The Assumption of the Blessed Virgin Mary, who was lifted up to Heaven by the Holy Spirit will be celebrated at a whole school Mass next Monday morning. Kindergarten and Year 5 students will lead us in prayer. Please join us to celebrate this special Feast Day.

Dear Parents,

There is much to report this week as we enjoy a variety of school events and prepare for upcoming ones.

**National Literacy and Numeracy Month**

This is the 18th National Literacy and Numeracy Week to celebrate the importance of literacy and numeracy skills in schools across Australia. National Literacy and Numeracy Week represents the importance of literacy and numeracy skills for all children and young people, with a specific focus on school-aged children. (ACEL, 2016)

Again this year, we will be recognising the achievements and efforts of our students across Kinder to Year 6 with a special awards assembly in Week 7. Each teacher will present four awards. Recognition awards will be presented for outstanding achievement in literacy and numeracy. Recipients of these awards will have demonstrated exceptional competency levels in their respective classes, achieving top results. Consistent effort will also be recognised in both literacy and numeracy. These awards will be presented to those students who continually apply themselves to their learning. This is a great opportunity to celebrate academic achievement with the students and highlight successes that are occurring in our classrooms every day. This Assembly will be held on Friday 2 September.

**School Musical**

Kindergarten to Year 6 have been actively involved in the dramatic, musical, and dance elements of Performing Arts through the project-based exploration of the The Lion King Experience KIDS musical production. 28 talented students from Years 5 and 6 auditioned for lead roles in Term 1 and have been enthusiastically practising to form our lead cast (pictured below). The Choir have also been working hard learning all the songs from the musical and will play an integral supporting role throughout the entire performance. Every year group has an individual feature item to showcase the talents of all our students.

- **Date:** Thursday 3 November (Week 4, Term 4)
- **Time/s:** Matinee 1.00pm
  
  Evening 5.30pm
- **Venue:** St Bernard’s Hall
- **Cost:** $10 p/family or $5 individual

**Welcome...**

A warm welcome to Xavia W (KH) and Rhylee (C) 4M who have commenced at St Bernard’s this week.

Enjoy a safe and happy week ahead.

Jacqueline Heffernan
Principal
The Gospel is a living word which is called to wake us up not put us to sleep! We live in such a literate age that often reading can become solely a way of receiving information or opinions. The words become shifted and reshaped until they suit us rather than what the author intended. However, the living Word of Jesus is called to strike our hearts, wake us up and set us on fire with God’s dream for us rather than our dream for God. This can often be deeply disturbing because it stirs up old certainties on which we have relied to give us meaning. God does not want to limit our vision but expand it beyond ourselves. If our God is there solely to make us comfortable, peaceful and relaxed we will cocoon ourselves in our own private world. Yet God calls us persistently and insistently into a relationship which is greater than our own needs to discover a deeper longing which cannot be bought and sold.

In our own world we can often rely on things that substitute for this living relationship with God. We can start to manufacture our own idols which we worship but leave us feeling empty and alone. God does not want us to experience this destitution or poverty of heart but to discover what truly brings life to our world. We have never been abandoned by God but he does want us to wake up from our own dreams and to live his dream for us.

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

"The intellectual quest is exquisite, like pearls and coral. But it is not the same as the spiritual quest. The spiritual quest is on another level altogether. Spiritual wine has a subtler taste. The intellect and the senses investigate cause and effect. The spiritual seeker surrenders to wonder." (Rumi Wisdom; trans. Timothy Freke)

Songlines: The living narrative of our nation
Dear Parents
Next Monday we come together as a school and parish community, to celebrate the **Feast Day of the Assumption of Mary**.
It is a special day in our Church year which signals the end of Mary’s earthly life and marks her return to heaven to be reunited with Jesus.

Where Jesus arose from the tomb and ascended into heaven by his own power, Mary’s body was taken up to heaven by the power of her Son. For this reason we use different words to describe each event. One is the Ascension of Christ and the other, the Assumption of Mary.

