








St Bernard's Newsletter

Friday 1st May 2020

This week's Merit Winners

TR 	Abubakr Faal - For showing lots of enthusiasm and being fully absorbed in his floating and sinking task this week. Lovely to see such a great video!	T4 	Lucas - superb focus in all learning tasks. You have shown amazing skills in planning and organising your learning, using empathy and reflection as well as great English and Science knowledge. Well done Mr Greer!
T1 	Sadie Whitfield - For producing wonderful written work for her experiments this week. Beautiful handwriting and excellent detail. Well done!	T5 	Riley Farrington : Your return to home learning has been a thing of beauty - such resilience, absorption, attention to detail and enthusiasm. Glad to have you back!
T2 	Ollie - For showing great enthusiasm towards your home learning and making a brilliant weather chart for your science project.	T6 	Max - for his brilliant science presentation. Keep up the good work Max!
T3 	Daniel - For being absorbed in his reading and for learning new skills.		

This week's online learning champions



TR	James Woods and Harry Yates
T1	Henry Snape and Dominik Pusz
T2	Rebecca Walker and Arthur Nicholson
T3	Emmie Royle and Jacob Shore
T4	Lucas Greer and Jack Erwin
T5	Euan Murphy and Skye Smith
T6	Josh Royle and Kira McNay



St. Bernard's has welcomed a new addition to our school family. Please meet Mrs Morgan's beautified son, Milo John Morgan. He was born at 00.10am on Thursday 23rd April, weighing 7lb 1oz. Mrs Morgan, her husband and Milo are happy and healthy.



The hardest part of remote learning is that we are apart. We want our students to know that even though we aren't together, they are still very much loved and everything we do is for them. Sending this whole-staff message was extremely important for us. A colourful message of hope.

Tips and activities to support mental health



Why not try this 14 day challenge? This helps to be able to focus and notice all the positive things in the environment, and gives us a chance to reflect. Just tweet the pictures to your school with the hashtag #ElsaPhotoChallenge #reconnect



If your child is feeling anxious or just needs a little calming down time to refocus, why not try teddy mindfulness? Just find a comfy spot, lie on your back and place a small bear on their tummy. The aim is to use their breathing in and out (and no hands!) to gently rock the bear to sleep. Whilst they are breathing you can ask them to breathe in their happy thoughts and blow away the worries.



If your child is worrying about something, they may not be able to put it into words. One way of supporting this is allowing them to write down or draw their worries and give them to the 'worry monster'. This takes the focus from the child and allows them to express emotions freely without pressure. Your child can draw their own worry monster or they can even design their own diary. Try to allow them space at this time and ask them before reading what they have written or drawn. In doing so you are showing them that their feelings are valid and important.