



Headteacher
Mrs D Shoulder

St Bernadette's Catholic Primary School

Bowerham Road
LANCASTER
LA1 4HT

Telephone/Fax: 01524 63934
E-mail: bursar@st-bernadettes.lancs.sch.uk
Website: www.st-bernadettes.org.uk/school

9th February 2024

January/February Newsletter



Dear Parents and Carers,

Thank you for your patience with the newsletter. We wanted to hold on until we were able to share some important news which we believe will make a difference to the St Bernadette's lunchtime experience for our children. There couldn't be a better week to make the announcement than during our 'Mental Health Week', especially as this year, the theme is 'Your voice matters'. The changes we are making are as a direct result of consulting with our children and listening to what they would like from their lunchtimes. Thank you to Mrs Pilkington and the School Council and our Head Pupils, Amy and Ysandre, for undertaking the survey and representing the views of the children.

After half term, we will be trialling two meal sittings, one for Apple, Oak and Elm class and another for Beech, Eucalyptus, Willow and Sycamore. Key Stage One lunch time will now run from 11:45 -12:45 and Key Stage 2 lunch time will run from 12 -1pm. In addition to the change in the dining hall we will now be operating a **choosing system** for all school meals. The children will be able to select their meal of choice in the morning and will be guaranteed their selection at the kitchen hatch. The children will be given a coloured wristband to indicate which meal choice they have made and exchange this at the hatch. Please share the school menu with your child so that they have a good idea of what they would like prior to making their meal choices. The menu can be found on the following link and when we return we are on **week 2** of the menu <https://eadn-wc02-12025536.nxedge.io/wp-content/uploads/2024/02/Menu-choices.pdf>.

We are also revamping our breaktime snack offer after a survey consulting our children was undertaken by our head pupils Amy and Ysandre. Some of the requests were quite ambitious, and I think a full English may be off the cards! However, we have worked with Mrs Johns and the catering team at Lancashire County Council to provide a revamped snack menu. Our aim, as always, is to adhere to our healthy food policy and so this menu aims to strike a balance between what is being asked for and what enables the children to make healthy choices. The children have also suggested sausage and bacon butties daily and whilst this could be done, it doesn't reflect our healthy eating policy. However, we will be offering a warm 'breakfast buttie' once a term. These will need to be pre-ordered and prepaid. More information will follow nearer to the time. Mrs Johns and the kitchen staff will now be offering the following snacks on each day. KS1 children will continue to be offered free fruit at breaktimes.

Monday	Crumpet – 50p Fruit – 35p Toast – 35p Malt Loaf – 50p
Tuesday	Teacake – 50p Fruit – 35p Toast – 35p Pancake – 50p
Wednesday	Waffles – 50p Fruit – 35p Toast – 35p Malt Loaf – 50p
Thursday	Flapjack – 50p Fruit – 35p Toast – 35p Pancake – 50p
Friday	Bagel – 50p Fruit – 35p Toast – 35p Malt Loaf – 50p

Some of the children in Beech, Eucalyptus, Willow and Beech classes also indicated that they would like to have milk at snack time. Please speak to your child and if they would like to order milk, please do so using the following link <https://customers.coolmilk.com/V2/register/> .

Our aim is to offer the children a healthier option of snack at break time with a wider variety of choice and as such snacks, such as crisps, biscuits and sweets will not be permitted in line with our food and drinks policy. Children are welcome to bring in healthy snacks from home to have at break time. However, yoghurts and milkshake drinks, chocolate and snack size confectionery are not permitted. I would also remind families that we are a water only school. Children are not permitted to bring juice in their water bottles for drinking class but may bring a juice drink carton for lunchtimes if they are a packed lunch.

We would like to thank Mrs Johns, the kitchen and welfare staff for being incredibly supportive of the changes and for working so flexibly to meet the requests of the children.

