



## Dear parents, carers, and friends of Berne

A Fortunate Life. That's the title of a book (and later made into a movie) by Albert Facey written in the 1980's telling the story of his life. It's an interesting title because it gives the impression that life for Facey was a happy, easy and privileged one. Yet the reality was quite different. Born in 1894 Facey confronted many challenges throughout his life. At the age of eight he was sent to work, he lived the hard life of a labourer, farmer and jackaroo, became lost and then rescued by Indigenous trackers, learnt to read and write under difficult circumstances, survived Gallipoli, married his wife Evelyn with whom he lived for 60 years, brought up a family through the depression, lost a son in World War II, to mention just some of his experiences. And even though he went through such a range of dramatic, impactful and indeed sometimes difficult events on reflection he could look back and see his life as having been a 'fortunate' one.

People reading this will be rightly wondering just why a brief recount of a 40 year old book would lead the Principal's editorial of the July newsletter for The John Berne School. Well the answer is simple: this newsletter article will be the last of the hundreds I've written over the last 23 years I've been a school principal as I finished on 5th July my 42 year career as a teacher (of which 31 years have been in Marist Brothers schools) to begin retirement. Next week I won't have a job for the first time in my adult life. As I move into this significant time of transition I can't help but spend time looking back and reflecting on what has been for me up to this point in my life.

In writing these few paragraphs I ask your indulgence and allow me the luxury of sharing a few of the reflections that have come to me as I look back on what I can honestly say when everything is weighed up that like Facey I too can say I've lived a fortunate life, though not as dramatic as what he endured.

As the oldest son of Polish migrants my first years of schooling were pretty tough for the simple reason that I couldn't speak English, at all, and suffered as a result. Bullying and

teasing aren't modern day phenomena! While primary school was tough high school wasn't much better as I was streamed in the lowest academic ability class up to fourth form, Year 10. Going on to do the HSC was rare for someone from the bottom class as only the academically able usually went on in those days. Yet the HSC was attempted, sat and passed. Being involved with the Marist Brothers for the next 20 years in a variety of roles was a special time during which I learnt not only about the spiritual aspects of life but also about myself and about being a man and a teacher. Meeting and marrying Berenice and having two beautiful children has enriched my life beyond anything I would have hoped for. Being a school leader of four schools hasn't been without its challenges but mostly I look at those years as a truly privileged time for me. And now here I am, unexpectedly but thankfully at Berne.

So as I finish at Berne and enter retirement I share these points with you, especially with our students.

- My life has been a plain and ordinary one. Nothing extraordinary about this pretty average man. Yet I can truly say my life has been a happy one, very happy.
- Every experience I've had, including both the joys and disappointments, has made me a better human. Making tough choices has never been easy but has certainly made me who I am and helped me make my way in life. I've learnt to believe in myself and in the goodness of people, learning very early in life the benefit of not holding a grudge.
- The teachers I had when I was a boy would shake their heads now in disbelief if they knew what that 'wog boy dago' had achieved and become. It would have been easy to become bitter, resentful and angry, a victim. Thankfully that didn't happen because I chose for it not to happen.

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## Issue 3 2019

### Upcoming Events

#### 4 July

Students' Last Day Term 2

#### 23 July

Students' First Day Term 3

#### 31 July

Tour of SCCVC for interested Stage 5 students

#### 6 August

Stage 5 excursion to Macbeth

#### 15 August

Assumption Day Mass

#### 16 August

Immersion fundraiser trivia night

#### 20-23 August

Snow Camp

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God has given me many blessings throughout my life. God works in ways I haven't always appreciated or understood but through people, events and creation I have become who I am today.

Finally, while I haven't been confronted with some of Facey's dramas I can look back as he did and say 'yes, I've lived a fortunate life' and I'm deeply grateful that I can believe it and say it.

To all in our school I wish each of you the best for the remainder of the year and the future. I know James will do a wonderful job as Principal. He is a gift to Berne! I also have every confidence that Nicole and Tanja will make the new leadership structure a success. I thank the staff for the truly Marist way they go about their work for the students and to each Berne student: always do your best, never give up trying, believe in the goodness within you and most importantly 'Hope Always' because wonderful things await you if you want to realise them.

—Mr Richard Sidorko, Principal

## Love Bites Program

We were very lucky to have the Love Bites program delivered to Stage 5 courtesy of Inner West Council at the start of Term 2 which ran for one day.

Love Bites is an extremely successful school based Domestic and Family Violence and Sexual Assault prevention program. The program emphasises the importance of a whole-of-school commitment to respectful relationship education.

Love Bites provides young people with a safe environment to examine, discuss and explore respectful relationships. The overall aims of the program are to equip young people with the knowledge needed to have respectful relationships, encourage and develop their skills in critical thinking and assist them in being able to problem solve and communicate effectively. When equipped in these areas, research from the National Association for Prevention of Child Abuse and Neglect (NAPCAN) has shown that young people can make the right choices for themselves and their relationships that are free from violence and abuse.

