

Friday, 14th May, 2021

St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words



Bernadette's Blog

Mental Health Awareness Week

This week is Mental Health Awareness Week and the theme is 'Connecting with Nature'.

Evidence has shown that nature is good for our mental health and over the past year this has become evident with over 45% of us reporting that being outdoors in green space has helped them cope with the pandemic.

Our aim at school was to spend some time with children enjoying the outdoors and the nature around us.

Mrs Walker, our SENCo, also asked parents to send in photos of their children enjoying nature outside at home.

We are delighted to see all your contributions.
Thank you!

On this page, we see our Reception Class

practicing belly breathing outside. They know that this is great for helping them get to sleep and calming down if they are cross or annoyed. In class they also practice 5 finger breathing, marshmallow breathing and rainbow breathing.

Perhaps your children will show you.



Mental Health Awareness Week

Nursery have been enjoying doing their own mindful movements based on different animals - for example; they've had a go at balancing like a flamingo, curling up like a hedgehog and crouching like a frog. They've also been cloud watching, giving them a chance to slow their bodies and our breathing right down to help us feel calm and relaxed.

They heard some lovely birdsong while doing this!



Mental Health Awareness Week

As part of mental health week Early Years have been helping Mrs Collins plant seeds. We can't wait to see them grow.



Mental Health Awareness Week

Year 3 enjoyed an English lesson outdoors. We role played a scene from *Wind in the Willows*



Mental Health Awareness Week



Year 3/4 have been enjoying our mindful activities this week! We've enjoyed chalking our shadows, taking time to enjoy a book



outside and cloud shape watching!

Mental Health Awareness Week

YEAR 5 HAVE BEEN EMBRACING A NATURE THEMED MENTAL HEALTH WEEK. WE HAVE BEEN DOING MINDFULNESS NATURE DRAWINGS, LUNCH OUTSIDE AND LOOKING AT THE CLOUDS!



Mental Health Awareness Week

YEAR 3 PLANTED
SOME FLOWERS
TO ENHANCE OUR
OUTDOOR AREA



Mental Health Awareness Week



Story time
in the
outdoors for
Mental
Health
Awareness
Week



Mental Health Awareness Week



Bringing Nature into Our Lives

Time in nature, or bringing nature into our lives in any way we can, can help us look after our mental health. Each week, think about how you could bring nature into your life and what would help you to feel good on the inside.

nature gardening feelings settled natural
 mental health birdwatching environment relaxed animals
 outside natural sounds swim connect

Mindfulness Cloud Relaxation

Our days can be busy, fun and exciting. This is great! To keep our mind and body healthy, it is important to also make time to be still, calm and quiet each day. Time to relax can help us to feel happy.

Go outside, into the garden, or find a window so that you can see the sky. Get yourself comfortable and simply look up at the sky. Really think about what you can see. Just watch, breathing slowly and gently. Feel your body relax as you take time to be still. Now, look carefully at the clouds. What shapes can you see? Take as long as you would like to explore the cloud shapes and, when you feel ready, complete the drawing activity below.

Draw the different shapes and pictures you saw when you looked at the clouds.

Well done for taking time to relax and be still. How do you feel?
 I felt happy calm and relaxed

THINGS TO DO WITH YOUR KIDS OUTSIDE

PIKETT BABY

- Read a book and say you like it.
- Make a wish on a dandelion.
- Explore a cobweb and make spiders cool.
- Hug a tree.
- Build a house for toadies.
- Throw rocks in a river, pond, or puddle.
- Fill a basket with nuts, leaves, and sticks that have fallen from trees.
- Pick up 3 pieces of trash from outside.
- Identify 3 birds.
- Explore a trail you have never been down.
- Draw pictures in the dirt.
- Plant wildflowers.
- Build a rock cairn.
- Slide down a sand or grassy hill.
- Put bugs in a bowl and observe them.
- Walk in a garden or explore a public garden.
- Pick out how many shades of green you see on a trail.
- Point rocks with water and see what colors arise.
- Splash in a big puddle.
- Plant a seed that you find on the trail (like acorn, pine cone, yellow fuzz).
- Have a picnic.
- Find a trail with a creek and look for the animals that live in it.
- Look for something prickly.
- Sing in the rain.
- Stick your head in a fountain or waterfall and sing.
- Walk like a duck, deer, or a bear.
- Find different items that are your child's favorite color.
- Make a new friend.
- Walk like a duck, deer, or a bear.
- Find different items that are your child's favorite color.
- Make binoculars out of toilet paper rolls and spy something through them.
- Name a trail with your own special name.

