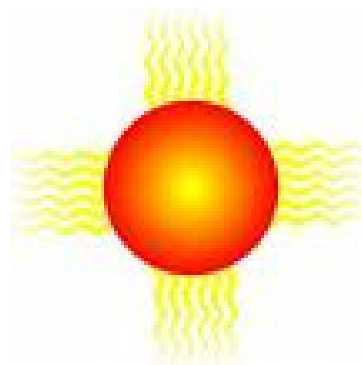




## ***St. Bernadette School Newsletter***

Website: [www.stbernadetteparish.ca](http://www.stbernadetteparish.ca) Email: [stbernadette@telus.net](mailto:stbernadette@telus.net)

September 16, 2009



### **GOING HOME TODAY**

- ❖ **Hot Dog Order Form**
- ❖ **Picture Day Flyer**
- ❖ **Entertainment Book Info. letter**
- ❖ **Fraser Health Newsletter**

### **EVENTS**

September 21st - Staff Retreat **NO SCHOOL**  
September 25<sup>th</sup> - School Photos

### **"NEW ITEMS"**

### **ENTERTAINMENT BOOKS**



Entertainment Books will be distributed to the children next week. All proceeds from this fundraiser will go towards the purchase of books for the school library. Please return envelopes with orders and payment as soon as possible. If you are not ordering nor purchasing any books please return both the envelope and the book no later than Friday, September 25th.

### **USED UNIFORMS**

The Durham family are the Used Uniform Representative. If you are in need of any used uniform/gym strip please contact Richard or Elvira Durham @ 604 590-3830. Their address is 6688 130A Street, Surrey (just around the corner from the school-in the cul-de-sac). All proceeds from the sales go directly back to the school.

## **SCHOOL PHOTOS**

Individual student photos will be taken on Friday, Sept. 25th. Please ensure that your child is in **full uniform** on this day. Today your child is bringing home an order form from Lifetouch. If you are ordering a photo, you **must** complete this form and your child **must** hand it to the photographer on Photo Day. Samples of the photos will be sent home via the school approximately 2 weeks after photo day. Please ensure that your children are at school for these photos as they are the photos that are used for the school yearbook.



## **SCHOOL CALENDAR**

The magnetic calendars will arrive at the school on Friday. They will be sent home with your children on Friday.

## **THANKSGIVING**



Every year the St. Vincent de Paul Society puts together food hampers for families in our community. Thanksgiving is only one month away and the shelves are bare. We are asking for the next two weeks that every student brings in a non-perishable item to school and drops it off in the food hamper box in the school hallway. Items that are constantly being requested for are the following: packaged cookies, dry pasta & sauces, canned vegetables, canned fruit, tuna or salmon.

## **"OLD BUSINESS"**

### **WELCOME BACK!!!!**

Welcome back. We hope that you have been able to take time to relax and enjoy the summer. The purpose of this newsletter is to keep you up to date with what is happening at the school. The newsletter is published each Wednesday and will be sent home electronically. The newsletter is also posted on our school website. If you do not have internet access please let the office know and we will send a hard copy home with your eldest child. If you have given the school office your email address and you do not receive a newsletter please speak with Mrs. Spanjers at the school office.

### **VISITOR SIGN-IN**

If you are a classroom helper or library helper, please sign the visitor sign-in sheet and get a visitors' tag.

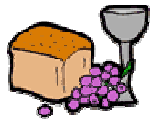


### **STAFF MEETINGS**



Staff meetings are held every Wednesday afternoon. Dismissal is **at 2:15 pm.** Please remember to pick up students **promptly!!!**

## **SCHOOL MASS**



School Mass will typically be held on the 2<sup>nd</sup> Friday of each month. You will be informed of any changes to this schedule via the weekly newsletter. On Mass days the **bell rings at 8:45am**. If your child is late for school on a Mass day please bring him or her to the school first to sign in at the school office. **Students must be in full school uniform.**

Students will take up a collection at this Mass. The money collected is put towards a number of charitable causes: St. Vincent de Paul society, India Family Fund and Holy Childhood Association. Children are also reminded to bring a food item for the St. Vincent DePaul Society Food Bank.

