



St Patrick's Parish School

Dear St Patrick's Community

My children are now adults, but I wish that I knew then what I know now about parenting. **Every parent does their best** and we fumble along trying to grow good human beings. One thing I did learn along the way was about the conversation after a day at school. It started off with, 'How was your day?' That barely got more than a grunt or a monosyllabic reply. I progressed to, "What was your favourite part of the day?" and received some interesting responses. It wasn't until I asked ***'Who did you help today?'*** that we had real conversations. I discovered that a question like this is so much more powerful than, 'What did you do at school today?' or 'What did you get on your assignment?' or 'Did you have fun?' Simply asking the question, *"Who did you help today?"* tells a child what you value and starts great conversations.

I visited **Year 2** to acknowledge their upcoming **Sacrament of Reconciliation**. It is a beautiful Sacrament of grace. I explained to them that *cilia* in reconciliation comes from the Latin word meaning small hair or eyelash. **At Reconciliation, we are eyelash to eyelash with God.** God peers into our soul at Reconciliation. It is the same when you are trying to reconcile with a family member or a friend, you are peering into the other's soul. Eyelash to eyelash.

It has been a delight to see the **Kindergarten 2020** children and their parents again last Wednesday. This was followed by the speeches by the senior students for positions on the **Student Leadership Team**. From one end of the school to the other, I saw such incredible potential in young people. It keeps me motivated!

Frances Robertson

Principal

Upcoming events

Thursday 28 Nov

RFS Yr 9/10

Yr 8 Altitude Camp

Playgroup 9am

Community Council
Meeting 5.30pm

Saturday 30 Nov

Second hand uniform
shop 9am-10am

Monday 2 Dec

K-6 Swimming
Thanksgiving Liturgy
2pm

Tuesday 3 Dec

Stage 5 Camp Sydney

Address:

Murray St
Cooma NSW 2630

Phone:

02 6452 1721

Website:

[https://
stpatscooma.nsw.edu.au](https://stpatscooma.nsw.edu.au)

Facebook:

[https://
www.facebook.com/
StPatsCooma/](https://www.facebook.com/StPatsCooma/)

Office hours:

8.30am-3.30pm

From the AP's Desk

The K-6 and 7-10 Awards Days are fast approaching. Over the last several weeks, staff reflect on the successes of their students from the past year.

An important part of this is to acknowledge the achievements and dedication of our students. Many students have worked hard in very diverse areas – in creative, sporting and academic fields, in community service, leadership and citizenship, in their application toward learning and in their endeavour to do their best.

As part of the process, our staff go through a collaborative process to determine the recipients of these awards:

Potential award recipients are nominated by teachers

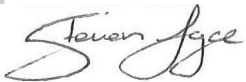
There are meetings to consider chosen nominees

There has to be clear evidence of a student's work or effort for an award to be considered

Teachers vote, using a Survey Monkey electronic process.

Results are tallied and this information goes to the K-6 and 7-10 Coordinators

Not all students are able to receive awards at this time. Nevertheless, throughout the year, students in Primary and Secondary are acknowledged with other awards and recognised for their contributions to school life.



Steve Joyce

Assistant Principal



Year 8 Science - The Human Body

The human body is simply remarkable, and in Year 8 Science this biological and chemical world is being explored. Students now know that the human heart can beat up to 200 000 times per day pumping approximately 5 litres of blood around our bodies, that gas exchange occurs in our lungs within the alveoli whose surface area covers one hundred square metres per individual and that



erythrocytes, leukocytes and thrombocytes are all required in our bodies for our survival. Students have also examined the world of sports science and now have a deeper understanding of the relationship between exercise intensity and our circulatory and respiratory system. In addition, students tested their vital capacity, the maximum amount of air they could inhale and exhale, and discussed their findings in comparison to the vital capacity of elite athletes.

They also investigated the effects of smoking on the circulatory and respiratory systems, and were shocked to view the advertisements "Every cigarette is doing you damage".

