# **St. Bernard's**

## **Catholic Primary School** & Nursery

### (part of Mater Ecclesiae Catholic M.A.T.)





Friday 14th March 2025

#### What's on next week?

Monday	Week 1 Dinners
·	Kids with Bricks ASC until 4:10 pm
Tuesday	AFC Football Years 1 & 2
Wednesday	Assembly with Year 1 @ 9:00 am - families welcome
	Cake Sale in school for children.
Thursday	
Friday	

As part of our ongoing commitment to fostering healthy habits and promoting sustainability within our school community, we are excited to announce the implementation of a new sustainability plan that encourages environmentally friendly practices and supports our students' well-being.

One important aspect of this initiative is promoting healthy snack options and lunches for our students. In line with this, we kindly ask that you provide your child with nutritious, low-packaging snacks that are both healthy and mindful of our environmental footprint. Here are a few suggestions:

- · Fresh fruits and vegetables (e.g., apple slices, carrot sticks, bananas)
- Whole grain crackers or granola bars
- Yogurt or nut butter with fruits
- Reusable containers to minimize waste

We encourage you to avoid pre-packaged snacks that generate excessive plastic waste, as we aim to reduce our environmental impact. All waste in lunches will now be sent home so that you can check what your child has eaten and creates less waste, helping our school move toward a more sustainable future while also ensuring that your child benefits from nutritious food choices. We appreciate your support as we work together to create a healthier, greener school environment for all of our students. If you have any questions or suggestions about this initiative, please feel free to reach out to us.

Thank you for your cooperation and commitment to the well-being of our children and the planet.

### **Sports News**

On Tuesday our year 4 boys & girls team took part in the U9 Gymnastics competition. They put in extra practices during their break and lunch times and performed the routines brilliantly. As always, they were all a credit to the school with their behaviour and sportsmanship. The boys placed 3<sup>rd</sup> overall in the Champions League.

### Cake Sale

Reception class are holding a Cake Sale next Wednesday, 19 March at break time. Donations of cakes from the whole school are very welcome. The money we raise will go towards the cost of looking after some chicken eggs in the class. The children will learn all about life cycles & caring / looking after animals. This will be a great experience for them but is quite costly - we hope you can support our sale. Thank you.

#### STARS OF THE WEEK

**Dolphins: Nina & Dexter** Seahorses: Charlie & Ivy Sharks: Jonas & Kacper Bears: Serena & Reagan

**Leopards: Kingsley & Anthony** 

Tigers: Joey & Teagan Lions: Lavelle & Lillian

> Best Attendance Sharks 99.6%

