

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!

We have been practising our archery skills this week. We're getting so good that some of us hit the 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- Keep an eye out for changes in their behaviour, such as becoming quiet and withdrawn.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

NEVER ALONE

NSPCC
0808 800 5000
(24hrs)

Mind
0300 123 3393
(Mon-Fri 9-6)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Samaritans
116 123
(24hrs free)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Victim Support
0808 168 9111
(24hrs)

ChildLine
0800 1111
(24hrs)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

National Centre for Domestic Violence
0207 186 8270

National specialist services

24-hour National Domestic Violence Freephone Helpline
0808 2000 247

refuge
The National LGBT Domestic Abuse Helpline

rights of women
helping women through the law

respect
Phoneline
Are you hurting the one you love? Choose to stop!

galop
LGBT DOMESTIC ABUSE

KARMA NIRVANA
Supporting all victims of partner based abuse and forced marriage

NATIONAL STALKING HELPLINE

National Centre for Domestic Violence

Men's Advice Line

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](#)

Stars of the Week

Nursery	Heidi
Recep (AW)	Noah B
Recep (SK)	Halle
Year 1	Austin
Year 1/2	Imogen
Year 2	Ahsan
Year 3	Oliver T
Year 3/4	Alesha M
Year 4	Jude
Year 5	Everyone for effort in
Year 5/6	tbc
Year 6	Beth C



Our Values

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!

Scripture of the Week

THE LORD HELPS
THE FALLEN AND
LIFTS THOSE
BENT BENEATH
THEIR LOADS.
PSALMS 145:14