

Friday, 26th October, 2018



St Bernadette's Roman Catholic Primary School

Live the Gospel and when necessary use words

Bernadette's Blog

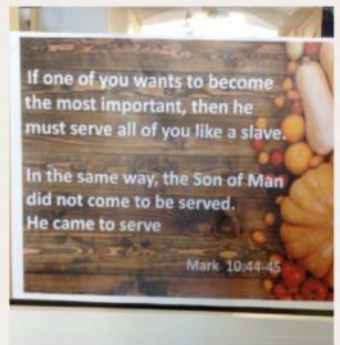
Our Harvest Liturgy



Thank you to everyone who donated food to our Harvest Collection. We had a fantastic response, as always! Yesterday, we sent home 28 bags to the elderly members of our community, kindly packed by the Mini Vinnies. The Walking With Charity in Wallsend shared with us all the great work that this group does with the less fortunate members of our community.



Harvest Liturgy



HARVEST FESTIVAL

Creative Prayer

Each class has put an example of their

Creative Prayer on display in the school foyer.

There are some fabulous

examples of ways of praying which our

imaginative staff have come up with.

Why not stay and have a look at them when you next pop into the office?



Bishop's Cup

On Wednesday our football team took part in the first round of the Bishop's Cup football competition.

They were amazing in matches against Sacred Heart, St. Lawrence's and St. Wilfrid's winning 2:1, 2:1 and 5:0!

Everyone played really well but a special mention must go to Aaron who scored 4 in one game and Harry M who put in a goal from the half way line.

Thanks to Daisy and Grace from STM for helping with refereeing!



Early years
enjoying
their
Halloween
party!



Massive thanks to our PTA for all their hard work with arrangements for our discos. You always go the extra mile for our children and it is appreciated!

October Half Term Holiday Club



We are again lucky to have Premier running a holiday club at our school. There have been some slight changes to the offer this time around and a new option for a longer day in response to requests from some of our parents. Please see flyer below for full details and take advantage of the 15% discount if you book before Monday. Don't forget, you can book as many or as few days as you like and any relatives with children at other schools are welcome to come along.

We need to get as many children to take part in order to keep the club financially viable for Premier.



You are invited to our...

Premier Camps!

Sport and performing arts Autumn camps for 4-12 year olds.

Premier Camps are the ultimate healthy childcare choice during this Autumn half term whatever their age!

Our Explore & Play camps are tailored specifically for 4-7 year olds, giving them the perfect opportunity to use their imagination while developing creativity and coordination.

For older children, our Action & Adventure camps are a great chance for 8-12 year olds to learn new skills, build confidence and improve self-esteem.

15% OFF
Book online two weeks prior to the camp start date and save!



What's on near you?

North Tyneside

St Bernadettes RC Primary School
Wallsend, NE28 9JW
Football & Multi-Sport Camp •
Mon 29th Oct - Fri 02nd Nov

Daily 9 till 3 from £9.00 per day. Extra time available 08:30 to 04:30
Visit camps.premier-education.com to book your place

You will need...

- ☼ A packed lunch
- ☼ A change of footwear
- ☼ Suitable clothing for the weather
- ☼ Lots of non-fizzy drink
- ☼ Shin pads, for contact sports
- ☼ ... and loads of energy!

In good hands...

Premier Camps give busy parents the ideal opportunity to drop off their children and catch up on those necessary daily tasks.

You can rest assured that all our Activity Professionals are fully insured and DBS checked with Child Protection and Emergency Aid certification.

[Book your place](#)

[t](#) [f](#) [@PremierActivate](#)

*4 year olds can only attend for up to 4 hours per day as per Ofsted guidelines.

Plastic Bottles Needed Please

Do you have any empty plastic pop bottles with a flower shaped base ready to dispose of?

If so Year 5 would love to receive them for their next art project.

Please send them along to the Year 5 classroom.

Thank you!



