



# St. Bernard School



## Buzz from the Hive

Fall News 2025

### FROM THE PRINCIPAL'S DESK

Dear Stinger Families,

Welcome back! Another summer has come and gone and now it is time to look forward to the exciting year ahead. I would like to thank Mrs. Martinow for her hard work preparing the office for another school year, all of the staff for their hard work preparing their classrooms and work spaces, Mr. Belisle, Mr. Urech, Mr. Sarafinchin and Mr. Ruedisueli for overseeing our newly paved playground and for cleaning and preparing our school for September.

This year we will continue with our Board's theme of "Pilgrims of Hope: On the Path to Holiness". The image of being *pilgrims of hope* invites us to see the school year not just as a calendar of lessons and events, but as a sacred journey. Each person—student, staff member, and family—is on a path of discovery, growth, and transformation. Pilgrims don't walk alone. They travel in community, supporting one another through uncertainty and celebrating together in moments of joy. This reflection calls us to embrace that spirit: to be gentle with ourselves and others, to remain open to learning, and to trust that even small steps forward matter. Hope is not passive—it's active, resilient, and rooted in faith. As we begin this year, may we carry hope like a lantern, lighting the way for ourselves and for those who walk beside us.

As a staff, we will help our students understand this message and find ways to engage them in experiences that help this message come alive for them. To further help our students adopt the values of our Catholic faith, we will continue promoting the STING BIG 5. As a school family we promise to:

- S-** Stay safe! Always keep our hands to ourselves. Rough play and physical aggression will not be tolerated.
- T-** Think before we act and speak. Watch our words and actions towards others.
- I-** Include others. Encourage and support each other in the classroom and on the playground.
- N-** Never give up. Keep a positive attitude about ourselves, others, and schoolwork.
- G-** Give respect to others and their property. Our words and actions should reflect how we would like to be treated.



**Please be sure to return your student verification forms to us** to ensure that we have the most up-to-date information on record. This is especially important in the event of an emergency. Please ensure you have indicated to us your preferred email and your phone number as we use this information for our primary means of communication. If either of these change throughout the year, please let the office know.

On behalf of the staff, we look forward to another awesome year!

Jennifer Rudyk

### School Bell Times

Yard Supervision Begins	8:30 am
Instructional Block	8:45 am - 10:25 am
First Nutrition Break	10:25 am - 11:05 am
Instructional Block	11:05 am - 12:45 pm
Second Nutrition Break	12:45 pm - 1:25 pm
Instructional Block	1:25 pm - 3:05 pm
Dismissal	3:05 pm



St. Bernard of Clairvaux School

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N0E 1Y0

519-443-8607

[www.stbernardofclairvauxwaterford.ca](http://www.stbernardofclairvauxwaterford.ca)

@sbcswaterford



**School Newsletters** - In an effort to be environmentally responsible, and stewards for God's creation, all school newsletters will be posted online to our school's website ([www.stbernardofclairvauxwaterford.ca](http://www.stbernardofclairvauxwaterford.ca)), and the majority of school correspondence will be emailed to you. If you haven't done so already, you can sign up for email notifications so that you are alerted when upcoming events and important information/updates are posted.

## 2025 - 2026 Staff

Kindergarten A	Mrs. McClung, Mrs. Spencer (ECE)	Gr. 5/6	Mrs. Stuck
Kindergarten B	Mrs. Pinto Da Costa, Mrs. Tolentino (ECE)	Gr. 6/7	Miss Boyd
Gr. 1	Mrs. Liciskai	Gr. 7/8 A	Mrs. Komadoski
Gr. 1/2	Mr. Calvesbert	Gr. 7/8 B	Mr. Zelem
Gr. 2	Miss Filek	FSL	Madame Pilon
Gr. 2/3	Miss Lombardo	Prep	Mrs. Clark, Ms. Restivo
Gr. 3	Mrs. Lachance	SERT	Mrs. Moore
Gr. 4	Miss Snively	Librarian	Ms. Runstedler
Gr. 4/5	Mrs. Maxwell	Custodians	Mr. Sarafinchin, Mr. Ruedisueli

### **Support Staff:**

EAs: Mrs. Haskett, Mrs. Noonan, Mrs. Reynolds

CYW: Mrs. Mackenzie

Secretary: Mrs. Martinow

Principal: Mrs. Rudyk



## ATTENDANCE & PUNCTUALITY

St. Bernard School upholds a daily safe arrival procedure to ensure the safe arrival of your child(ren). **School starts at 8:45 am every morning.** If for any reason your child will be late or absent, please **use the SafeArrival reporting system** right away to report this information. If a child's absence is unexplained, we will need to call your home, work or emergency contact number to ensure that your child is safe. Attendance is taken twice daily by 9:15 am and 1:30 pm.