Next on the agenda is the digestive system where there will be plenty of information provided to appease their appetites for knowledge! **Ms Daley, Year 8 Science Teacher**

Kindergarten 2020 Buddies

Last week Year 5 met their Kindergarten buddies for 2020 for the first time. We were really excited. We had planned a 'Journey through the rainforest' experience and we and the Kindergarten children loved it. Mrs Davies planned activities, which was an outdoor sound hunt using an iPad as well. Lots of fun. Then we had lunch with our buddies, introduced ourselves to their parents and wished them well as we said goodbye. We also got to take selfies with our buddies. Here are some of our thoughts about meeting our buddies for the first time:

I got to meet someone new - Mollie, Hannah

My buddy Austin was very fun to be around - Oliver

My buddy Olive, was sweet and kind and was able to cooperate with me - Tayla

I liked that Bill trusted me- Coby

It was fun to see Matthew and Emily's reactions - Nell

I liked guiding Sam through the rainforest - Lachlan

It was exciting to see they enjoyed our company and liked the people surrounding them - Neveah

I had fun learning about my buddy. This experience will build me up for next year - Bronte

The activities we completed with them allowed all of us to get used to each other's company - Emelia

I got to meet a younger child that I can now help and be friends with next year - Liam

I like how my buddy cooperated with me - Kaitlyn

The experience was fun and scary at the same time, because you don't know what's going to happen, but it was fun- Jake

I liked the experience because it was cool to meet new people like Jayden- Kalim

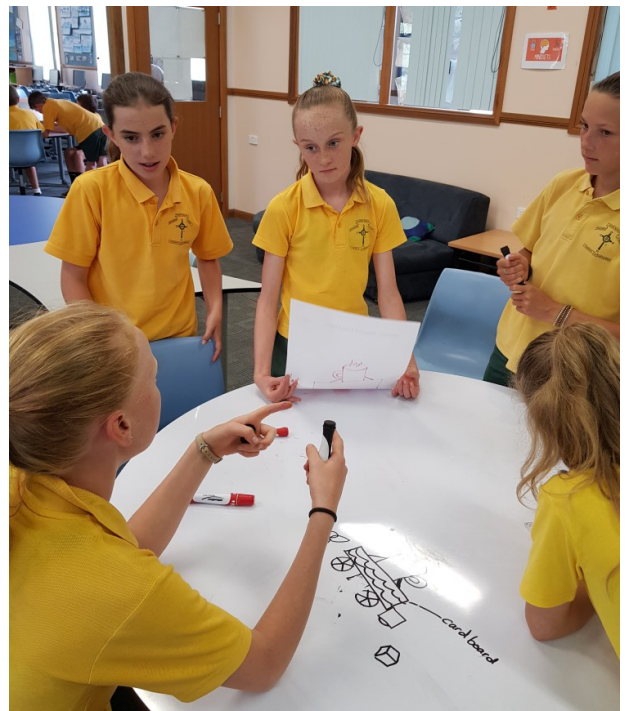
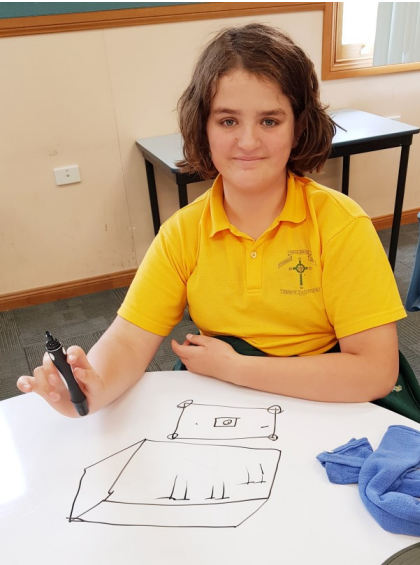
I really liked how positive Austin was and its fun working with little kids - Colby

This experience helped me to know my buddy better - Ben



I liked meeting my buddy because he was gentle and smart and Jayden's mum was kind and welcoming. I liked everything, it was all fun and I felt energetic.

Oscar Year 5



Year 6 became Year 7 students for a day.

Year 7 STEM 'Shark Tank' Challenge

Year 7 STEM (Science, Technology, Engineering and Maths) students designed and pitched their original ideas for our 'Shark Tank' Challenge. Following the Engineering Design Process, students researched problems they wanted to solve, imagined solutions, made and tested prototypes and pitched their ideas to the 'Sharks'. The 'Sharks,' Mrs Summerville and Mrs Harris, made two offers each.