Lenten Journey

When we return after the half term break we will be beginning our Lenten journey. Our updated annual Lenten journey will be shared with you via the school App and important dates are included in the newsletter. Please join in with as much as you can. This year our Lenten alms will be going to Mary's Meals. Click on the link to see the amazing work they do <https://www.marysmeals.org.uk/> .



Staffing

As some of you maybe aware, Miss Maymon, our Year One teacher has been away from school due to ill-health. She has decided to relocate back with her family and will not be returning to St Bernadette's. We thank her for contribution to our school family over the past 2 years and wish her well for the future. Mrs Buchan will now be teaching Elm class fulltime and Mrs Pilkington will be our fulltime Oak class teacher.

Year 4 Trip - The Romans



Year 4 enjoyed a trip to Lancaster Museum to focus on learning about the Romans. A wonderful morning was had by all.



Netball & Multi Skills

Mrs Wood took our Year 6 Netball team to Our Lady's to take part in a tournament against other Catholic schools in Lancaster and Morecambe. They played together extremely well using strategy and skill throughout the afternoon and returned home with a silver medal. Mrs Wood also took a group of children to Our Lady's for an afternoon of multi skills sports. They enjoyed an afternoon of sporting activities and thoroughly enjoyed the experience. Well done to all involved.





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Mental Health Week 2024 – Your Voice Matters



This week we have been super engaged learning about ways we can support our mental health and how using our voice to speak out can be helpful to ourselves and others. We have taken part in First Aid sessions, enjoyed art sessions across the school with Mr Wilcock and Miss Shoulder, Year Five and Six were visited by representatives of Nationwide who helped us understand about money and the



importance of saving. We have enjoyed 'The Big Sing' where we all learnt to 'Make your own kind of music', Yoga sessions where we learnt to stretch and breath and today we all enjoyed drama workshops.



We all want to say a huge thank you to Mrs Maudsley for organising such a wonderful week.



Internet Safety Day

On Tuesday we spent the day focussing on how technology has changed over time and how changes or events in our online presence, communication and gaming can happen quickly. We discussed what we need to if we are worried or upset about things that might happen online. We learnt that even if we make



mistakes, we must tell a trusted adult if we are worried or upset and we also learnt how to block and report. As part of the internet safety resources provided there is a parental advice document to support you in keeping your children safe online when they are at home. These resources can be found at the following link. <https://saferinternet.org.uk/blog/safer-internet-day-2024-free-advice-for-parents-and-carers>



Dates for your diary

Event/Activity	Date
School opens	Monday 19.2.24
Father David will be offering the Sacrament of reconciliation in school	Tuesday 20.2.24
Wacky Hair & Socks Day £1 Food Bank Friday (Pasta & Rice)	Friday 23.2.24
Parents' Evening	Tuesday 27.2.24
Parents' Evening	Thursday 29.2.24
Own clothes day for Easter Chocolate donations Food Bank Friday (Tins)	Friday 1.3.24
World Book Day - £1 donation towards books for our	Thursday 7.3.24

school	
International women's Day – Football coaching for girls. All girls to wear PE Kits. Food Bank Friday (cereals)	Friday 8.3.24
Science Week	Monday -Friday 11 th – 15 th March
Pyjama Day (£1) Food Bank Friday (toiletries)	Friday 15.3.24
Easter Play	2pm & 6:30pm Monday 18.3.24
Dress in your Team Colour Day (£1) Food Bank Friday – (Tins) Easter Bingo – FOSB Event	Friday 21.3.24 6:30pm
Palm Sunday Assembly led by Apple and Oak Classes - families welcome	Monday 25.3.24 @9am
Last Supper Assembly led by Willow Class – families welcome	Tuesday 26.3.24 @9am
Crucifixion Assembly led by Sycamore Class – families welcome	Wednesday 27.3.24 @9am
Resurrection and Celebration Assembly led by Elm Class – families welcome School closes at 2pm	Thursday 28.3.24

God bless,

Mrs Shoulder

