



Important Dates

Year R/A Assembly
9.00am

Friday 20 June 2025

**Piano & Vocal
Showcase**

Tuesday 24 June 2025

**New Reception
Transition and
Parent Meeting**
9.00am-11.15am

Wednesday 25 June 2025

**AFL Max Excursion
Year's 2-3**

Thursday 26 June 2025

Year 3A Assembly
9.00am

Friday 27 June 2025

SACPSSA Netball
Yr's 4-6

Tuesday 1 July 2025

**New Reception
Transition 9.00am-
11.15am**

Wednesday 2 July 2025

Choir Rehearsal
Wednesday 2 July 2025

**Semester One
Student Reports
sent home**

Thursday 3 July 2025

**Drum & Guitar
Showcase**

Thursday 3 July 2025

Welcome to this week's Newsletter

Please note: If you are reading this newsletter from your email, you will not see any photo galleries or videos featured within it. [Click read more](#) to view the internet version of our newsletter so that you don't miss out on seeing our latest photos and videos.

Recent News

From our Leadership Team

Last Tuesday, during our Pupil Free Day, our staff participated in a Visible Wellbeing showcase where some of our teachers presented the work we have been doing in this space for the past 18 months, while others had the opportunity to learn from other schools. This was a very valuable learning experience, led ably by Marlo and Donna. Both Marlo and Donna also presented their work to the School Board on Tuesday night, which was warmly received. Please find attached some parent Visible Wellbeing information at the end of this newsletter that focuses on Emotional Management.

For the first time, we also ran OSHC on the pupil free day, which was successful with 11 students attending. We look forward to continuing to provide this service for our families.

Over the past two weeks, we have been delighted to welcome 23 new Mid-Year Reception students for their transition visits, which will continue weekly until the end of term. It has been wonderful to see how welcoming and inclusive our students and staff have been during these visits, helping our newest members feel at home at St Bernadette's.

Last week, over 20 students from Years 5 and 6 travelled to Barratt Reserve at West Beach to compete in the SAPSASA Soccer Carnival. Both the boys' team and the girls' team competed strongly in their respective groups, learning and improving over the course of the day. It was great to see students grow their confidence in their soccer abilities, as well as develop teamwork and leadership skills throughout the carnival. Well done to all the students involved – you represented St Bernadette's proudly!

We have a number of sporting carnivals and excursions coming up on our calendar. In order for us to proceed with these events, we require the support of parent volunteers. Parent Volunteers are required to have a Working with Children Clearance and/or Catholic Police Clearance. If you are able to support us as a volunteer please contact the Front Office for further information.

The Sacramental program for St Ann's Parish is now completed for another year. We congratulate three of our students from the Year 4/5 classes – Anna, Chibuifem, and Hayden – who celebrated the Sacraments of Confirmation and First Holy Communion last week.

Finally, yesterday you would have received a staffing announcement informing you that Matthew Min has won a Deputy Principal role at St John the Baptist, Plympton, commencing Term 3. We are thrilled for the opportunity this presents for Matthew, but we know he will be very missed in our community. We are seeking a replacement for his varied roles and will communicate this to you as soon as this process is finalised.

God bless,

Michelle, Matt and Ben



From our Year 4/5's

Excursion to the Maritime Museum

This term, Year 4/5L & 4/5B had an exciting and educational excursion to the Maritime Museum as part of our HASS studies. Students explored the journey of the First Fleet, learning that it took 252 days for the 11 ships to travel to Australia. They gained insight into life on board, including the types of food people ate, where they slept, and the different roles held by convicts, marines, police, and free settlers.

A highlight of the day was exploring a demonstration ship, where we got to see firsthand the cramped sleeping quarters and conditions faced during the voyage.

The class also learned about the lives of Aboriginal and Torres Strait Islander peoples, including how they cared for the land, hunted, prepared food, and used natural resources to build shelters and tools. We were amazed by the knowledge and skills used to live sustainably in harmony with the environment.

It was a memorable day full of discovery, helping students connect what they've learned in the classroom to real-life experiences.



The Southern Cross



[Read More](#)

STRONGER FAMILIES:

A POSITIVE PARENTING CONFERENCE

PRESENTED BY



**Catholic
School
Parents**
SOUTH AUSTRALIA

OUR SPEAKERS



MAGGIE DENT

CALMING
TEEN STRESS
& ANXIETY



**WAYNE
HOLDSWORTH**

START A
CONVERSATION
NOW



GREG ATTWELLS

YOU CAN'T
OUT-PARENT
AN ALGORITHM



**MADHAVI
NAWANA PARKER**

SELF REGULATION:
How to stay connected,
calm & influential in
your child's life

**THE SANCTUARY
ADELAIDE ZOO**
1 PLANE TREE DRIVE

**SATURDAY
AUGUST 16**

**9AM
REGISTRATION**
9.30AM TO 3PM

\$25 + Booking Fee per person. Light lunch included

Tickets available at Humanitix

www.events.humanitix.com/stronger-families-2025

cspsa.catholic.edu.au/events

EMOTIONAL MANAGEMENT

Being present with one's emotions and being able to identify, understand and manage one's emotions (i.e., reduce negative emotions and increase positive emotions), is a key aspect of positive functioning.

SOME WAYS TO WORK WITH EMOTIONAL MANAGEMENT AT HOME...

Feelings Chart

Print out a 'How are you feeling today' chart and use it for check-ins during the day – put it on your fridge and have a magnet for each person that they can move around.

E.g., <https://www.pinterest.com.au/pin/520939881876384054/>

Mood Music

Create a mood boosting playlist for the family and pump it out when you notice you need a lift.

Emotion Charades

Get ready for games night and have a game of Emotion Charades. To prepare, print or write out a list of emotions on paper, chop them up and put them into a bucket. Have family members choose a random emotion from the bucket which they then have to act out. The family members in the audience have to guess the emotion based on body language and facial expressions.

Share the Good & Foster Gratitude

Amplify the good times, when you feel a positive emotion such as love/awe/joy/pride – name it and share it with your family – tell them what's making you feel this way and let the emotion become positively contagious. Put a blank piece of paper on your fridge and have family members write what they feel grateful for. Your goal is to fill the piece of paper by the end of the week.

For more about how positive emotions can become contagious watch Lea's Tedx Talk.

https://www.youtube.com/watch?v=80U_KwX0iU&feature=emb_logo

The better we are at naming emotions, the better chance we have of being able to manage those emotions.

To find out more about emotions and how we can get better at recognising them visit...

<https://do2learn.com/organizationtools/EmotionsColorWheel/index.htm>