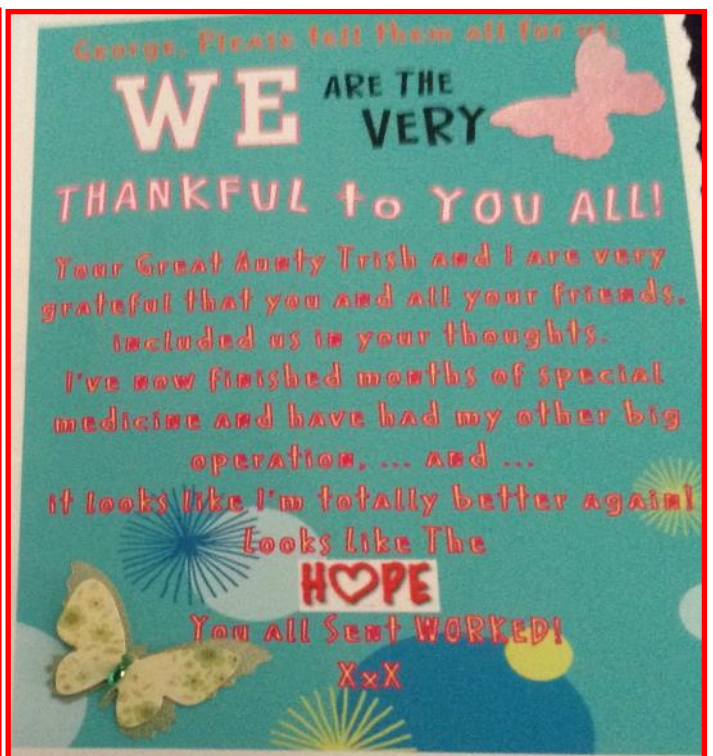
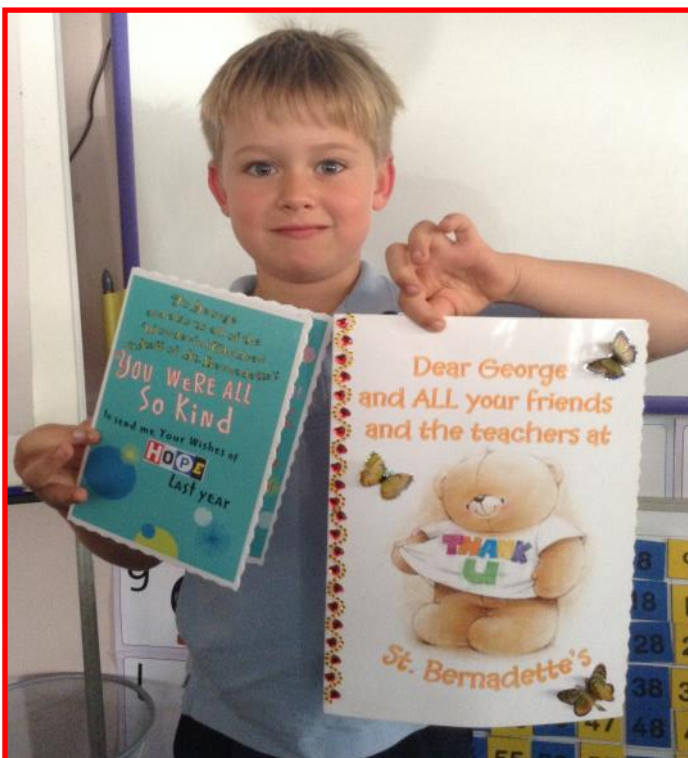
Don't forget! Monday, 5th November is a Training Day for staff. School closed.

Autumn Days



Here are Layla, Maggie and Joe and Jayden out for a walk enjoying these lovely Autumn days...

Hope Springs Eternal...



George was thrilled to receive this very special message this week. It's great to see that our message of "Hope" from our 2017 Advent Gospel Value Hope Bracelets continues to work wonders.

Last week, we had a set of keys handed into the office. Please call in if they are yours.

Time for Liturgy

Our Reception Class were joined by their Year 6 Buddies this morning for their Class Liturgy. The Year 6 children did a very good job modelling prayer, behaviour and helping with singing. These friendships have proved a great success!



Mini-Vinnies in Action



The Poppy Appeal

Our Mini-Vinnies have been selling items and taking donations for the annual poppy appeal. Rachel, Lewis, Alice and Jamie will still be on duty every morning at playtime in the school library-until stock is gone.

