seat more than others and may feel lonely.

**Including others:** Senior buddies support younger students in appropriate activities during planned Buddy sessions in the school.

We thank **Bunnings, Batemans Bay** for their generosity in kindly donating our Buddy Chair.

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I look forward to seeing you at the **Community Barbeque and Disco tonight**!

Kindest wishes,

**Julie Valentini**

Assistant Principal Acting
All Year 3 classes are off to a flying start. We were delighted to take possession of our beautiful new classrooms. The students have made a very smooth and confident transition from Infants to Primary. They are thoroughly enjoying the expansive play areas that they now share with the rest of the primary school. Our Inquiry Unit of study this term is *Celebration of a Nation*. Currently we are studying the geography of Australia. We are learning about the states and territories, fauna and floral emblems and places of interest that are both natural and man-made. We have created some amazing art works which were inspired by Ken Done and the Great Barrier Reef. They are displayed in our rooms and we are very proud of them. We are studying place value, addition, subtraction and multiplication in Maths, and we have started learning our times tables.

We love being scientists on Tuesday afternoons and we are learning some wonderful new technology skills in the Makerspace with Mrs Burtenshaw. Many of us have joined the Coding Club which meets on Fridays at lunchtime. The Rugby clinic on Tuesday afternoon is teaching us lots of new skills and it is so much fun.

We had a wonderful day at the swimming carnival and cheered for our team mates during their races. We are all working very hard and we think that Year 3 is fantastic!
Southern Region Swimming Carnival

Congratulations to the 37 students who travelled to Narooma Swimming Pool on Tuesday to compete at the Southern Region Swimming Carnival. Students from Lumen Christi Pambula, St Patrick’s Bega, St Patrick’s Cooma, St Mary’s Moruya and St Joseph’s Bombala all made the trek to the coast for the day. There was some excellent swimming efforts and achievements on the day.

I commend the students from all schools, and of course St Bernard’s on their outstanding behaviour and sportsmanship at the carnival. The pool staff mentioned to me at the end of the day how impressed they were at the level of enthusiasm and exceptional sportsmanship shown to all swimmers across all events, even those from other schools. This is the highlight of my role as Sport Coordinator. So a very big thank you and congratulations to everyone.

Congratulations to the following students on being awarded 2016 Southern Region Swimming Age Champions:

<table>
<thead>
<tr>
<th>Junior Boy</th>
<th>11 Years Girls</th>
<th>11 Years Boys</th>
<th>Senior Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sam B</td>
<td>Keira L</td>
<td>Jackson B</td>
<td>Timothy M</td>
</tr>
</tbody>
</table>

I am very proud of all the students who attended the carnival. St Bernard’s was the overall winner of the carnival for 2016. Congratulations on a fantastic team effort.

A few special mentions! A big THANKYOU to all the parents who helped out in any way on the day. As we were the host school, it was fantastic to have so many parents volunteer to do timekeeping, marshalling and catering etc. It certainly does not go unnoticed. The hospitality shown by our Mums and Dads who provided a plate for morning tea, fruit and beautiful sandwiches left a very big impression on the staff and helpers from the other schools. It was AMAZING!! Your kindness and generosity is very much appreciated. Finally, thank you to Miss Emma Davies, Mrs Theresa Hopman and Mrs Jeni McCarthy who assisted me on the day in various roles. You are FANTASTIC! It is a pleasure to be working with such dedicated teachers who are willing to help out at a minutes’ notice.

The Archdiocesan Swimming Carnival is set for 1 March at Queanbeyan. Congratulations to those swimmers who have made it to the next level of competition. If your child received an Archdiocesan information pack, the consent form and payments need to be returned to school at your earliest convenience. If you are unable to attend, please let me know at school as soon as possible.

Summer Individual Sports Trials

Last Friday, several of our students travelled west to Young and Gundagai to try out for the Archdiocesan teams in Tennis, Cricket and Basketball. I am pleased to inform you that 3 students have been successful in selection for the Archdiocesan teams for games in coming weeks and months. Congratulations to:

- **Jack Mc** – Archdiocesan Boys Cricket Team
- **Alana G** – Archdiocesan Girls Cricket Team
- **Tyne P** – Archdiocesan Tennis Team (No 1 seed)
- **Alana G** – Archdiocesan Girls Basketball Team

To be selected in these representative sports is a huge achievement and a big ‘well done’ from everyone at St Bernard’s.