Please come along to Mass next Monday 15 August at 9.15am as Kindergarten and Year 5 lead us through a very beautiful celebration which commemorates the life of Mary, the Mother of God.

**First Eucharist**
The sacrament of Eucharist (Holy Communion) brings to completion the Christian process of initiation. In this sacrament we remember what Jesus did for us in his life, death and resurrection. We remember particularly the Last Supper, that final meal Jesus shared with his disciples. At that meal Jesus gave us the Eucharist so that we could remember him in a special way. When we receive Communion, we believe that we receive the person of Jesus into our very beings. We become one with him, and we become one with each other. As a community we become 'the body of Christ' (http://www.adelaide.catholic.org.au/our-faith/sacraments/eucharist-holy-communion). On Sunday 28 August, at 9.15am, the following students will be receiving the Eucharist for the first time. Please join me in praying for them as they continue on their sacramental journey. **William 3BT, Alicia 3BT, Elliot 3BT, Faigyn 3BT, Adam 3BT, Alexander 3BT, Callum 3C, Reis 3C, Jeremy 3C, Ivy 3C, Stephanie 3C, Jade 3C, Ciara 3C, Harrison 3C, Lori 3C, Marissa 3C, Harper 3C, Isabella 3H, Lachlan 3H, Angus 3H, Lachlan 3H, Rhys 3H, Lincoln 3H, Lachlan B, Erin 3H, Mason 4M, Kody 4S, Daisy 4S, Gabriella (St Peters), Jayden 6O, Harry 6O.**

**Prayers**
Please keep Fr Dominic in your Prayers as he mourns the recent loss of his Mum.
*If you, or anyone you know would like to be remembered in our prayers, please let me know.*

**NAIDOC Mass**

Wishing you a lovely week,

*Julie Valentini*

Religious Education Coordinator

"Be mindful of Your mercy, O Lord..." (Ps 25:6)
Dear Parents

Over the last two terms some students from Years 2 – 6 have been participating in the International Competitions and Assessments for Schools (ICAS). This is an independent, quality skills-based assessment program which rewards and recognises achievement. ICAS gives you broad insights into your child’s performance across English, Mathematics, Science, Digital Technologies, Spelling and Writing. ICAS (sometimes referred to as the UNSW assessments) has been developed by Educational Assessment Australia (EAA) since 1981. Students who participate in ICAS testing receive a detailed analysis of their results and a certificate in recognition of their accomplishments.

Please see below the results in Science and Digital Technology:

<table>
<thead>
<tr>
<th>Year 2:</th>
<th>Science</th>
<th>Digital Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ellie-Rose D - Credit</td>
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</tr>
<tr>
<td></td>
<td>Leila K - Merit</td>
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<tr>
<td></td>
<td>Luke D - Participation</td>
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<td>Lily P - Participation</td>
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<tr>
<td></td>
<td>Charlotte W - Participation</td>
<td></td>
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<tr>
<td>Year 3:</td>
<td>Stephanie B - Credit</td>
<td>Stephanie B - Distinction</td>
</tr>
<tr>
<td></td>
<td>Jade C-H - Participation</td>
<td>Jade C-H - Distinction</td>
</tr>
<tr>
<td></td>
<td>Callum C - Participation</td>
<td>Callum C - Participation</td>
</tr>
<tr>
<td></td>
<td>Erin D - Participation</td>
<td>Erin D - Participation</td>
</tr>
<tr>
<td>Year 4:</td>
<td>Shelby H - Merit</td>
<td>Sarah T - Participation</td>
</tr>
<tr>
<td></td>
<td>Alex Y - Merit</td>
<td>Lara W - Participation</td>
</tr>
<tr>
<td></td>
<td>Amelia B - Participation</td>
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</tr>
<tr>
<td></td>
<td>Sarah T - Participation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lara W - Participation</td>
<td></td>
</tr>
<tr>
<td>Year 5:</td>
<td>Sienna K - Credit</td>
<td>Sienna K - Credit</td>
</tr>
<tr>
<td></td>
<td>Tyne P - Credit</td>
<td>Joel O - Credit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jayden M - Participation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark T - Participation</td>
</tr>
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<td></td>
<td></td>
<td>Tyne P - Participation</td>
</tr>
</tbody>
</table>

Advertising in 2016 St Bernard’s Primary School Yearbook

St Bernard’s Primary School will again be producing a yearbook to highlight the many achievements of our school. It also acts as a lasting memento for our students and families. In addition to this, we use the yearbook to demonstrate to new families the many facets and strengths of our school and community. The yearbook will have places for business advertising, and we thought that you may be interested in learning about what we can offer.

<table>
<thead>
<tr>
<th>Size of Advertisement</th>
<th>Cost of Advertisement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Page - 210mm x 297mm</td>
<td>$320 inc GST</td>
</tr>
<tr>
<td>Half Page - 210mm 148.5mm</td>
<td>$170 inc GST</td>
</tr>
</tbody>
</table>

Could you please peruse these options, and if you would like to take advantage of some advertising space in our 2016 yearbook, email me (jo.wain@cg.catholic.edu.au) by Monday 7 November 2016 with your advertisement attached.

We appreciate your interest in and support of our school.

Wishing you an enjoyable weekend.

Johanna Wain
Assistant Principal
Our annual Father's Day Breakfast will be held on Friday 2 September from 7.00am to 8.15am. All students are welcome to invite their fathers, grandfathers, uncle or special friend to come to the breakfast to celebrate Father’s Day.

The breakfast is prepared by the Staff at St Bernard’s. To assist with catering arrangements would you please complete the attached form and return to school by Monday 22 August if you are able to attend.

Father’s Day Breakfast

Friday 2 September 2016

Please indicate the number of selected foods/drinks you require. Children are able to order a bacon and egg roll too if they wish.

- Bacon and egg roll
- Milo
- Juice

To assist with catering arrangements would you please complete the form above and return to the Office or alternatively email your request to office.stbernards@cg.catholic.edu.au by Monday 22 August. Thank you.
Week 5 is Nude Food Week at St Bernard’s!

We would like to encourage families to help us become a nude food school!

Why bring nude food? You can help to reduce the amount of material sent to landfill to benefit the environment. It saves time and money for your school with reduced demand for disposal. Reducing the cost for disposal of food packaging at school means more money to spend on learning resources and teaching support. It also encourages better food and drink choices, as many healthy food options come with their own packaging.

Tips for parents packing Nude Food lunches
Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.

Discuss with your child what they like to eat and how much. Bin audits in schools show large quantities of unopened pre-packaged foods, including single-serve yoghurts, cheese sticks, sandwiches, uneaten apples/fruit and many near full fruit boxes being thrown away. This costs your family money as well as creating waste. Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it’s hard to take some bites from a big apple at recess and save the rest for lunchtime. It’s easier to eat a wedge or two and then reseal the container. A rubber band around a sliced apple will prevent browning.

Encourage your children to bring home uneaten food to eat after school. Appreciate that playtime is also important, so discuss with children how much they can reasonably eat in one day. Often children throw uneaten food away because they don’t want to upset the person who packed the lunch. If you’re not sure how much they can eat at school, start small, eg a piece of fruit and a sandwich, and build it up if they are asking for more.

If your children have chips, savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive so called ‘convenience’ packs with lots of packaging) and have your children put the same quantity into a reusable labelled container that they bring home each day.

DAVE BERRY’S GUITAR LESSONS

Mr Berry has decided to stop teaching guitar lessons at St Bernard’s. His last day will be Friday 19 August. Mr Peter Rich has been appointed to take over his lessons. He is very excited about creating a guitar orchestra later in the year. Mr Rich will take over Mr Berry’s guitar lessons on 9 September. Everything will continue as normal for the rest of the term so please keep your current timetable and refer to it.

We would like to thank Mr Berry for his wonderful commitment over the last five years. I know the children have enjoyed the lessons as there is always a waiting list!
BOOK WEEK VISITING AUTHOR

Children’s author DC Green will be visiting the school on Friday 26 August. Cost is $2.50 per student. Parents are welcome to attend for free. At the end of his show, DC will be selling and signing books.

‘DC Green was VERY funny. Even the teachers laughed.’ – Bothwell District School, Tas.

About DC Green
Before he became a zany children’s author, DC Green was an award-winning surf journalist. He has written about shark attacks, the Bali bombings and profiled the likes of eleven-times world champion Kelly Slater (who DC beat at a game a pool). In the last nine years DC has performed almost 1,000 school shows around Australia. His performances are funny, dramatic and full of great writing tips and ideas. You can check out DC’s stuff at his website, dcgreenyarns.blogspot.com.au.

‘I loved when DC sang and rapped. I couldn’t stop laughing. I laughed my head off.’
– Milka, St Patrick’s School, Port Kembla, NSW.

SIGNED BOOKS!
All DC’s books cost $15 except for Three Little Surfer Pigs, which has been slashed to $10 and the two City of Monsters books ($19 each).
Students who buy more than one book will receive a free-signed poster!!
Buy all three Erasmus James books for just $35 or all six DC books for a mere $95!!
Simply bring in an envelope to the school with money inside and the title(s) of DC’s books on the front of the envelope.

Three Little Surfer Pigs
A hilarious picture book of the classic fairy tale, featuring gorgeous art by Simon McLean. Ten per cent of all proceeds go to CanTeen Australia.
‘Evilly entertaining.... The rhyme is great fun!’ – Sally Odgers.

Erasmus James and the Galactic Zapp Machine
Erasmus James zapps to a world where humans, ninja horses and mutant chooks live in peaceful harmony. At least they all did ... until Erasmus makes a deal that could lead to galactic war! $15. Ages: 8+
‘An awesome read from the literary giant of surf journalism!’ – Australia’s Surfing Life.

Erasmus James, King of Kid’s Paradise
Erasmus James zapps to a tropical world where adults are banned, there are no rules and all the other kids want him to be their king! But what is the dark secret that lurks beneath Kid’s Paradise? $15.
‘Far out, funny and fabulous!’ – CoastKids magazine.

Erasmus James and the Grat Siege
Grats! Giant rats!! – surround my castle. My troops defend bravely. My mates - mutant chooks, ninja horses and grommets - are also out-numbered, starving and stinky. They turn to me for inspiration. To Erasmus James, the boy who doomed the universe! $15
‘Hilarious and action packed... an unforgettable book.’ – Kids’ Book Capers.
**Stinky Squad**
Oztrailer has mysteriously turned into a nation of brain-eating zombies. The only hope is five teens with revolting superpowers like acid vomit and super-sticky pimple pus: Stinky Squad! Ages: 10+. $15.


**Monster School**
Monster School is packed with mafia goblins, joker giant spiders, socially challenged zombies and snarky vampires. Humans are the endangered species! $19. Ages: 10 +

‘A wild, wise-cracking ride.’ – Ian Irvine.

**Goblin Mafia Wars**
PT and the Dead Gang must find the last dragon eggs, prevent a mafia goblin war and save the world – again! Featuring the most awesome female characters in fantasy history. $19. Ages: 10 +


Best regards and see you soon!

DC Green
[http://www.facebook.com/DCGreenAuthor](http://www.facebook.com/DCGreenAuthor)

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**Book Week - Book Parade**

On Monday 22 August students will participate in a Book Parade, to celebrate Book Week and the announcement of the Children’s Book Council of Australia Children’s Book of the year.

The theme this year is “Australia Story Country” and children are invited to dress in either **Australian theme/colours**, to fit with the theme, **OR** as their **favourite book character**.

We also ask that children bring along their favourite book for the parade.
AUGUST ARTICLE

FIDGETS IN SCHOOL

Who benefits from using fidgets?
Children with ADHD, Autism Spectrum Disorder and Sensory issues.

How do they help?
By using a fidget toy it allows their brain to focus on the primary task more easily. The benefits of this are better concentration, improved learning and less behaviour issues. For many children a second activity is a distraction, but for children with ADHD and Autism it will actually improve their performance.