20p is the suggested donation for a poppy. Other items include pencils, rulers, wristbands etc sell for 50p or £1.

The Mini-Vinnies are also running a foodbank collection point. Look out for a message from your class teacher when it is your class' turn!



Family Portrait Night

On Tuesday 6th November we have Graham Rose (Photographer) coming into school to take studio session family portrait photographs.

The sessions will last 10 minutes and you can bring along as many or as few family members as you like. It's a great opportunity to have some studio style photos taken to maybe share with relatives at Christmas.

The session is free and photos will be sold as they are with school

photographs, via a proof ordering system. If you would like to book a slot they will be running from 3.40pm, at 10 minute

intervals, until the last session at 5.50pm. You can book by either phoning 200 7363 or calling into the school office, we only have 14 and they are filling up fast!

sessions on offer so please book quickly if you want to secure a place.





The next PTA meeting will be on
Tuesday, 6th November 2018 All welcome!

Saturday, 24th November, 2018 is our PTA Christmas Fair

Anyone who would like to be independent stall holder for this event, get in contact with the office please: 0191 200 7363
If anyone has any unwanted unused items for the gift tombola, could they be donated via the school office please
(Eg smellies, candles, umbrella, novelty items etc)



October Half Term at South West Locality

29th October – 3rd November 2018

Howdon Children's Centre, 11A Howdon Lane, Wallsend NE28 0AL
Wallsend Customer First Centre, 16 The Forum, Wallsend NE28 8JR

Tuesday 30th October

0-5 Stay and Play

Halloween crafts – make a paper plate pumpkin, bat or monster!

10:00am – 11:30am

Wallsend Customer First Centre

Well Baby Clinic

Health related advice 0-5

09:30am – 11:00am

Wallsend Customer First Centre

Wednesday 31st October

Well Baby Clinic

Health related advice 0-5

1:00pm – 3:00pm

Howdon Children's Centre

0-2 Stay and Play

Exploring green gloop.

1pm – 3pm

Howdon Children's Centre

Thursday 1st November

0-5 Messy Play

Please book via
littlelearners.co.uk – charge
applicable.

1:45pm – 2:30pm

Howdon Children's Centre

Friday 2nd November

Family Fun Day

Bonfire arts and crafts
10:00am – 11:30am

Howdon Children's Centre

Saturday 3rd November

Family Stay and Play

10:00am – 11:30am

Howdon Children's Centre

For more info
please call
reception on:
0191 643 2229



WALLSEND RFC

TRY!!! Rugby

ENGLAND RFU ACCREDITED CLUB
ALWAYS PUTTING KIDS FIRST



SUITABLE FOR KIDS OVER 4 YEARS OLD
BOYS AND GIRLS

ALL ARE WELCOME AT WALLSEND RUGBY CLUB
OPPOSITE TYNE MET COLLEGE BATTLE HILL
WALK IN CENTRE ON THE A1058 COAST ROAD
AT THE HOLY CROSS TURNING

MIDWEEK TRAINING FOR ALL AGES &
TRAINING OR MATCHDAYS ON SUNDAYS

St Peter's Rd, Wallsend NE28 7JN
CONTACT DUKE T: 07894 792240 OR E: DUKE@WALLSENDRUGBYCLUB.CO.UK

Counselling in schools

INFORMATION LEAFLET

What is Counselling?

The opportunity to talk about things that are of concern, to a child or young person, in confidence, with a qualified counsellor. What is spoken about will depend on the individual, but common themes are stress, relationships, change, loss and distressing, traumatic events.

What does a counsellor do?

Counsellors are trained to listen without judging and to help people sort out their thoughts and feelings about whatever is concerning them and help them work through their issues.

"I feel like we've all benefited from the service, thank you!"
Parent - Wallsend

Who are the Counsellors?

They are professionally qualified and experienced counsellors who have experience working with children and young people.

Why have a Counsellor in school?

A school based service brings counselling to children and young people in a place that is familiar, safe and secure. If children and young people are able to receive emotional support from a qualified professional they will have greater opportunity to fulfil their potential.

How long will counselling last?

Counselling may be for a few sessions, or longer term. It is reviewed regularly between counsellor and child or young person.