(Any photos of these events can be emailed to me at [megan.granrt@cg.catholic.edu.au](mailto:megan.granrt@cg.catholic.edu.au)

Well done to all students who travelled and tried out for these events.

Winter Trials Nominations

Students who wish to try out for the winter sports of **RUGBY LEAGUE, GIRLS AND BOYS SOCCER, NETBALL and HOCKEY**

are asked to fill out a nomination form and return it to me by the end of next week (week 5). These events are only open to students in Years 5 and 6 and entrants MUST be playing this sport already at a COMPETITIVE LEVEL. For more information or for nomination and consent forms, please contact me at your earliest convenience.

Have a safe and happy week,

Megan Grant

PE Teacher/Sport Coordinator
Southern Region Swimming Carnival at Narooma
P & F News

Don’t forget the family welcome school disco is on tonight! We are also after any parent helpers even if it’s an hour. All help is greatly appreciated. Please contact myself on the details below. All the children are excited, and we hope you have your dancing shoes on.

I would like to thank Rebecca Henderson for everything she did last year for the P & F. She has done a wonderful job.

I am very excited to be President of this wonderful school and I am looking forward to another exciting year. On behalf of myself and the P & F we would like to open up the communications and encourage you all to come along to the P & F meetings and become more involved in this amazing school. I have had some parents asking me about the sports shorts and sports tops. We are addressing this issue, and will keep you updated along the way.

You are welcome to contact me on 0433988254 or tori_vincent@hotmail.com if you have any questions or come and see me at school drop off or pick up.

Tori Vincent
P & F President

Canteen Special: Week 5

Porcupine Meatballs & Mash $4.00
or $5 for Meal deal (includes icy pole and popper drink)

ASSEMBLIES ~ CELEBRATING STUDENT ACHIEVEMENT

The school community gathers together in the Hall next to the Canteen every second Friday.

Grades are rostered to prepare and lead the Assembly. Assembly begins with the school song and this is followed by presentations from the class showcasing teaching/learning which has taken place during the term.

Assembly Award Certificates are presented by the Principal to students from each class. Certificates are awarded to students who have made a significant effort in some aspect of their learning or their interaction with fellow students.

Special presentations including certificates for representative sports may also be presented.

Our next Assembly will be lead by Year 3 on Friday 4 March at 1.50pm.

Please join us for the Welcome Barbeque and Disco tonight at 5.00pm - 6.30pm.
YOU'RE INVITED TO OUR
BOOK FAIR

Tuesday 23rd February – Friday 26th February
Open from
8am – 8:45am before school
2:45pm – 3:30pm after school
In the iCentre
St Bernard’s Primary School, Batehaven

YOU COULD WIN!
ALL STUDENTS (WITH NO OVERDUE LIBRARY BOOKS) WHO
BORROW A LIBRARY BOOK DURING WEEK 3 & 4
WILL GO IN THE DRAW TO
WIN A $20 BOOK FAIR VOUCHER!
(Don’t forget your library bag!)

Please note:
Students will be given an opportunity to view the books and complete a ‘wish list’
during the book fair. Payment for any, or all, of these books can be completed on-
line at home (as per instructions on wish list). Please return wish list to school with
receipt number and books can be collected immediately from the book fair by the
student. This option will assist in ensuring children aren’t bringing larger cash
amounts in to school, in situations where parents can’t attend.
Wish lists are available at the counter of the book fair at any time.
St Bernard’s Primary School Welcomes You to the 2016 School Year

Please join us for a

Family Sausage Sizzle and Disco!

Sausage sandwiches will be complementary and you will also be able to purchase yummy treats from our canteen!

Date: Thursday 18 February

Where: St Bernard’s Primary in the Hall

Time: 5.00pm - 6.30pm

All Families are welcome!
5 ways to a healthy lifestyle

Did you know?