We encourage families to be respectful of the start time as there is a direct correlation between attendance and academic achievement. Students who are late not only miss critical learning, often in Language and Math, but also disrupt the learning of others with their arrival. **Late students must report to the office before going to class.** Thank you for your cooperation.

Please remember to let us know if:

- Someone other than yourself is picking up your child.
- Your child is leaving early or is leaving the school during the day.
- Your child will knowingly be late.
- There is a change in transportation (e.g. child is being picked up instead of taking the bus).
- Your child will be away for an extended absence or family vacation. (Forms are required.)



**We kindly request that you do not text your child throughout the day.** We will never deny a student access to a phone to call home (if needed), or pass along a message for you when you call the office. This helps us to ensure that all of our students are safe, as well as monitoring who is coming and going from the building. Thank you for your understanding and cooperation!

**\*\*\*If there will be a change in transportation or an early pick-up for your child, please make sure the school is made aware BEFORE 2:00 pm. We cannot guarantee that we will receive your message in a timely manner if it is after 2:00 pm.\*\*\***

## STUDENT SAFETY AND SECURITY

To maintain safety in our school, all exterior doors are locked during school hours. A security camera system is in place to monitor the doors as well. In the interest of student safety, all visitors, including parents, are requested to report to the office and sign in upon arrival and to obtain a visitor tag. **For safety reasons, parents and volunteers are asked to refrain from going directly to the classrooms and wandering in the hallways.**

If you are picking up your child at a time other than regular dismissal time, he/she will be called to the office/front foyer to meet you. **Parents and caregivers are not to go to the schoolyard during school hours to pick up children as we would have no record of the child leaving. We ask that you refrain from waiting in the office, front foyer and hallways at dismissal as once again we need to monitor who is coming in and out of the school, and dismissal time can be very congested.** Parents/caregivers picking up children at dismissal are asked to please wait for your child by the gate at the Church parking lot.

Thank you for your support in keeping all of our children safe!

### ANAPHYLAXIS ALLERGY ALERT

St. Bernard School is a Peanut/Tree Nut Safe School. We have several students with severe risk allergies to **peanuts and tree nuts**. As a Catholic School community, and in accordance with Sabrina's Law (2005), we ask your cooperation in helping us ensure that all students are in a safe and healthy environment by reading all labels and packing lunches and snacks that are free of these items. This is a life-saving measure. If other caregivers prepare your child's lunches and snacks, please share this information with them. In addition to peanut and tree nut allergies, we have students who have life-threatening allergies to other foods: **shellfish, kiwi**. Please avoid sending these foods in lunches.



Please note that the use of peanut butter substitutes (e.g., WOW Butter, etc.) is not permitted. The reasoning behind this is that these substitutes look and smell like peanut butter, which makes it difficult for staff to monitor as well as possibly causing anxiety for students and staff with a severe allergy.

While it is impossible to create a risk-free environment, students, parents and staff can all take important steps to minimize potentially fatal allergic reactions. If your child has a life threatening allergy, please inform the school (if you have not already done so) as a Plan of Care **MUST** be completed as soon as possible in September. If you require an Anaphylaxis form, please contact the office. Please provide 2 up-to-date Epi Pens, clearly marked with the student's name and known allergy - 1 for the student to carry, and 1 for the office.

### ASTHMA

In 2015, Ryan's Law was passed in the Ontario Legislature. This is an important step in supporting the well-being and safety of students with asthma in our schools.

If your child has asthma, please advise the office ASAP. Documentation is required as to your child's condition (i.e. triggers), symptoms and medication. This helps us put a plan in place to keep our students safe!

### DIABETES & EPILEPSY

The safety and well-being of the children in our care is of the utmost importance. Along with Anaphylactic reactions and Asthma, we also want to be sure that we have plans in place for students who have diabetes and epilepsy. If your child has either of these conditions and you have not yet completed the required forms, please contact the school immediately to provide the necessary information and receive a copy of the required forms. If at any time your child's medical condition changes, please notify the office immediately.