—Phoebe Mitsak, Counsellor

## Stage 4 Project Based Learning

This term, in their Project Based Learning studies Stage 4 students are engaged in a unit of work on "What can Australian Aboriginal stories teach us about their culture and people?"

They have started learning about the importance of family and have been researching and designing their own family tree. As a component of their Timber Technology studies students are now making their family tree out of plywood under the watchful eye and with expert guidance from our woodwork teachers: Br Chris Hogan, our Principal Mr Richard Sidorko and our Assistant Principal Mr James Le Huray.



The students and staff enjoyed the experience and the end products are amazing.

—Nicole Arathoon, Stage 4 Coordinator

## Work Experience

Congratulations to Stage 5 students who recently completed a week of work experience, some for the first time.



Daniel making the takeaways at Trainspotting in Lewisham

Rebecca spent her work experience week at C.K. Smash Repairs, Hornsby, where her older brother, Damian, works. Damian was also a student at Berne, graduating from Year 10 in 2008. During his time at the school Damian did work experiences in the automotive industry and even worked one day a week with a mechanic.

He continued this work full time after school, eventually taking on an apprenticeship as a spray painter which he successfully completed some years ago now.



Repairs to the school vehicles won't be as costly with Rebecca's help

Apparently girls make excellent spray painters due to their good attention to detail but there are still only few of them in the industry. A possible career Bec?

—Michael Muranty, Work Experience Coordinator

## Notification of Absence

We ask that parents and carers contact the school via phone on 9560 9260 or email on [office@johnberneschool.org](mailto:office@johnberneschool.org) when their child is unable to attend school on the day. Please leave a message on the school answering machine for all calls prior to 8am.

If you receive an SMS advising your child is not at school please respond with a reason for their absence. We also encourage parents and carers to provide documentary evidence such as medical certificates for applicable absences. While we understand that this is not always easy, having this evidence supports students' eligibility to receive the Record of School Achievement (RoSA). All absences from school are included in the students' reports.



## Stage 4 Camp to Gerroa

Stage 4 students attended a fun filled camp to Gerroa for three days this term. We started with a drive to Stanwell Tops for morning tea then lunch at Kiama and a look at the blowhole before settling into the campgrounds at Gerroa.



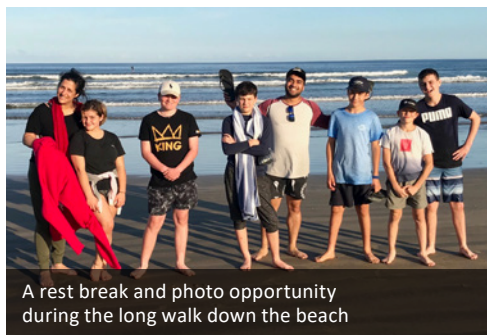
Twisting for pippies near the shore

We swiftly assembled our tents, had a jump on the jumping pillow and then enjoyed a dinner of hamburgers and wedges which students helped to expertly prepare. We enjoyed a walk to 7 Mile Beach, setting up the campfire and many games of spotlight before having banana cake for dessert.



It's not Albert Park but the competition is just as fierce

The next day the sun was shining brightly as the students and staff enjoyed the challenge of go karting around the campground and an afternoon of fishing in Crooked Creek. Although no fish were caught the scenery was peaceful and stunning and after lunch we returned for a long walk along 7 Mile Beach whilst the sun set into a glorious pink sky.



A rest break and photo opportunity during the long walk down the beach

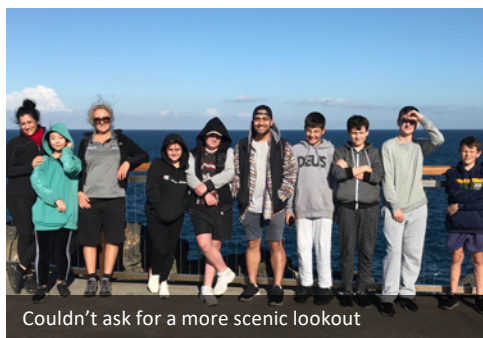
We particularly enjoyed finding pippies that Executive Chef James cooked up for dinner for everyone. We concluded our night with hot chocolate, a fun board game which Madi shared with us, chocolate cake for

dessert and many games of hide and seek.



Posing with the cast and crew of Sydney Weekender

On our final morning we packed up quickly, had a final jump on the jumping pillow and a surprise photo shoot with the team from Channel 7's Sydney Weekender who appreciated the opportunity to have young people playing on the jumping pillow and on the putt putt golf course (the show aired on 9th June but none of us made the cut).



Couldn't ask for a more scenic lookout

We all came back very tired from a very full but wonderful three days together. Thank you to our staff David, Kristina, Supi, and Chris who always ensure the safety and enjoyment of the students and a big thank you is also extended to our seven students who faced the challenge of a camp and were extremely successful: James, Oliver, Dylan, Alecia, Finn, Madi and Jack.

—Nicole Arathoon, Stage 4 Coordinator

## Replacement Opal Cards

To report a lost, stolen or damaged School Opal card, visit the webpage below:

<https://ssts-apply.transport.nsw.gov.au/ApplySSTS/ReplaceCard.html>

You will be directed to fill out the required details online and make a payment of \$10.00 for the replacement card, which will be posted to the student's address within 8 to 10 working days. If you require any assistance with this please don't hesitate to contact the school but note that unfortunately, we are unable to apply on your behalf.

## Immersion Fundraiser

This year during Term 4 a group of students and staff will have the privilege to immerse themselves in the Ltyentye Apurte Community which is also known as Santa Teresa. This Catholic community is located about 80 km from Alice Springs in the Northern Territory and is home to some of the Indigenous Arrernte people of central Australia.



2018 immersion to Santa Teresa - get your applications in!

Students have been invited to submit their expressions of interest, go through the selection process and begin some fundraising and preparation activities. One of the major fundraisers in the past has been the Santa Teresa Trivia Night which has been scheduled for Friday 16 August 2019. We hope that you can attend the trivia night and support the immersion.

Other fundraising events will be held at school as well as in our local community. We invite all students and their families (not just those thinking of going on the immersion) to come and join us in our fundraising activities. We will keep you updated with the details over the coming months.

—Tanja Dunne, 2019 Immersion Leader

## Change of Contact Details

Please advise the school of any changes to your residential address, mobile phone number or email address as soon as practicable. This also applies to all parents and carers who do not reside at the primary address. Notifications should be sent to [office@johnberneschool.org](mailto:office@johnberneschool.org)

## Stage 4 Film Review

This term Stage 4 students have been learning about films and reading and writing film reviews in English. To support their understanding, students attended an excursion to watch Captain Marvel and then collaboratively wrote a film review together.

It was a very interesting process and certainly enhanced their understanding of the being critical when watching a film. We have some budding film critics of the future in our midst. Here is the film review written together as a joint construction:



### Captain Marvel Film Review

Captain Marvel (2019) with a running time of 123 minutes. Directed by Anna Boden and Ryan Fleck and produced by Marvel Studios, Walt Disney and Animal Logic. The main actors are Samuel L Jackson and Brie Larson, with the genre being action/adventure/science fiction. The rating is M in Australia.

The story is about airforce pilot Carol Danvers who is on a mission with her captain Wendy Larson when suddenly another ship emerges from the distance and shoots them down.

Both Carol and Wendy survived the crash on a sandbank in the middle of Earth. As they are climbing out of their crashed vehicle, two figures appear and they shoot Wendy dead in the chest. Carol picks up a gun and shoots the engine of their vehicle. The energy from the explosion enters her body and takes over which gives her a power that no one has discovered before.

Carol wakes up and finds herself in the Kree ship which is in the orbit of Earth in outer space. Kree is a civilisation who go on a spy mission led by Yon Rogg to find one of their lost agents.

On the mission Carol is captured by the Skrulls and taken to the Skrulls' ship, also in the orbit of Earth. She is held upside and sees all her memories of her past and the crash which she doesn't remember. She starts having flashbacks which makes her angry and some of her powers come alive.

She escapes the Skrulls and jumps into a jet in the escape pod and finds herself back on Earth at a Blockbuster store. This is where she meets Agent Nick Fury of the Shield. Together they uncover the shape shifting Skrulls who are now on Earth. Carol and Nick fight off the Skrulls as they head to air force base to find information on Wendy.

Eventually they find the information needed, Nick uncovers that his boss is also a Skrull, they take an unusual cat, Goose on board their journey, they return to Carol's friend's house and finally end up on Wendy's ship orbiting Earth. It is at this point Carol's true powers are revealed.

We believe the film has a lot going on in it which makes it very exciting to watch. It is underrated and deserves better reviews. The movie is action packed with a lot of drama and comedy and it was fun to watch.

—Nicole, Dylan, Jack, Oliver, Suzanne,  
Stage 4 Staff, Students and Volunteer

## Medication Changes

Please advise the school in writing of any changes to your child's prescribed medication as soon as possible following any changes. This is for all medication that is taken at home and school. Notifications should be directed to [office@johnberneschool.org](mailto:office@johnberneschool.org)

## PARENTS' CORNER

### Nutrition and Mental Health

Healthy eating helps children and young people feel better about themselves and their bodies, cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.

In contrast, poor nutrition has been linked to emotional and behavioural problems and increased learning difficulties.

Most research about nutrition and mental health has focused on adults. Researchers have found that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety.

Emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes. There is a link between externalising behaviour (such as hyperactivity, aggression, disobedience) and diet.

For example, poor nutrition has been associated with symptoms of attention deficit hyperactivity disorder. Poor nutrition also affects concentration and increases tiredness, which then interferes with learning. Children and young people's behaviour, and their academic performance improves when good quality food is eaten.

From the BeYou website. Click on the link below for more information:

<https://beyou.edu.au/fact-sheets/well-being/nutrition-and-mental-health>

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