★ National surveys found that the combined level of overweight and obese children in Australia has more than doubled in recent years.

★ A major study revealed that the number of overweight and obese children in NSW rose from 1 in 10 in 1985 to 1 in 4 children in 2004.

★ Obese children have a 25% - 50% chance of going on to be obese adults.

Our busy lifestyles can be hard on our family’s health. Rushing to and from school and work can make it difficult to find time to be physically active and eat well.

We can also slip into the habit of choosing unhealthy snacks and takeaway foods or spending our free time in front of the TV or computer.

However, these choices can be dangerous for our health and our children’s health – both now and in the long-term.

That’s why it’s so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.
### How to lead a healthy lifestyle

#### Get active each day

Regular physical activity is important for the healthy growth, development and well-being of kids and teens. Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them ‘huff and puff’. Parents should be good role models and have a positive attitude to being active.

#### Choose water as a drink

Water is the best way to quench your thirst – and it doesn’t come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks. Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium. Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fibre.

#### Eat more fruit and vegies

Eating fruit and vegies every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases. Aim to eat 2 serves of fruit and 5 serves of vegies every day. Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

#### Turn off the TV or computer and get active

Sedentary or ‘still’ time spent watching TV, surfing online, playing computer or electronic hand-held games is linked to kids and teens becoming overweight or obese. Kids and teens should spend no more than 2 hours a day on ‘small screen’ entertainment. Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

### Eat fewer snacks and select healthier alternatives

Healthy snacks help kids and teens meet their daily nutritional needs. Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices. Limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

### Tips for parents

The choices you make are crucial in helping your children to develop healthy eating habits and be physically active. This might mean changing what you buy at the supermarket and what snacks you serve, as well as finding ways to get your children up and active.

- **Encourage your children to make healthy choices about food and being physically active.** This can include verbal prompts, preparing healthy snacks and meals and buying them ‘active’ gifts, such as bats, balls or a skipping rope.
- **Avoid using unhealthy foods as ‘treats’ for children’s good behaviour as this is likely to have a training effect and increase the appeal of such foods.**
- **Making healthier choices doesn’t mean you can’t reward or treat children.** Come up with some fun, ‘active’ rewards that aren’t food-related, such as going for a bike ride with mum or dad, a morning at the swimming pool or a visit to the zoo.
- **Children do what they see, so it is crucial to demonstrate healthy behaviours.** This can be as simple as eating together as a family, involving children in choosing and preparing healthy meals and spending time together being physically active.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)
Club Catalina Cadet and Junior Golf Program for 2016

Wednesday afternoons 3.30pm—5.00pm. Cost is $5 per term.

For students aged 10 years and up. Great opportunity to learn golfing skills. Come along and try.

Please contact Marion Pearson on 0427 267 856 or romar49@bigpond.net.au for further information.

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Batemans Bay BMX Club we will be hosting our annual National Sign On Day! Come to the track on Saturday 20th of February from 12-3pm.

This is your chance to join our club and one of Australia’s fastest growing sports!

BMX is for everyone, from two-year-olds on mini-wheelers right through to 60+ veterans, we all ride BMX!

National Sign On Day is designed for YOU to come along and try out our exciting sport, free of charge! It’s a fun and exciting day that includes BMX riding, coaching and games.

If you enjoy the day (and we hope you do!), you can sign up with our club and join the BMX Australia family!

So what have you got to lose? Join us at the track!

For more information, visit: www.bmxaustralia.com.au or contact Sheridan 0416 036 820

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Batemans Bay Junior Boars Rugby Union Club is now taking registrations for the 2016 competition. Junior Teams aged from Under 10 – Under 18’s will be playing in the ACT Junior competition on a Saturday, playing both home and away games.

Training is held at Hanging Rock on Tuesday from 4.30pm commencing 11 February. Thursdays will commence in March.

Registration costs are $90. Program is fully supported by ACT Brumbies.

For further information, https://www.facebook.com/bayboarsjuniors or contact Ronnie: 0408 247 644 or Kylie 0428 743 471 or email: