



Dear parents, carers, and friends of Berne

Welcome to Term 2 with a special welcome to our new students who have commenced enrolment in recent weeks. Term 2 is highlighted by a number of events at Berne including Open Day which we held in Week 2 and our main fundraiser of the year, the Annual Berne Luncheon, to be held on June 22, to which all in our community are welcome to attend and support.

One event which we hold close to our hearts every year is the feast day of St Marcellin Champagnat on June 6. For students and families new to Berne, Marcellin Champagnat was a French priest who in 1817 founded the Marist Brothers religious order. It is the tradition of the Marist Brothers which underpins the ethos and culture of The John Berne School, a tradition firmly based on the spirituality of Marcellin. He is indeed someone worthy of our admiration as there is much in his own personal and priestly life which is relevant for all Marists and from which we can learn.

Earlier in the year the first newsletter told of the theme we would be focusing on in 2018: "audacious hope". Many examples of this theme can be found in Marcellin's life including his:

- Confronting and overcoming the challenges he met in his schooling and his coming out on top of struggles in the seminary;
- Maintaining his belief in the importance of founding a religious order of brothers to teach the children, even when the recruits were few;
- Determination to have the government and church authorities recognise his brothers even when they seemed to find ways to not give him the go-ahead;
- Faith that he and Brother Stanislaus would make it to safety when they were lost in the snow;

- Efforts to develop and nurture the disadvantaged children including young Jean-Baptiste Berne, that orphan boy who was in terrible trouble and had no one to care for him.

These are but a few of the many instances reflecting Marcellin's perseverance, his faith and his hope. Marcellin didn't just wait for things to happen. It is one thing to hope everything works out for the best and wait for those good outcomes to be achieved, it is something more substantial to actively pursue those hopes and audaciously work to fulfill them. This is precisely what Marcellin's example teaches us. As a man of action he was also a person of deep faith and prayer. Indeed his faith underpinned his work and gave him the energy and passion to be audacious and daring, therein seeing his hopes fulfilled. Marcellin's audacious hope can be seen in the great work being done today around the world in Marist schools like ours.

This Champagnat Day may we take time to reflect on how we can continue to strive to be audaciously hopeful people and be inspired by Marcellin's example.

Mr Richard Sidorko
Principal

Issue 3 2018

Upcoming Events

21–27 May

National Volunteer Week

27 May–3 June

National Reconciliation Week

28 May–1 June

Years 9 and 10 Work Experience

30 May–1 June

Year 7 & 8 Camp

11 June

Queen's Birthday Public Holiday

22 June

Annual Berne Luncheon
— Pupil Free Day

6 July

Students' last day Term 2

24 July

Students' first day Term 3

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Work Experience

The Term 2 work experience dates are Monday 28th May to Friday 1st June. All Years 9 and 10 students should have secured a placement or be busy finding one now.



Wilson is one step closer to a career in the maritime industry

Work experience doesn't just have to be restricted to one week per term. Wilson, in Year 9, found his Term 1 placement at Harbour City Ferries so rewarding that it has been negotiated for him to stay on one day per week. In the meantime he has also negotiated and arranged his next work experience in the area of maritime construction. Great initiative Wilson!

— Michael Muranty, Work Experience Coordinator

Music Time

This term on Tuesdays and Thursdays at recess interested students have been invited to participate in music jam sessions in our music room.



Joseph on drums at Kristina's school of rock

The beat has been set by Joseph who is an excellent self taught drummer. Joel has also been joining us on the keyboard and Matthew on guitar. We are hoping that vocals will be eventually taken on by a student. Watch this space for any future performances which may come about towards the end of the year.

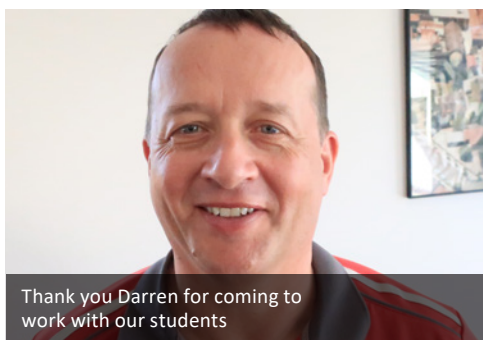
— Kristina 'The Shredder' Allan, Rock Star

New Volunteer Darren Friend

This term we are fortunate to welcome into The John Berne School community, Darren Friend as a volunteer on Mondays.

Darren is the Aikido instructor who our

students have been learning from at the dojo in Marrickville for many years.



Thank you Darren for coming to work with our students

Darren is embarking on studies in Youth Work and has chosen to complete his work placement hours with us. We are blessed to have Darren on board and look forward to working with him all term and into the future.

— Nicole Arathoon, Year 10 Coordinator

Drug and Alcohol Awareness Program

We are very lucky to have Sally Riley from CatholicCare Lewisham again co-delivering a drug and alcohol Awareness program with me to Year 10.



Our sincerest thanks to Sally Riley for her time and expertise

The program is run over six weeks and employs self-reflective and awareness raising activities in a highly interactive style. The program invites the students to discover more about themselves, and link this with how to manage challenges associated with alcohol, drugs and other addictive behaviours.

The first session covered included basic information in regards to the various drugs with which young people may come into contact and the categories to which they belong. Students then explored the major

physiological and psychological effects. Future topics will focus on the impact substances have on relationships, personal values, mental health and self esteem.

— Phoebe Mitsak, School Psychologist

Maroubra Excursion

Over the course of Term 1 Year 7 & 8 students will have the opportunity to participate in various activities on Fridays. So far we have had the pleasure of going to Maroubra Beach to further explore landscapes and landforms and do some creative sketching of both. Victor, Joel, Jordan and Alecia also decided it was still warm enough for a swim and went for a quick dip in the surf.



Alecia, Tanja, Joel, Victor and Jordan enjoying the sun and surf at Maroubra

We also took the opportunity to check out the local skate park where students had a great time practicing some impromptu parkour. Great time was had by staff and students and we are looking forward to our next excursion to the Olympic Park for a cycle.

— Tanja Dunne, Year 7 & 8 Coordinator

Berne Open Day

On Thursday 10th May, The John Berne School hosted an Open Day welcoming visiting Principals and staff from Sydney based Catholic and Independent schools as well as a number of Berne supporters.



Victor preparing some refreshments for our guests on Open Day

The purpose of Open Day was to welcome those involved in education and student welfare to visit our school, to learn about what we do at Berne; that we provide our students who specifically need time out to improve their literacy, numeracy and social skills in a flexible learning environment; how our students are given more

individual attention than in mainstream schools and are actively encouraged to move beyond what holds them back.

In 2018, The John Berne School is celebrating 20 years. Open Day provided an opportunity for us to acknowledge 20 years of wonderful Marist work here at Berne.

Richard Sidorko, Principal of The John Berne School, shared with us some of his thoughts and first impressions of Berne. He mused that "Berne is a school with a real heart. A school full of love whose staff are passionate and hard-working". James Le Huray, Assistant Principal spoke about the program and services that we deliver to our students and Counsellors, Chris and Phoebe, spoke at length about the very unique Counselling Program available to our students and the enrolment process.

Thank you to all those who joined us at Open Day.

— Ange Flannery, Development Office

Setting up Camp

Year 7 & 8 students will be heading to beautiful Bundeena for a three day camp at the end of this month. We thought some camp preparation would be a good idea, so on a sunny autumn day last week students had a go at putting up their tents.



Don't worry Jordan, I know what I'm doing

The practice session went very well with students working together in teams of two to put their tents up. These are new tents, so it took a bit of trial and error to work out what bits go where, but the exercise was a success. Bundeena here we come!

— David Stevens, Teacher

Tuning in to Teens

We are very fortunate to have Dr Leanne Wall working with me at Berne co-facilitating the Tuning in to Teens program for parents. Leanne has over two decades of hands-on experience in the corporate healthcare industry in Australia and New Zealand as a medical practitioner. She has also completed counselling and family therapy courses and is passionate about supporting parents with their teenagers.

The Tuning in to Teens program commenced here on the 8th of May. The six week program is based on emotional intelligence theory. It teaches parents to help understand their teenagers' emotional experiences and to assist them with emotional regulation and communication. Parents are taught specific skills which can help in being supportive, empathetic and staying connected to their teenager. The program aims to prevent problems developing and enhance emotional and behavioural functioning, with parents establishing a stronger relationship with their teenage son or daughter.

— Phoebe Mitsak, School Psychologist

Farewell to Kelly Wafer

The John Berne School would like to wish teacher Kelly Wafer success in her new role with the Department of Education. Kelly worked with the literacy team here at Berne for a little over a year and during her time at Berne it was evident she was passionate about literacy and improving the literacy skills of all students at Berne.

— James Le Huray, Assistant Principal

Winds of Change — Week 3

The excitement levels were high even before we arrived at Rushcutters Bay. Students were rugged up as the cold and windy conditions had finally hit Sydney after a seemingly never ending summer. There was a real energy and anticipation among all in attendance. The experienced crew, sensing our heightened state, worked hastily to delegate roles, recap on safety protocols and had the yacht disembarking in record time.



Another tough day at school with lessons learned in perfect, yet challenging, sailing conditions

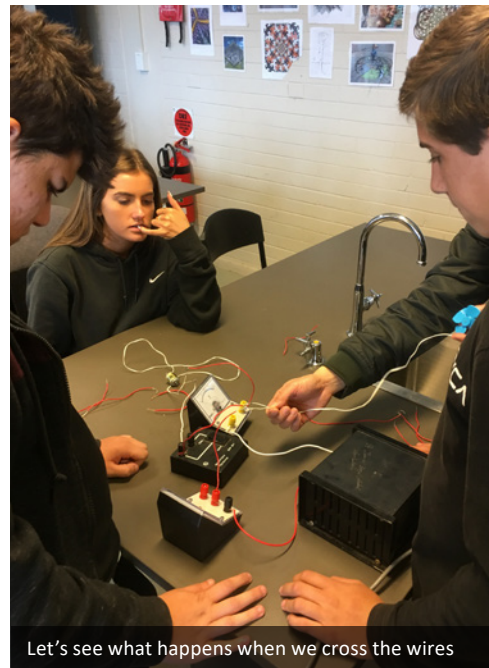
Students were paired with volunteers, and put straight to work. It wasn't long

before the main sail was raised and the boat was howling around Sydney harbour. The yacht constantly changed directions, with crew members rotating around multiple different roles with calmness and confidence. The collective teamwork and effective communication between all the small working groups was absolutely fantastic. Overall it was an extremely enjoyable and, at times, intense afternoon of memorable sailing, something the staff and students will not forget anytime soon.

— David Riddington, Teacher

Year 9 Science

During Science this term Year 9 students have been exploring methods of generating and transferring electrical energy. We have investigated how the power grid is structured and how it enables us to use electricity in the home.



Let's see what happens when we cross the wires

In the Science lab students have designed and wired circuits enabling them to understand the differences between series and parallel circuits in terms of voltage, current and resistance.

— Anthony Rooskie, Year 9 Coordinator

Welcome New Students

We would like to extend a very warm welcome to new students who recently joined our school: Jireh and Marcus in Year 10; Luke and Rebecca in Year 9; Rowan and Victor in Year 8; and Alecia in Year 7.

Many Thanks to Our Corporate Sponsors



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The Annual Berne Luncheon 2018

You are cordially invited to join us to celebrate 20 years of *Love. Hope. Acceptance.* at The Annual Berne Luncheon 2018.

Date:

Friday 22 June 2018
12 Noon – 3.30pm

Venue:

Doltone House, Hyde Park
Level 3, 181 Elizabeth Street
Sydney

Dress:

Lounge Suit

Tickets:

Purchase tickets at:
<http://www.trybooking.com/368974>

Corporate Sponsor*: \$2500

Individual Sponsor: \$500

Individual: \$175

Table of 10: \$1750

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PARENTS' CORNER

Anger

Everyone experiences anger. It is a normal reaction to frustration, stress or disappointment. As they grow and develop, most children learn how to deal with some of the frustrations of everyday life. They also learn how to express their anger in acceptable ways. Some anger can be helpful. Anger can also motivate us to overcome problems and achieve goals. Whether children's anger is positive or negative depends on how effectively it is managed and whether it can be directed towards positive goals.

When children lack skills for managing anger it can lead to aggressive behaviour. Usually, it is the aggressive action that follows anger that most concerns parents, carers and school staff. Learning to manage anger involves developing social and emotional skills for calming down and having ways to express angry feelings assertively. This means learning to use words rather than aggressive actions to communicate feelings. Parents, carers and school staff have an important role in helping children learn to manage anger effectively.

The different ways that children manage anger are influenced by a combination of personal characteristics, how much stress the child and family are under and opportunities available at home and school for learning how to cope with feelings. Some children don't learn how to manage anger because being angry is not okay in their families. They don't get the chance to practise positive ways of managing anger or telling others when they are angry. Children can also learn aggression through the examples of others. When the adults responsible for children's care get angry quickly and often, or when they use reactive, harsh and inconsistent discipline, children are more likely to behave aggressively themselves.

This is an excerpt from the [Kidsmatter website](http://www.kidsmatter.org.au).

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