



St. Bernadette's Newsletter

W/B 27th March 23 - every fortnight

ASPIRE



Prayer & Liturgy

In the Gospel this week...

We learn that Jesus makes an amazing statement about His divinity; He makes clear that death is not the end, but the start of life with Him.



In the Gospel during half-term...

We will hear about Jesus' entry into Jerusalem on Palm Sunday and this will lead us into Holy Week. During this week there are several Masses at church that all are very welcome to attend. Attending Mass during Holy Week is a good way of supporting your child's understanding of their faith.

Holy Week and Easter Mass times can be found in this newsletter.

Please click [here](#) to view the Wednesday Word for this week.



Upcoming events- Save the Date

27th March - 2nd April

World Autism Acceptance Week

Friday 31st March

Easter Bonnet Parade 2:30pm - more info in this newsletter.

School closes for Easter holidays.

School reopens on
Monday 17th April.

Parents' Evening

Tuesday 18th & Wednesday 19th April.
Booking forms are available now via School Spider. Please note that Year 1 parents' evening is taking place on 27th & 28th March.

Sacramental Programme

Pupils who are baptised catholic and are in year 3+ will be invited to start on their sacramental journey in the spring term. Father Bill will be sending out a letter to all parents with further information. We look forward to helping the children during this special time.

Attendance at St. Bernadette's

Well done to Class 5 & 6 .

They achieved over 98% attendance.

**They can wear non-uniform on
Friday 31st March.**

Practically Perfect School Uniform

Don't forget that we have lots of practically perfect uniform on sale. Most items are 50p or £1. Come to the main foyer at the front of school if you need any items of clothing.



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What an Experience!

On Sunday 19th March, one of our Yr 6 pupils walked out with the Manchester United team. United were playing Fulham in the FA Cup and it was a very eventful game.

Laila had an amazing time.

She met and talked to the team, walked out with Marcus Rashford, got lots of autographs and watched the match. Thank you to the Manchester United Foundation for giving this fantastic experience to one of our pupils.



Liked by nicola_thompson and 5,258 others

manchesterunitedfoundation What better way to mark [#InternationalDayofHappiness](#) than by reflecting on an unforgettable experience for partner school pupil Laila ❤️

Laila was @manchesterunited's mascot for yesterday's [#FACup](#) tie, walking out at [#OldTrafford](#) with [#MarcusRashford](#) 🥰



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Autism Awareness Week Monday 27th March to Friday 31st March

Let's Learn about Autism!

Next week we will introduce all of our children to autism and help them think about how they can support their autistic peers. The sessions we will be sharing will be just the beginning of the conversation. We hope to ignite understanding and start to foster an environment of acceptance and celebration.

We know that improving understanding and acceptance amongst all children is one of the most important things that can happen.

To be a truly inclusive school, the children as well as the staff, need to value difference and be supportive of autistic pupils.

The materials we will be using are from the Autism Education Trust.



To find out more about support for children with autism, follow the link below:

<https://stockport.fsd.org.uk/kb5/stockport/fsd/site.page?id=RYZfS3YTtAc>



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Year 2 Assembly

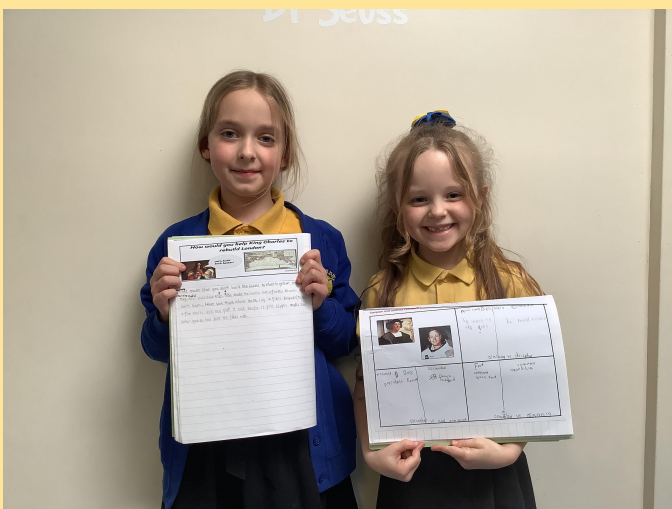
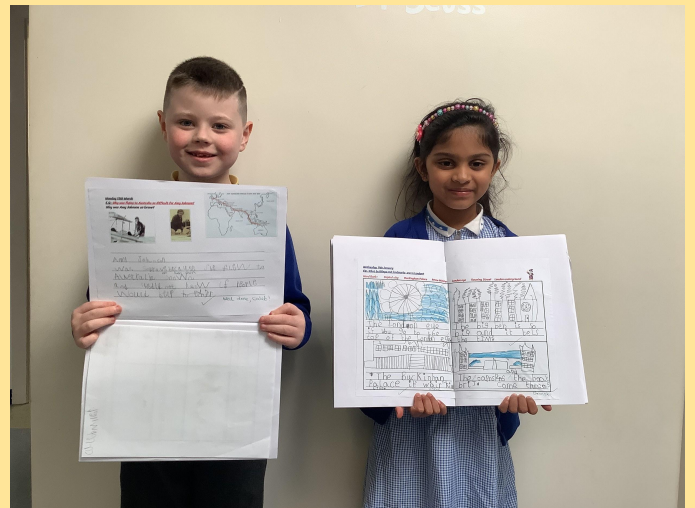
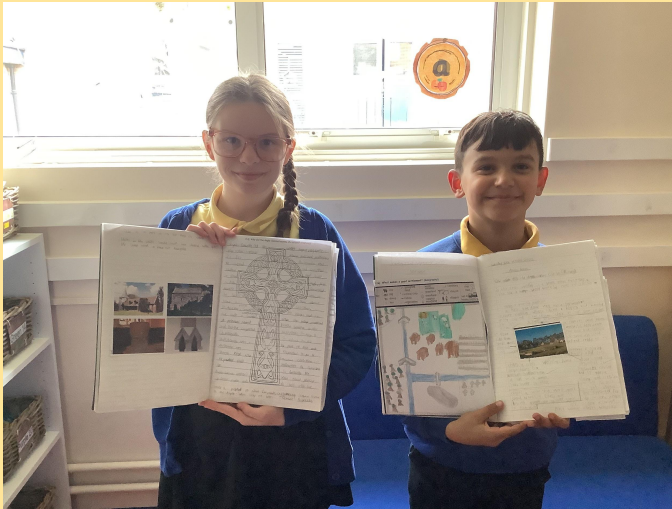
For their assembly, Year Two performed a dance for parents and children telling the story of Christopher Columbus. In 1492, Columbus and his crew became the first Europeans to reach the Americas. Their arrival had devastating consequences for the people already living there and changed the world forever. You can watch the assembly again on YouTube by clicking the link below..



History at St. Bernadette's

In History, we have enjoyed learning about our topics by using lots of different sources and artefacts to answer our Enquiry Questions.

Here are some pieces of work that we are proud of:



Please keep an eye out for more information on the following History events and celebration days:

- Prime VR Day for KS2 - Thursday 10th March
- King Charles III's Coronation - Friday 6th May



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Celebrating St. Patrick's Day in Church



On Friday 17th March the whole school gathered together to celebrate the Feast of St Patrick. Father Bill commented on how fantastic the children were. Well done to the Year 5 and 6 readers!

Holy Week and Easter Mass at St Bernadette's Church

Father Bill would love to see lots of families at Mass during Holy Week and Easter. Mass dates and times will be shared this week.

Stations of the Cross - Year 5

On 23rd March, Class 5 went to church to join Father Bill for Mass and to take part in the Stations of the Cross.





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E-Safety

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Easter Bonnet Parade

On Friday 31st March we will be having an Easter Bonnet Parade. This will take place on the school playground at 2:30pm (weather permitting). Parents and families are welcome to join us. We can't wait to see your fantastic creations!



Easter Egg Raffle

We will also be having an Easter Egg raffle. If your child would like to enter the raffle, tickets will be sold at £1 per strip and cash should be brought into school and given to your child's teacher. All monies will go towards school funds.