How will I know if it helps?
A simple way to find out if a fidget toy is helpful is to take it away and observe the behaviour of the child. Are they trying to use other items as their fidget (eg. chewing hair, biting nails). Are they distracting kids around them? Are they getting up from their seat and moving around the room regularly?

What should fidgets be?
Fidgets should not disturb others, so therefore they need to be small and quiet. As kids will need a variety of fidgets to maintain interest they also need to be affordable. And of course they must be safe.

Some fidget toys to try?
- squishy gel
- squeeze ball
- keyrings
- paper clips
- bell dog clips
- balloons (deflated)
- stretchy figures
- porcupine ball
- cool pens
- beaded bangles
- hacky sacks

Other fidgets that may work
- walking while discussing work/day
- listening to music while doing work
- chewing gum or sucking on a lolly
- doodling on paper


Have you read this article... ADHD needs a positive attitude: http://www.thecourier.com.au/story/4015768/adhd-needs-a-positive-attitude/
Have you seen this book...

Have you googled this website...
www.yarneds.com

An honest and raw approach to your reading recommendations, covering gothic, horror, fantasy, memoir, paranormal, sci-fi and more.

The information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional, medical, or clinical advice.
Intensive Reading in Years 1 & 2

In the Year 1 building, there is a mystery blue door that leads to a room full of books ready to be discovered by the more reluctant literacy learners. I often overhear eager students at the door wondering what happens in this room and when will it be their turn to adventure in and get their hands on the 'special books'.

I have been lucky enough over the past 5 years to be trained as a Reading Recovery teacher and for the past 6 months I have trained as an L2 teacher. These programs are both intervention programs that help support the struggling reader and writer to blossom into a confident and engaged literacy classroom member.

Both of these programs with the support of Catholic Education have evolved recently into IR – Intensive Reading. A program designed to support students in their development of knowledge and skills that will allow them to achieve Stage One literacy targets. Students are selected for this program through consultation with their classroom teacher and a number of diagnostic tests.

IR is made up of 30 minute lessons that students attend 3-4 times throughout the week in pairs. The students are then immersed in text, both familiar and new, to challenge their development of reading strategies. A variety of texts are used to implement the program (levelled readers and quality literature from the library). Each lesson is adjusted to meet the needs of the individual student and goals are set for each student daily.

We use the literature read to ignite their writing ideas. During writing we focus on spelling strategies, phonemic awareness, writing structure and self-editing skills. The lessons are concentrated and swift, with every minute of the lesson having students engaged and focused.

It is extremely rewarding to watch and support these students in becoming engaged readers that think and talk about texts; expanding their knowledge of language and their knowledge of the literature world.

Jeni McCarthy
Intensive Reading Support Teacher

Premiers Reading Challenge

Students from Year 3 – Year 6 are reminded there are only **8 days** left to complete the Premiers Reading Challenge. All completed Student Reading Logs need to be signed and handed in to Theresa Hopman in the iCentre for validation. Please feel free to contact Theresa if you require more books in your level to complete the challenge – there are plenty in the iCentre to go around! **Premier’s Reading Challenge concludes Friday 19 August 2016.**

Theresa Hopman
theresa.hopman@cg.catholic.edu.au
Southern Region Athletics Carnival

Last Thursday, 64 of our students travelled to Bega to compete at the Southern Region Athletics Carnival. Unfortunately, the weather wasn’t great! We had sun, rain, wind and cloud which made it difficult for all the students involved. Despite this, the St Bernard’s students performed fantastically! We had lots of firsts, seconds and thirds, and the cheers and great team spirit demonstrated (to all competing schools and students) was the highlight of my day. It was a very close competition with only 14 points separating first and third place to take out the winning school trophy. St Pat’s, Bega took out winning school, with St Bernard’s a very close second and St Mary’s, Moruya in third place.

Congratulations to the students listed below on making it to the next level of competition. The Archdiocesan Athletics Carnival is planned for next Thursday 18 August at the AIS in Canberra.


We wish all of our students the very best of luck.

Could all students in Years 2 and S1S please wear their sports uniform on Monday 15 August (next week) due to a PE change (just for Week 5!)