Where and when does it take place?

Usually, a small, private room is made available in your child's school during the day. Sessions last up to forty five minutes (depending on the circumstances), and appointment times can be varied so that time is not lost from any one subject.

Is it confidential?

A key feature of our service is that information discussed in the counselling session is treated confidentially. Counselling is a time when it's O.K. to talk about concerns without fear of them being discussed elsewhere. This includes not discussing the work with parents, unless the child or young person requests or gives consent for this. This can be hard for parents to accept at times, but ensuring the confidentiality of the work is crucial for establishing trust so that the children and young people feel confident to speak openly and freely about what is concerning them. However, if a pupil appears to be at risk of significant harm it may be appropriate to seek help from other agencies to keep them safe. The counsellor would aim to discuss this first with the pupil concerned.

All counsellors receive supervision of their work with young people, to ensure the quality of their practice and this is confidential.

Working in partnership
with your school

Working together to
achieve better
outcomes

It's OK, not to be OK

NEXT-STEP 
COUNSELLING SERVICES

"Taking the first steps to positive change"

What if I don't want my child to receive counselling?

If a child or young person requests counselling and is able to understand what is involved in the process, then they have the right to access counselling.

We would prefer that we have your support for the work, and we are always happy to talk with you about any concerns that you may have about the idea of counselling.

What if s/he refuses to have Counselling?

The decision about whether or not to take up the offer of counselling is entirely voluntary for children and young people just as it would be for an adult.

Can I support the Counselling work?

Yes, and we welcome this. Our experience shows that the most helpful thing a parent can do is to show an acceptance of counselling as a normal and useful activity, and to show an interest if their son/daughter wishes to talk about it, but not to press them if they don't. We acknowledge that this isn't an easy task, and it is quite natural for parents to feel anxious about what may be being said in the sessions. It is always our hope that talking with a counsellor will lead to greater openness with parents and families, you will need to allow a little time for this to happen.

If my child wants to see a Counsellor does that mean I am failing as a parent?

Absolutely not! We all experience occasions when it feels hard to speak to those closest to us about things which are bothering us. Often this can be because we don't want to worry those we love best, or because we want help thinking things through with someone else outside of the family. The Counsellor will not be judging you or your child, but looking to help them find their way through whatever is troubling them.

How are referrals made to the Counselling Service?

Referrals may be made either your child's head of year, SENCO manager or teacher, the request may come from you, or your child who can self-refer.

Why I'm I being asked to complete a survey?

This is purely for statistical purposes, no personal data will ever be shared. You are more than welcome to opt out of this too.

"It really helped me to talk more to my family, and be less angry"

Pupil Aged 8

General Data Protection Regulations

All information about counselling work undertaken by our staff is kept securely by the Counselling Service in line with current General Data Protection Regulations. No personal data is ever shared and once sessions end personal data is destroyed, we keep our notes in line with the BACP guidelines only with no personal data kept. If there is any cause for complaint, you are welcome to speak the Counsellor or the 'Business Manager' who will aim to resolve any issues of concern.

NEXT-STEP 
COUNSELLING SERVICES

54 Front Street Monkseaton, NE25 8DP
T: 0191 250 1515
E: info@nextstepcounselling.co.uk
W: www.nextstepcounselling.co.uk

Find out more about BACP
bacp
www.bacp.co.uk

Types of issues young people bring to counselling

NEXT-STEP 
COUNSELLING SERVICES

Personal/Self

Anxiety/Stress
Anger
Criminal Activity
Depression
Gender Identity
Identity
Inhibition Emotional Development
Obsessive compulsive
Personal Organisation
Self- Esteem
Self Harm
Suicidal
Sexual Issues
Transitions
Trauma
Traumatic event

Relationships/Family

Adoption
Bereavement
Behaviour at home
Difficult family issues
Looked after children
Parent (s)
Parental needs/expectations
Siblings
Split/Separation issues
Step family

School

Attendance difficulties
Behaviour/Disaffection
Experience of school/levels of stress
Phobic
Relationships
Transitions
Bullying
Vocational concerns

Abuse

Domestic Violence
Emotional
Neglect
Physical
Racial
Rape
Sexual
Violence/Assault
Others