### MEDICATION

If for any reason your child needs to take medication at school, a medical form needs to be completed by the prescribing physician. The medication will be kept in the office and given to the student at the appropriate time of day. Please **DO NOT** send medication to school with your child to be self-administered. Forms can be obtained from the office or on the Board's web-site [www.bhncdsb.ca](http://www.bhncdsb.ca) (under Policy No. 200.19). If your child requires the administration of non-prescription medication at times (i.e. Tylenol, Benadryl, etc.), please contact Mrs. Rudyk at the office. **It is important that students DO NOT give out medication to other students (i.e. Advil, Tylenol, etc.). Please remind your children that this is not allowed.**



## What do you need to know about Student Accident Insurance?

Many families do not know that our school board **does not** cover accident costs!

If an accident happens, the board may be prevented from offering financial solutions to our families even if we wanted to. Student accident insurance, Insuremykids®, can mitigate your board's exposure and help you manage the loss for student injuries that occur on school property or during school activities, including extra-curricular sports.

Each year, many families are left financially unprotected when their children are injured at school, while participating in non-school activities or at home. If a student is injured, parent(s)/guardian(s) are responsible for any costs not covered by the Ontario Health Insurance Plan (OHIP) or their employer's health care plan. Please check with your provider regarding your coverage.

Most accident-related expenses are not fully covered under OHIP and some expenses like ambulance fees, casts, crutches, physiotherapy and emergency dental care are usually not covered at all. This leaves you, the parent/guardian, financially responsible.

To help protect your family, it is recommended that you consider obtaining student accident insurance. As a convenience to you, the Board has arranged to offer student accident insurance through insuremykids®. Participation is voluntary, but highly recommended, and the costs are to be paid by the parent/guardian. The program is available for students up to age 26.

Coverage is provided for a wide range of accidental expenses, including:

- Dental Expenses - includes 10 years unlimited dental benefit coverage, future dental up to \$1,650 per tooth, and injury-related orthodontia coverage up to \$2,500 per accident
- Total and Permanent Disability - up to \$350,000
- Loss of Limb/Loss of Sight, Hearing, or Speech
- Accidental Death
- Ambulance Fees
- And much more.

Insuremykids® Student Accident Insurance offers three plans with 24/7 coverage at affordable rates – their most affordable plan is \$17 per year and their most popular plan is the Platinum at \$33 per year, which provides out-of-province emergency medical coverage and travel benefits. All annual plans provide 13 months of coverage from the date of purchase. Family rates are available for three or more children in the same family, even if attending different schools. You can also save on time and premium with an optional 3-Year or 5-Year plan, available for online purchase only.

If you wish to purchase coverage, please do so directly online at [www.insuremykids.com](http://www.insuremykids.com) or call 1-800-463- 5437. The insurance agreement is between you and the insurance underwriter, Old Republic Insurance Company of Canada. For more information, please visit [www.insuremykids.com](http://www.insuremykids.com).



## SCHOOL COUNCIL



Catholic School Councils are advisory bodies involved in the educational decision-making process by providing advice to the school principal and to the Board, on school-related matters as requested. As well, they assist in planning events and fundraisers, and purchasing resources for the students. School Councils place the overall interest of the school and the students first and strive for the continued promotion throughout our Catholic education system. Council meetings are open meetings and all parents are welcome to attend.

St. Bernard School has a hard working, dedicated and dynamic School Council...and WE WANT YOU! We are always looking for individuals in the school community that would be willing to participate and share their talents with the school community. If you are interested in volunteering your services, please call the school. Joining Council is one way of being an active participant in Catholic Education and being involved in all the new and exciting things taking place at our school.



