



Learn, Live, Believe

*St Bernadette's Catholic Primary School
Ysgol Gynradd Gatholig Santes Bernadette
We are a Christ centred community reaching out to
others. We learn, grow and celebrate together.*

Weekly Newsletter

24th Hydref 2024

Events coming up in November 2024 at St Bernadette's

Date	Year Grp	Event	Time
Sat 3rd Nov		All Souls day	
Thursday 7 th Nov	Rec-Y6	Mass – 'All Saints of Wales'. All our families and friends are welcome to join us	9:15am
Friday 8 th Nov	Whole School	INSET day – no children. Training day for staff	
Monday 11 Nov	Whole School	Start of Eco Fortnight	
Monday 11 th Nov	New to Nursery	Open evening for January intake	3:45pm
Wednesday 13 th Nov	Y3-Y6	Dance workshops	
Friday 15 th Nov	Whole School	Flu Nasal Spray	
Tuesday 19 th Nov	Y6	Trip to Crucial Crew – Health and Safety training	12.30
Wed 20 th Nov	Whole School	Book Fair	8.30am & 3.30pm
Wed 20 th Nov		Macmillan Coffee Morning. All our families and friends are welcome to join us	9am-11am
Tuesday 26 th Nov	Y1	Trip to Cardiff National Museum	

Dear Parents/Carers,

Thank you to our families and friends who joined us at Mass at St Philip Evans church last Saturday 19th October for the parish 5:15pm mass. It was a joy to see so many families worshipping and celebrating together. Our next school Mass will be at 9:15am on Thursday 7th November at St Bernadette's. Our families and friends are very welcome to join us.

Our next parish Mass will be 5:15pm on Saturday 5th May 2025.

Please note the times for Mass at St Philip Evans Church every weekend are: Saturday 5:15pm and Sunday 10:30am.

We wish all our families a peaceful and happy half—term. Please remember it is INSET tomorrow so only staff in for training on Friday 25th October and we look forward to seeing everyone on Monday 4th November



Learn, Live, Believe

Macmillan Coffee Morning

Memory tree

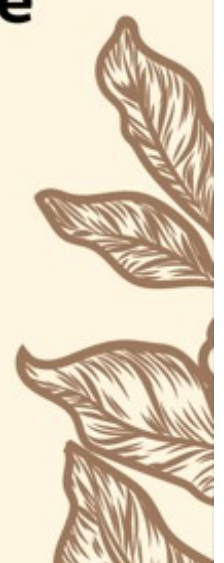
Tea & Coffee

Raffle



Cake

Choir performance



WEDNESDAY 20TH NOVEMBER

9.00AM - 10.00AM

St Bernadette's Primary School



Dear Book Lovers!

Over half term we will be running a '**BIZARRE BOOK SELFIE**' competition in preparation for our Book Fair beginning on Friday 14th November. Five lucky entries will win vouchers to use at the Scholastic Book Fair!

So we are asking you to get as creative as you can! Think outside of the box! Snap a photograph of you enjoying your half term read in a bizarre location! Could it be under the sofa? Could it be at an aquarium? In the keep of a castle?

You can either tweet your photograph **@STBPrm**

Share it on your Google Classroom.

All entries are to be in by **Monday 4th November**.

Happy reading!

SCHOLASTIC TRAVELLING BOOKS

COME to the
BOOK FAIR

And earn
FREE BOOKS
for our
school!

DOG MAN
The SCARLET SHEDDER
DAV PILKEY
CREATOR OF CAT KID COMIC CLUB

From the
winner of the
LOLWEEB
AWARD
MY BIG FAT SMELLY POO
DIARY
A work of
staggering
importance
Jim Smith

Tonty Gentoo
The Adventures of
a Penguin
JULIA DONALDSON • AXEL SCHEFFLER

THE NATION'S FAVOURITE STORYTELLER
MICHAEL MORPURGO
Illustrated by
Michael Foreman
COBWEB

Illustration from My Big Fat Smelly Poo Diary © Jim Smith, 2024

Asda Cashpot for Schools

Asda have announced that it is making millions of pounds available to UK primary schools by encouraging families to use its loyalty programme – Asda Rewards.

In a game changing new campaign, fronted by Joe Wicks, the supermarket is offering to donate 0.5% of the value of any shop done at Asda until 30th November 2024 to customers' primary school of choice – when they shop using Asda Rewards.



The supermarket is kicking off each school fund with £50 and offering to top up with an extra £1 for every customer that selects their school. The retailer is projecting to donate around £7.5m through the campaign.

The new initiative is a first for the loyalty market – allowing users to select their own benefactor and raise unlimited funds, simply by using their loyalty app – and with no impact on their own Cashpot earnings.

The next time you shop at Asda please select St Bernadette's Primary School on you Asda app and you can start earning for our school straightaway!

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening - but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

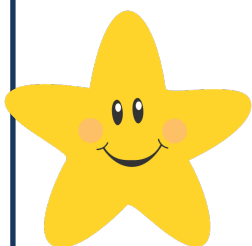


Meithrin



Nursery have been looking at woodland animals this week.

In our outdoor learning session we made leaf animals with googly eyes! We had so much fun!



Stars of the week: Elodie & Kemel

Elodie has been working hard on her numbers and has been great at contributing in circle time.

Kemel has been sharing with the other children, and loves singing our 'Wake Up Song'.

Derbyn

Hubble Telescope

This week we have been learning about the Hubble telescope and looking at different pictures of space. We loved exploring and looking at the different colours. We created our own space themed pictures using glitter, paint and straws.



Stars of the week: Jacob and Corey
Jacob and Corey have impressed us with their excellent attitude to learning and their super manners this term. Da iawn!

Blwydynn 1

Bl 1 have been busy exploring the outdoors this week. We set off in groups to locate 2d and 3d shapes within our environment. We were amazed to discover that shapes make up every single thing around us! We discovered triangles, rectangles, squares, pentagons and our particular favourite... A dodecagon! (*Did you know a dodecagon has 12 sides?*)

"I found a heart shaped leaf!" - Sylvie

"I found a hexagon in the sand pit." - Eve

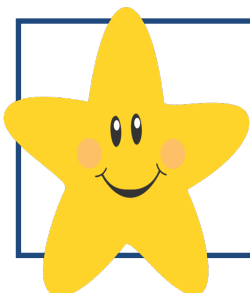
"I can see a circle in the mud kitchen." - Elis

"I saw a rectangle on the roof by the birds." - Benji

"I can see a rectangle on the road where we walk." - Isla H



Working collaboratively, we collected a variety of natural items and created our own 2d shapes. We tried to challenge ourselves to sort them by features such as straight and curved sides.



Star of the Week: Ryan - Ryan is a hard working member of the class who always strives to do his very best. He is working hard to develop his sentence work and is becoming increasingly independent. Keep up the good work Ryan. Bendigedig!

Blwyddyn 2

Blwyddyn 2 celebrated their learning this half term with our parental engagement. What fun we had! Our afternoon started with the children singing a favourite song about seeds blossoming.



We decorated biscuits, painted rocks, planted seeds and bulbs and decorated jars with dried flowers. A good afternoon was had by all!



Star of the week: : Jacob J. You have tried your best to improve your handwriting and presentation and it's paying off. You should be very proud of your version of Jack and the Beanstalk, choosing excellent describing words and changing the characters to show you are diversity aware. Llongyfarchiadau!

Blwyddyn 3

In year 3 this week, we have been exploring our different emotions. We have been looking at joy, sadness, fear and anger. As a group we have been discussing when we might feel these emotions and how they make us feel. We have been looking at different strategies that we might use to help us. In literacy, we have edited and improved our diary entries using our success criteria. We were able to identify capital letters, full stops, connectives and the use of exclamation marks!




Arlo "I like joy".

Erin "I feel happy when I am with my friends".

George "I feel happy".

Ala "I enjoyed watching the different emotions".

Oakley "I enjoyed playing football in PE".



Seren yr Wythnos: This week in B13 our star of the week is Rose. Rose has shown a real eagerness to her learning since the start of year 3. Rose included some thoughtful answers in our creation topic this week. Da iawn. Keep it up!

Blwyddyn 4



Ola – “Pyjama day is super fun, it is very comfortable wearing pyjamas to school. I wish we could wear pyjamas to school every day”.

