St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



Bernadette's Blog First Holy Communion

On Saturday, some of the children in the 2020 First Holy Communion group were finally able to celebrate the Sacrament that they and their families have been preparing for, for the past year. Usually, celebrations would take place in June but due to lockdown and Covid restrictions, this was impossible. Father John will be celebrating the Sacrament with a small group of children each Saturday

throughout October.

So it is with great pleasure that we congratulate

Sophie B, Daniel, Emily, Jessica & Sophie S on this very special moment in their lives.

We wish we could have been there to celebrate with you but we know you had a wonderful day.













Bullseye!



Happy Birthday!





We would love to see all your birthday photos, achievements, good news, sports awards and acts of kindness on the blog each week!

And Nominations for our new "Resilience" page too-see last page!

Please email to

blog@st-bernadettesprimary.co.uk
I look forward to hearing from you by
10am Thursday!
Thank you!

World Mental Health Day

2020 has been a stressful year for everyone. Never has our mental health been more at risk.

This goes for everyone in our school community: children, parents and grandparents.

Look out for information this weekend that you may find useful.

Below is a basic checklist of things you can do to help your child from the Mind organisation.

Keep track of your child's mental wellbeing

It is a good idea to keep track of your child's wellbeing, to make sure that they are OK and that their own mental health

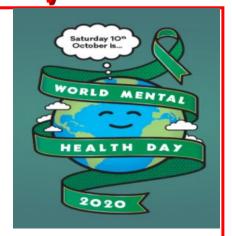
is not being adversely affected. If you keep an eye on how they are, you will be able to notice if they are having difficulties and deal with any issues quickly.

- Devise a simple way to check in with your child about their stress levels, eg: 'On a scale of 1-10 how relaxed are you feeling? What is one thing that will bring that score closer to 10?'
- Keep an eye out for changes in their behaviour, such as becoming quiet and withdrawn.
- Notice if your child doesn't want to participate in activities that they usually enjoy.
- Pay attention when children become angry or aggressive; try to acknowledge their feelings and set boundaries without becoming angry back.
- Attend parents' evenings at school, nursery or any after-school clubs as much as
 possible, to find out how your child is coping; or make arrangements for a trusted
 relative or friend to go on your behalf. (Obviously this is difficult at present, but if
 you are worried phone school and ask for a telephone conversation with your child's
 teacher)
- Ask people you trust to also keep an eye on your child's wellbeing; close friends and family members can let you know if your child appears different, and they may notice things you don't.
- If you feel concerned about your child's mental health, you can ask your GP to assess them, or make contact with a local support organisation for young people such as Young Minds.

It's not just about them... You need to keep track of your own wellbeing too!

- Try to do some physical activity. Many people find exercise a challenge but activities like yoga, swimming or walking can be a big boost to your mood. If you don't feel confident doing exercise, you could start off with smaller activities - such as gentle chair-based exercises in your own home.
- Think about your diet. Eating regularly and keeping your blood sugar stable can make a
 difference to your mood and energy levels.
- Try spending time in green space or bringing nature into your everyday life. Some people find this boosts their physical and mental wellbeing.
- Explore how different relaxation techniques can help you feel less stressed or worried.
- Try to make regular time for yourself with no external demands ('me' time) even 10 minutes a day can help.
- Visit Mind on line for lots of tips and useful techniques.

Remember! Perfect people or perfect parents don't exist-just focus on one day at a time and do the best you can.



Sports Awards and Achievements



Will was named
"Gymnast of the
Month" for
September and
received this
magnificent
for all his
efforts.
We are so
pleased for you,
Will!



Alfie and his team mates enjoyed their 3rd win of the league with Alfie scoring his first penalty. Alfie also received his medal from his rugby team for his hard work and great team playing last season.

Well done, Alfie!

Forwarded Information



Breakfast and After School Clubs

Important message from Miss Coates

Any queries you may have MUST please be directed to oosc@st-bernadettesprimary.co.uk

Please remember to contact this email with cancellations and late bookings if required but numbers are limited. Miss Coates will reply from here but please check your junk mail for responses.

Thank you!

Mass: Sunday 11.30am

Fr John McElhone - 0191 2623820

www.wallsend-aidettes.co.uk

Message from Fr John

We have launched new more interactive websites bringing you the most up to date news regarding our parish communities which will be updated on a daily basis.

These can be found at:

www.staidanschurch.uk

www.stbernadetteschurch.uk

On our websites you will find information relating to times that churches will be open, booking a place for Mass and the initiatives that we will be undertaking to try and keep in touch with parishioners.

Additionally we have a Facebook Page:

St Aidan's and St Bernadette's Community Page



Our new value for this half term is "Resilience"

Noun: 1) the capacity to recover quickly from difficulties; toughness

Each week, Mrs Milner will share the Scripture of the Week here on our blog.

Resilience is a quality which we really hope to instil in our pupils.

We would also like to include on the blog a page of **Nominations** of people in our school community, who have shown great resilience over the past few months, as an example to our pupils.

You may nominate anybody you feel deserves recognition for their positive attitude at dealing with life's adversities.

Just tell us briefly, why they have been chosen and if you can include a photo too, all the better!

Please email your nomination to blog@st-bernadettesprimary.co.uk

Please get them to me by Thursdays at 10am.
Thank you!

Stars of the Week

Heidi
Noah B
Halle
Austin
Imogen
Ahsan
Oliver T
Alesha M
Jude
Everyone for effort in
tbc
Beth C