# Concussions

Health and  
Social Services  
Halifax and Norfolk

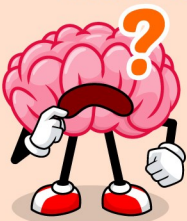
**Did you know that only 1 in 10 concussions result in loss of consciousness.**

**A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs**

**Symptoms and complaints that may indicate your child has a concussion.**



Thinking Problems	Child's Complaints	Other Problems
<ul style="list-style-type: none"> <li>Does not know time, date, place, details about a recent activity</li> <li>General confusion</li> <li>Cannot remember things that happened before and after injury</li> <li>Knocked out</li> </ul>	<ul style="list-style-type: none"> <li>Headache</li> <li>Dizziness</li> <li>Feels dazed</li> <li>Feels "dinged" or stunned; "having my bell rung"</li> <li>Sees stars, flashing lights</li> <li>Ringing in the ears</li> <li>Sleepiness</li> <li>Loss of vision</li> <li>Sees double or blurry</li> <li>Stomachache, stomach pain, nausea</li> </ul>	<ul style="list-style-type: none"> <li>Poor co-ordination or balance</li> <li>Blank stare/glassy-eyed</li> <li>Vomiting</li> <li>Slurred speech</li> <li>Slow to answer questions or follow directions</li> <li>Easily distracted</li> <li>Poor concentration</li> <li>Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)</li> <li>Not participating well</li> </ul>



If you think your child has a concussion, STOP their activity immediately and seek medical attention

## **SCHOOL CASH ONLINE**

Did you know that St. Bernard School offers parents the convenience of Online Payments? School Cash Online is an online payment service used by all of the schools throughout our Board.



For SAFETY and Efficiency reasons, we do not want cash & cheques coming into the school. We will be posting events online for purchase (e.g., fundraisers, hot lunches, field trips, etc.) It's easy to register, just follow the steps below.

Here's how to register:

Step 1: Please go to:

<https://bhncdsb.schoolcashionline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps.

Step 3: After you receive the confirmation email, please select the 'click here' option, sign in and add each of your children to your household account.

## **SafeArrival Attendance Reporting**

To enhance our existing absence-checking procedure, we have been using a more efficient student absence reporting system called SafeArrival. This system reduces the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences. With SafeArrival, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device: Download and install the SM Home app from the Apple App Store or the Google Play Store (or from the links at [home.schoolmessenger.ca](http://home.schoolmessenger.ca)). The first time you use the app, select Sign Up to create your account. Please note, the email account you use to sign up for SafeArrival must be on record with the school and associated with your child in PowerSchool. If you are unsure or need a change, please contact the school. Select Attendance then Report an Absence. If you used the previous SMAApp, you can simply use the same login credentials.
2. Use the SafeArrival website: Go to <https://home.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account. Please note, the email account you use to sign up for SafeArrival must be on record with the school and associated with your child in PowerSchool. If you are unsure or need a change, please contact the school. Select Attendance then Report an Absence. If you used the previous [go.schoolmessenger.com](http://go.schoolmessenger.com), you can simply use the same login credentials.
3. Call the toll-free number: Call 1-844-445-4381 to report an absence using the automated phone system. These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.



### **SNACK PROGRAM VOLUNTEERS NEEDED!**

We are planning to continue our Snack Program this year. If you are looking for a place to volunteer, then this worthwhile program is a perfect place to start. Give us a call at the office at **519-443-8607**.

### **STRONG START VOLUNTEERS NEEDED!**

You can make a difference! Volunteer and help a young child learn to read at our school. Contact our school's Strong Start Site Coordinator, Ms. Filek, or the office if interested.



### **A Student's Prayer for a New School Year**

Lord Jesus, I ask for Your help as I begin this new school year.  
Allow me to experience Your presence in the many blessings You  
put before me.  
Open my eyes to the new challenges and exciting opportunities  
that this new school year brings.  
Open my heart and mind to new friends and new teachers.  
Give me a generous spirit to be enthusiastic with my studies and  
courage to accept new opportunities.  
Help me to be attentive to my teachers  
and let me experience Your presence in  
my new friends.



## **Student Drop-Off and Pick-Up**

The safety of our students is of the utmost importance. If you are dropping your child(ren) off and picking them up, please follow the directions laid out in the diagrams below. Drive all the way around the loop (counterclockwise) and let your child(ren) out on the right-hand side of your vehicle. This space has been designated for students to walk.

Please do not use the front parking lot (staff parking lot) unless your child is late (after 9:10 am) or is being picked up early (before 2:15 pm). Our buses are dropping off and picking up students and we need to ensure that students can move freely throughout the parking lot.

It is also important that you do not park or stop on the road in front of the school to drop off or pick up your child(ren).

Thank you for your co-operation!