Ahmed – “I think pyjama day was a great idea, I was very comfortable all day and I enjoyed seeing how everyone dressed for pyjama day”.

Cassie – “I think pyjama day was really fun this year because every wore so many colourful clothes and it made me extremely happy and calm”.

Seren yr Wythnos in Blwyddyn 4 this week : Emma



Emma has been working extremely hard on her individual targets. Every day Emma comes in and starts work straight away. Da iawn Emma, keep it up!

Blwyddyn 5

What a fantastic first half term we have had in blwyddyn 5! From beginning our first book study 'Farm Boy' to taking part in our Kinetic Theatre Arts programme every Thursday. We have completed our first oracy tasks, worked collaboratively with lots of different classmates and worked hard to set our own challenges and next steps in our work.
The bigger the challenge, the better!



Some of our favourite moments have been shared below:

"My favourite part of year 5 has been the Maths work because I've been able to ask a lot of questions and I feel Maths is one of my strengths" Theo

"My favourite part of year 5 so far has been Kinetic. At first I didn't know much about drama and performing but I'm much more confident now." Olly

"My favourite part has been our Religion work, it has been interesting to learn about Moses and the key events in his life which are the burning bush and the ten commandments" Harry W

"My favourite was writing a diary entry as Moses because I got to come up with my own ideas and put them with Moses" Arayah-Hope

"My favourite was using Adobe Express to show the different food chains in allotments and around the world. We've done so much!" Sofia



Seren yr wythnos this week is: Rafferty who has shown great determination this week. His work has been a true reflection of his hard-work. In his Maths work especially, he has challenged himself fully and we are very proud of his efforts. Da iawn Rafferty!

Blwyddyn 6



On Wednesday we were proud to present our class assembly to the school and to welcome parents and families to share in our worship. The theme of our assembly was 'Common Good', our message was one of looking after each other and the world around us.

We reflected upon the letter from Pope Francis 'Laudato Si', about caring for our common home,



Star of the week: - Seren yr Wythnos

Llongyfarchiadau to Seb Facey-Davies for all of his efforts this week.

Thank you Seb for always putting 100% effort in everything that you

do. Diolch for sharing your love of music with us. You are a role model

to others, keep up the hard work.



Seren Yr Wythnos

Nursery - Elodie & Kemel

Reception—Jacob & Corey

Year 1— Ryan

Year 2— Jacob

Year 3— Rose

Year 4— Emma

Year 5— Rafferty

Year 6—Seb-Facey



<u>Half Term Week</u>	<u>Powerhouse Hub</u>	<u>Wythnos Hanner Tymor</u>	<u>Hyb Pŵerdy</u>	<u>Time Amser</u>
Monday 28th October	Monster Modelling.	Dydd Llun Hydref 28ain	Modelu Anghenfil	1-3pm
Tuesday 29th October WEAR IT PINK	Creepy Storytime. Dungeons and Dragons Session.	Dydd Mawrth Hydref 29ain GWISGWCH BINC	Amser Stori Arswydus Sesiwn Dungeons ac Dreigiau	10:30-11am 2-4pm
Wednesday 30th October	Spooky Story-time with Curly Octopus.	Dydd Mercher Hydref 30ain	Amser Stori Arwydus gyda Octopws Crych	10.30-12pm
Thursday 31st October	Fair Games.	Dydd Iau Hydref 31ain	Gemau Ffair	3-4.55pm
Friday 1st	Scary Rhyme-time.	Dydd Gwener Tachwedd 1af	Amser stori ac rhigwm	11-11.30am



Rhif. Ffôn. 029 2233 0201 This document is available in English / Mae'r ddogfen hon ar gael yn Saesneg



mwynhewch
eich Llyfrgell Leol



explore
your Cardiff Library



SWIM SCHOOL SHORT COURSES

Monday 28th Oct - Friday 1st November

Only £7.50 for the Week

09.00 - 9.30 Foundation - Beginner

09.30 - 10.00 Foundation - Beginner

10.00 - 10.30 Foundation - Beginner

10.30 - 11.00 Foundation - Beginner 9+

Star Hub, Muirton Rd, Tremorfa Cardiff

Visit better.org.uk/swimming-lessons
for more information



BETTER