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Children's Mental Health Week

- Be Mindful:** Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.
- Healthy Body, Healthy Mind:** Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.
- Be Kind:** Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!
- Make Time for Fun:** Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!
- Talk about It!** How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.
- We Are All Unique:** Remember - you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.
- Ask for Help:** We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.

Connecting With Nature

This week, we asked you to share with us, some ways in which your child connects with nature, while they are at home with their family. As usual you did not disappoint! A massive "Thank you!" to everyone who took the time to send along photos. Here are some of them for you to enjoy!



Connecting With Nature

Connecting with nature helps everyone's mental health!



Connecting With Nature



We love getting out into the natural world!



A Very Special Visitor

On Friday all of year 6 had a very special PE lesson together. Jamie brought along some members of staff from the Newcastle United Foundation and an extra special VIP guest - Steve Harper! All of Year 6 took penalty against him and had a chance to ask him some questions. Our guests commented on how impressed they were with the high quality questions, fantastic knowledge and behaviour of all of the children.



Phone Safety Message for Parents

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

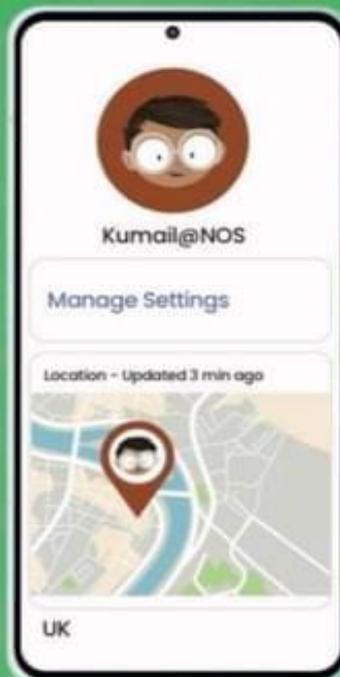
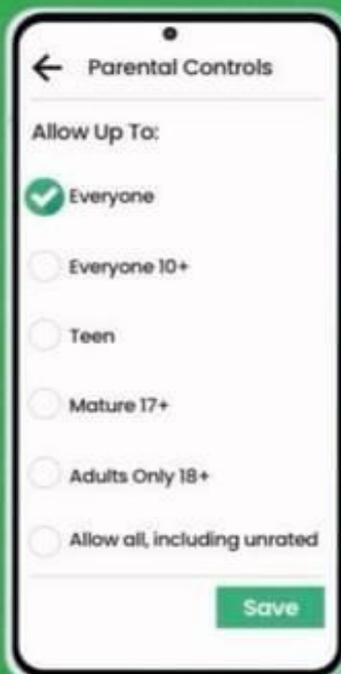


www.nationalonlinesafety.com

How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone



The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



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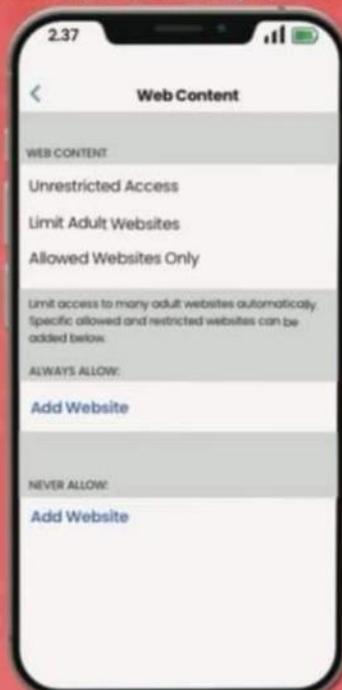
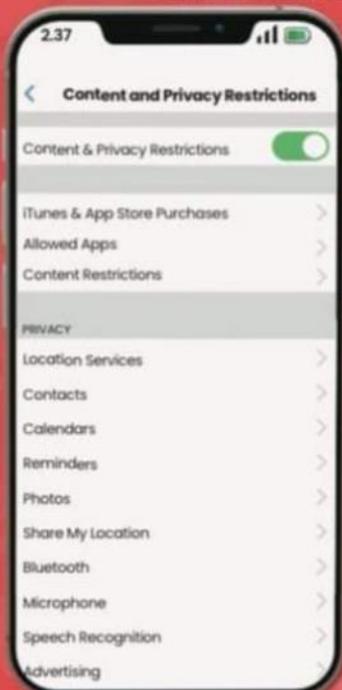
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How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT iPhone



The parental controls on iPhones allow you to block or restrict certain apps, features, content, downloads, or purchases. Setting limitations on content ratings, Siri and web searches enables you to filter out age-inappropriate content and vastly reduce the likelihood of your children being exposed to unsuitable material and information.



