



Bernie's Bulletin

Thursday 2nd February 2023

Dear Parents / Carers,

Thank you for your patience and understanding so far with the fencing work around school. The children are being extremely sensible coming in and leaving school. I am in close contact with the builders who have informed me they are on schedule to finish on time. The children will continue to use the temporary drop off/pick up arrangements until further notice. Thank you for your support.

The children are very excited about the school trip to Chester Zoo tomorrow. Please remember a rucksack for lunches and any extra layers needed. We will be leaving promptly after registration so please arrive at school on time. Be mindful though, we will have 4 large coaches parking outside school which will reduce parking spaces.

Mrs Helen Crowder

Headteacher

✉ enquiries@admin.saintbernadettes.wigan.sch.uk

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Come and See

Come & See is the programme we follow for childrens' Religious Education which is such a special part of our school. Please see [religious-education-letter-to-parents-spring-2023.pdf \(saintbernadettes.wigan.sch.uk\)](https://www.saintbernadettes.wigan.sch.uk/religious-education-letter-to-parents-spring-2023.pdf) for an overview of the spring term themes and topics.

If you would like to attend weekend Mass, please see below for the current Mass times:

Saturday Vigil Mass

St. Bernadette's – Saturday 5:00 pm

St. Marie's - Saturday 6:00 pm

Sunday Morning

St. Bernadette's – Sunday 9:30 am

St. Marie's – Sunday 11:00 am

Parent / Grandparent Volunteers

Many thanks to parents who have approached us in response to our invitation to come and help read in school. We really appreciate people offering to come into school and support us in different ways. If you have any spare time and would like to work with our children (e.g. reading, sewing, sports, playing chess, gardening), please speak to the staff in the school office or any of the teachers.



Mental Health Ambassador Training - Meg from our MHST (Mental Health Support Team) delivered training to our Mental Health Ambassadors.

There are children from each class who have shown real interest in championing positive mental health and wellbeing.

They will be helping the rest of the children in school to develop their self-regulation techniques using *The Zones of Regulation*.

The Zones of Regulation

The Zones of Regulation help children to manage difficult emotions, known as 'self-regulation'.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

What are the different Zones?

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

"Growing Together in.....Zones of Regulation"

SAVE THE DATE: w.c 13th March 2023

So you can find out how your child is learning about The Zones of Regulation, we are hosting 'Growing Together in.....' workshops where you can sit next to your child in class and share their learning in a lesson. The sessions will be extremely helpful and I recommend you try and attend if you can.

Safer Internet Day 2023

#SaferInternetday is happening on Tuesday 7th February 2023.

Next week, all children learn about how to use technology responsibly and stay safe online.

In Year 4, 5 and 6 the children will welcome a police officer from the Cyber Crime Unit. He will help them to develop skills in identifying and avoiding risk, learn how best to protect themselves and their friends and know how to get support and report abuse if they do encounter difficulties.

Class Librarians



Our huge order of books was delivered to school last week! We have whole class sets of classic and long-standing much-loved books and novels, as well as new and exciting modern authors and texts which focus on diversity and inclusion. They are for all children, Nursery to Year 6.

They will be used in our daily 15-minute daily Class Novel Reading for Pleasure time, as well as in whole class guided reading sessions and English writing units.

Each class also have a Class Librarian selected by the class teacher. Their role is to keep class libraries smart and tidy and also recommend books to their classmates and friends.

Thank you to parents who support children with their reading at home. This really makes a difference and helps children progress further. We recognise that time is of the essence but even ten minutes per day can have a significant impact.

Free School Meals

We are very mindful of the increasing cost of living and recognise that financial pressures can be enormously challenging for families. Some children may be entitled to Free School Meals which could alleviate some worries families are facing.

All children in Key Stage 1 are entitled to a Universal Free School Meal but some children in Key Stages 1 and 2 are eligible for Free School Meals due to family circumstances and income.

Please ask the school office or use the School APP (Content → Consent Forms) to help you find out if your child qualifies for Free School Meals. **YOU ONLY HAVE TO DO THIS ONCE WHILST YOUR CHILD IS IN OUR SCHOOL.**

Year 6 Transition

Thank you to Mr Santus, Head of Year 7 at St. Peter's Catholic High School, who visited school this week to beginning the programme of transition with our Year 6 class.

Parking

If families choose to park in the roads around the school, please be considerate of our neighbours and consider the safety of all pedestrians.

Please do not double park, park on the zig zags outside of school or across driveways.

Thank you for your continued support with this matter.

Please park
SAFELY

We need everyone to play their part in keeping the roads near schools safe.

DRIVERS SHOULD NOT:

- park on yellow zig zag markings.
- park on double yellow lines at any time, or on single yellows during restricted hours.
- park or drive on footpaths.
- park within 10 metres of a junction, as this decreases visibility.
- block driveways or dropped kerbs.

Commando Joe Sessions

We like to help develop our children as a 'whole' - not just academically.

Commando Joes encourages child development through the RESPECT ethos (Resilience, Empathy, Self-awareness, Positivity, Excellence, Communication & Teamwork) and these traits are developed through a series of missions run by ex-military personnel.

On Thursday 9th February, Year 3 and 1 will be taking part in these sessions—further details will be sent out to these classes.



Important Dates (more information to follow)

Whole School Trip (Nursery to Year 6) Chester Zoo – Friday 3rd February 2023

Online Safety / Safer Internet Day – Tuesday 7th February 2023

Online Safety Workshop with Cyber Crime Unit (Y4,5 and 6) – Tuesday 7th February 2023

Commando Joe's Sessions – Thursday 9th February 2023

**Year 4 'Lady of Lourdes' Worship (parents and families invited) - Friday 10th February 2023
@ 9:10am**

Year 4 Mini Medics First Aid ½ day course (in school) – Friday 10th February 2023

ART WEEK—w.c. Monday 13th February 2023

Year 3 Class to attend St. Bernadette's Church Mass—Tuesday 14th February 2023 9:15am

Year 3 Mini Medics First Aid ½ day course (in school) – Friday 17th February 2023

Year 2 Cake Sale - Friday 17th February 2023 after school

Finish for Half Term - Friday 17th February 2023