Have a safe and happy week ahead,
Megan Grant
PE Teacher/Sport Coordinator
Year 1 are having fun learning about “place value”. This is all about the significance of a digit’s position in a number. We have been playing games to use place value to partition two digit numbers e.g. 32 is 3 groups of ten and 2 ones.

A game to play at home is called “Predict A Count”

**Summary**

Children count in an open-ended way using the calculator for support, but first guessing and recording what they expect the next answer to be.

**Materials**

One calculator.
Plenty of paper.

**Procedure**

- Begin by asking: *How can we teach the calculator to count forward by 10?*
- Explore your child’s responses. Following the discussion, which will quickly lead to agreement to press the buttons [+][1][0][=] ask them to clear their calculator and write the screen number (which should now be zero) at the top of their working paper. Each child then guesses the next number the calculator will show if we use it to count by 10 and writes their guess.
- After writing the guess the children check on the calculator.
  - If their guess was correct, they tick their work.
  - If their guess was wrong, they put a line through their error and write the correct number beside it.
  - The process of guess/write/check/correct continues as far as the children can go.

**Variations**

Alter the starting number. *Make it as hard as you can for yourself.*
Alter the size of the counting group. *I’ll bet you couldn’t count by 0·5s today.*
Count backwards using subtraction. *How could you teach the calculator to count backwards?*
Choose your own starting number and group counting number and whether you will count forwards or backwards.
CONGRATULATIONS!

(Kinder)
Charlie J, Elyssa W, Makenzy C, Quinlan C, Charlie R,
Brodie M, Max L, Jasper S, Jack W.

(Year 1)
Mitchell B, Layne B, Ava J, Beau T, Archie B, Brok D,
Indi F, Kasey S, Benjamin E.

(Year 2)
Oscar B, Ellie-Rose D, Hunter B, Brianna G, Bella-Mae L,
Benjamin F, Kadyn M, Taylah S.

(Year 3)
Brooklyn B, Alexander R, Clara C, Ivy P, Jeremy S,
Mitchell W, Bill E, Liam H, Cooper K, Scarlett S, Ayla T.

(Year 4)
Harry B, Riley B, Emma P, Sarah T, William H, Taylah H,
Hayley N, Mason C.

(Year 5)
Ella B, Luka B, Sienna K, Madeleine T, Mark T, Joshua B,
Summah F, Tiarna McD, Caleb S, Eve W.

(Year 6)
Jaycob G, Samuel L, Kaitlyn S, Ruby H, Alexis S,
Jed S.

(French)
Hi everyone

There is a promotion going with “Moove”. It's called cash kick and you could win $1000 a day. All you have to do is buy a strawberry or chocolate Moove from the canteen with the cash kick label (which we have) and your children can bring their bottle home and you go online to cashkick.com.au enter with the last 4 digits of the barcode. You will then be notified in 2 working days if you have won.

We are also looking for volunteers to come and help sort out the school uniform area in the back of the canteen. I will be there next Monday if anyone is able to come and give me a hand for an hour. Thank you.

Enjoy your weekend.

Tori Vincent
P&F President

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**SCHOOL BANKING NEWS $$$**

**Congratulations to these School Banking savers**

**Congratulations to** Anjelica W (5Y) and Kira V (1H) who received a Galaxy Glider. Murray H (2F) - a Wildlife Writer. Set. Charlee B (2F) - an intergalactic rocket. Finian B (5Y) and Mishell F (KH) - Outback Pat Bag Tags. Wonderful savings!

Also congratulations go to the following students who received a Bronze Certificate: Kate P (1H), Jack R (KJ). And Silver Certificates go to: Mia O’C-B (5Y), Jada S (1VS), Riley S (4M), Jade C-H (3C) and Lachlan W (KB). Well done! Thank you to all students who participate.
ST BERNARD’S OOSH offers quality after School Care until 6.00pm Monday – Friday in term time and a holiday program from 8.00am to 6.00pm Monday – Friday during school holidays.

Call Natalie on 0448 137 753
Email: st.bernards-oosh@live.com.au