18+ Set up content rating restrictions

Content filters keep your child from viewing unsuitable material. They block apps, films and TV shows with specific age ratings, and music and podcasts with explicit content.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Enable Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Choose the Settings for each feature you wish to restrict



Set up web restrictions

Website content filters restrict age-inappropriate content on Safari. You can also blacklist certain websites or allow access only to approved sites.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 4 Tap Web Content
- 5 Choose between Unrestricted Access, Limit Adult Websites and Allowed Websites Only
- 7 Choose which websites you wish to allow/block

Set up Siri web search restrictions

You can screen out explicit language to avoid Siri displaying inappropriate results. You could also disable Siri entirely, so your child can't use it to search the web.

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions
- 5 Scroll Down to Siri
- 6 Choose to block either or both Web Search Content and Explicit Language

Sports and Achievements

Cameron took part with his Beavers group in JOTT 2021

(Jamboree on the Trail)

on Saturday, joining scouting groups all over the world. It was a very wet 3 mile walk but the rain didn't stop them.

Well done, Cameron!



We still need you to email any birthday photos, achievement photos, good news etc that you would like to share on the blog.

Due to bubbles and social distancing rules nobody in school will be able to do this job yet.

Please email to

blog@st-bernadettesprimary.co.uk

by 10am Thursdays Thank you!

School Lunch Menu

Primary School Menu 2021



WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Oven baked beef burger or vegetable burger in a bun served with chips & sweetcorn	Margarita pizza served with baked potato wedges & salad	Chicken curry or Quorn curry served with brown rice	Homemade minced beef pie or Quorn mince pie served with creamed potatoes & carrots	Oven baked fish fingers or vegetable fingers served with chips & peas
ALTERNATIVE OPTIONS	Jacket potato or a freshly made sandwich, each with a choice of fillings				
PUDDING	Fresh fruit or iced chocolate sponge finger	Fresh fruit or Flapjack	Fresh fruit or chocolate brownie	Fresh fruit or raspberry muffin	Fresh fruit or golden coconut cookie

WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margarita pizza served with baked potato wedges & salad	Homemade minced beef lasagne or vegetable lasagne served with garlic bread and sweetcorn	Oven baked pork or Quorn sausage served with creamed potato and baked beans	Homemade chicken & vegetable pie or Lentil & tomato vegetable pie served with creamed potato & broccoli	Oven baked battered fish fillet or vegetable fingers served with chips & peas
ALTERNATIVE OPTIONS	Jacket potato or a freshly made sandwich, each with a choice of fillings				
PUDDING	Fresh fruit or Oat crunch biscuit	Fresh fruit or Fruit jelly	Fresh fruit or chocolate muffin	Fresh fruit or iced lemon sponge finger	Fresh fruit or chocolate shortbread biscuit

Medical prescribed diets will be catered for and items subject to availability



Mass: Sunday 11.30am
Fr John McElhone— 0191 2623820



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](#) which you can join.

Stars of the Week

Nursery	Erin
Reception (AW)	Nova
Reception (SK)	Jackson
Year 1	Tommy
Year 1/2	Millie D
Year 2	Sophia
Year 3	Hannah O
Year 3/4	Ava T
Year 4	Daniel
Year 5	tbc
Year 5/6	tbc
Year 6	Robbie

Prayer for the Week

Pope Francis
Prayer for protection from Coronavirus

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.



NEVER ALONE

NSPCC: 0800 800 5000 (24hrs)

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

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

Victim Support: 0808 168 9111 (24hrs)

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

ChildLine: 0800 1111 (24hrs)

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

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

Samaritans: 116 123 (24hrs free)

National Centre for Domestic Violence: 0207 186 8270