Health

Abortion
Autism
Asperger's
Disability
Drugs/Alcohol
Eating Disorder
Gambling
HIV/Aids
Illness
Pregnancy
Sex Transmitted Diseases

Racial/Cultural

Discrimination
Identity
Pressures from cultural expectations
Travelling families

Relationships/Other

Boy/Girlfriend (same sex or heterosexual)
Inappropriate sexual behaviour
Isolation/loneliness
Peer relationships

Messages from the School Office

Trips

Quite a few LKS2 parents have still to pay for their child's visit to Woodhorn, last week. Please pay via parent mail. You just need to shop for the item and put it in your basket to enable you to pay. Thank you.

Breakfast Club

Parents and Carers **MUST BOOK A PLACE ONLINE FOR BREAKFAST CLUB.** The booking page does not close until 8pm on Friday evenings for the next week. Numbers are growing and places are limited. Don't miss out! **You may now book on all the way to Christmas. Miss Coates has been busy again!!!!** Please remember children requiring breakfast must be in by 8.15am please.



Pupil Absence

If you do not inform us via ParentMail or the telephone absence line that your child will not be in school, you will receive a text message asking you to call the school office.
Many thanks!



First Communion Preparations

We have had a beautiful First Communion dress donated to school. We would love to pass it onto to a child in our First Communion group this year.

It is a Pierce Fionda II dress aged 9

Please ask at the school office if you would like to see it.

If your child has a dress that they have grown out of-we shall try recycle it for you. It's such a shame these fabulous dresses don't get more wear.

Y4 and Y5 Residential Trips

Y4 & Y5 parents

If you would like your child to attend the residential visits to Berwick and London please complete the google form you were sent via parentmail on Wednesday 24th October by 5th November.

Sports and Achievements

Grant, Ethan, Charlie, Tom, Gracie and Alfie all trained with the Newcastle Falcons Rugby Team on Sunday and even made it on to BT sport TV on Sunday, being the guard of honour as the players came out onto the pitch. How thrilling!!



Alice did a fantastic job as bridesmaid for her cousin, Emma. Emma also attended our school. You both looked fabulous Congratulations!



Matthew achieved both his level 4 and level 5 swimming certificate on Friday. That's an amazing effort. Well done, Matthew!

We love to hear all about your achievements! If you want to be on this page, take a photo and please send it to: stbernadettes.primary@northtyneside.gov.uk



Message from Julia Bradwell NT's Participation, Advocacy and Engagement Development Officer Corporate Strategy
"Hannah attended the Primary School Council Event last Wednesday. She was absolutely fantastic and did your school proud." Congratulations, Hannah!



Some of our Mini Vinnies sending a cheque to help educate a child in India for a full year.

PIC-COLLAGE

Ava had a fab holiday and received three certificates for all the events she took part in. Well done, Ava!



Joshua was named star player of the week by his team. He was awarded this medal. Congratulations!

Jessica and Logan were delighted when Phil named them Most skilful players in his Star Strike session, this week.



Oliver was named "Man of the Match" for his team at the weekend. Well done, Ollie!





Mass: Sunday 11.30am
Fr John McElhone— 0191 2623820
www.wallsend-aidettes.co.uk



Star of the Week

Dates for your Diary

26th October	Break up for half term holiday
5th November	Training Day (School Closed)
6th November	Back to school! Family Portrait Night
7th November	Y3/4 (Mr Milner) Family Liturgy
8th November	Library Bus Visit
12th-16th Nov	Anti-Bullying Week
22nd November	Operation Christmas Child Box Collection
24th November	PTA Christmas Fayre

For more dates check out our website at
www.st-bernadettesprimary.co.uk

Nursery	Kuni Jack
Reception (AW)	Marlena
Reception (SK)	Imogen
Year 1	Mya A
Year 1/2	Lakeisha
Year 2	Jake
Year 3	Leo
Year 3/4	Roma
Year 4	Ryan B
Year 5	Yvie C
Year 5/6	Lewis S
Year 6	Luca

No Holy
Toast
Today



Mission Value

Our new value for this term is
"Belonging"

Attendance of the
week
Year 4
100%
Congratulations!