## **LATE/ABSENT**



If your child is going to be late or absent, ***please*** call the office before 9:00 am. When your child returns to school, please ensure that an **Absentee Form is completed** with the correct date of the absence, the reason for being absent and a parent's signature. This form is to be given to the teacher so that we are able to keep an accurate record for the attendance audit. Absentee forms can be found at the school office or downloaded off of the school website. If your child is going to be late, please have him/her sign in at the office and get a late slip.

## **INSIDE SCOOP**

The Inside Scoop is an informal way for the families to communicate with other families. It is a newsletter that goes out on the 3<sup>rd</sup> Wednesday of every month. If you need services, have an item to sell, giving away items, etc. this is the place to advertise. The Inside Scoop is prepared by Tanya Barry and sent out through the School. If you need to place an advertisement in the Inside Scoop you can e-mail her at [t\\_barry@telus.net](mailto:t_barry@telus.net). Please e-mail her no later than the second Friday of each month.



*It's faith in something and  
enthusiasm for something  
that makes life worth living*



September 15, 2009

Dear Parents,

Our annual Entertainment Book fundraiser will be starting next week. Each child in the school will be responsible for selling at least one Entertainment Book, and the more we sell, the more we will raise. Our goal this year is to raise \$2,500.00 from this program. The funds raised will be used for the improvement of our library, a vital part of our school.

**To make this fundraiser a success, we need your help!**

Entertainment Books can be purchased for only \$46.00, but contain hundreds of dollars in savings. You will be able to show a sample book to your relatives, friends and colleagues to demonstrate these savings, and after seeing the money they can save, they will thank you for the opportunity to buy. These books also make great gifts, so you might consider purchasing more than one or encouraging others to do so.

As in past years, Entertainment makes it easy to sell (and buy) books online, and our school earns profits for those sales too. Just go to [www.fundraising.entertainment.com](http://www.fundraising.entertainment.com), click on "Seller's Section" and enter your email address, seller's information and the St. Bernadette's account number: **136304**. The site will allow you to easily send out emails to those who might be interested in buying one or more books. As an incentive, sending out 5 such emails will enter you in a series of draws for Family Fun Nights (\$150 Visa gift cards) and Starbucks gift cards. These incentives are in addition to the prizes your children will automatically receive based on their total sales.

Relatives and friends who live out of town can participate too. Entertainment Books are available for over 150 cities in North America. You can sell these books using the out-of-town section of the order package that will come home with your child or by selling online. Entertainment will deliver your out-of-town sales directly, and our school will still earn a profit on them.

The sample books will be sent home on September 22, 2009 and the sale will only last until October 6, 2009, so please check out the Entertainment books ahead of time online at [www.fundraising.entertainment.com](http://www.fundraising.entertainment.com) and start taking orders now!

Let's work together to make this year's Entertainment Book fundraiser a big success!!

Sincerely,

Greg Palm  
Entertainment Book Coordinator



## Keep Active and Keep Strong

Back to school also means the start of organized activities and sports for many young people. Children and youth need to take care of their bodies in order for them to have fun and perform optimally physically and in school.

To help your child be at their best, provide support to:

- Keep well hydrated throughout the day - water is needed for many basic functions in our bodies
- Follow a healthy diet - Eat 3 meals and snacks every day, choosing foods from each of the 4 food groups
- For most children, there is no need to supplement any nutrients if a balanced diet is followed
- Make sure they get adequate sleep - school age kids need 8 - 10 hours per night
- Be smoke-free, talk to your children about the dangers of smoking and ensure their environment is smoke-free.
- Be active - it is recommended that children have at least 30 minutes of activity everyday
- Role model healthy behaviours - after all, you have the most influence over your child's health choices.

**Eat Well...Be Active...Live Tobacco Free.**