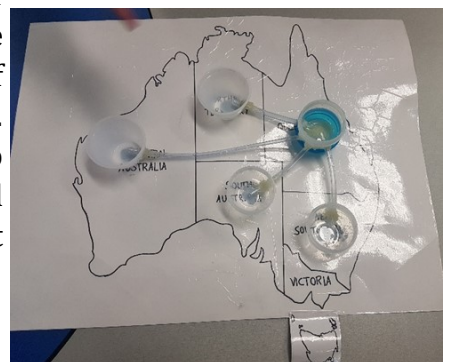
Plastic Eating Worms – This group received an offer from both of the 'Sharks'. Their idea is to use meal worms to turn non-biodegradable Styrofoam into biodegradable worm droppings. They presented their idea with all the calculations of how much plastic could be consumed by how many worms in what amount of time, and also the quality of life for the worms. They received Over \$2 million dollars worth of funding from the 'Sharks' for their idea. It was suggested the money be used to patent their idea, form a company and produce and market 'household' size worm kits.

Reducing Plastic in Supermarkets – This group received one offer of \$200,000. Their idea is to redesign supermarkets so that plastic is kept to a minimum by customers using their own containers for things such as meat, nuts and lollies. Their funding would be used to lobby the Government to make it compulsory for the big supermarkets to redesign how they do things or else be heavily taxed.

Water Re-Distribution in Australia – This group received one offer. Their idea was to capture the monsoonal rains of



North Queensland and pipe the water to other areas of Australia which are much drier. They will use their money to get the initial idea up and running and to get Government funding for their project.



There were many other great ideas which did not get an offer which included water wheels in major rivers, turbines that use rising sea levels to generate electricity and also to stop islands becoming submerged and water filters in houses to help recycle water. **Students learnt many skills** including research, design, engineering, entrepreneurship and presentation skills. **They also had a lot of fun!**

We all worked together as a class, to bring it all together on time, we made it work.

We did a gold play about how the gold rush was so hard back then and how hard it was for the families and children. The dads had to leave the family all the time to work.

We also performed a circus with gymnastics, scooter riding, the air wheel and jugglers.

Abbie and Riley Year 6

YEAR 6 ASSEMBLY- What a Show!



CHURCH NEWS

Community Carols Friday 13 December Singers are needed to lead the carols. We will gather at 6.30pm in Centennial Park for a quick practice before the Carols begin at 7pm.

New Priest

On 5 December, at a meeting of the Council of Priests and Consultors, a decision will be made as to who our next assistant priest will be. He will most probably arrive in our Parish at the start of 2020.

Prayer for Farmers and Farming Families

Sustaining God,
You created the earth to nourish us and give us life.
Jesus, your Son, has taught us to ask in his name for daily needs.

And so we pray:

Our Father, who art in heaven . . .

We ask that you look kindly upon us at this time.

Our land is in the grip of drought and bushfires,

Our animals are in need of pasture

Let your blessing come upon our land,

Bring gentle rain to make the crops grow and quell the fires.

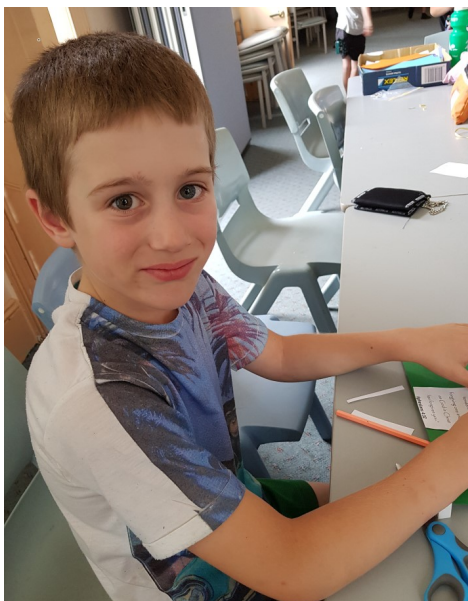
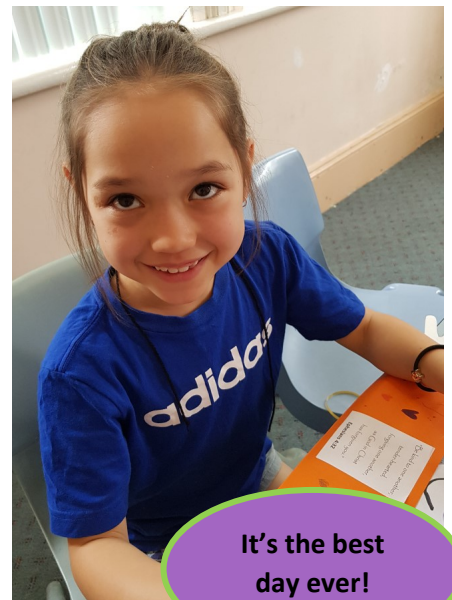
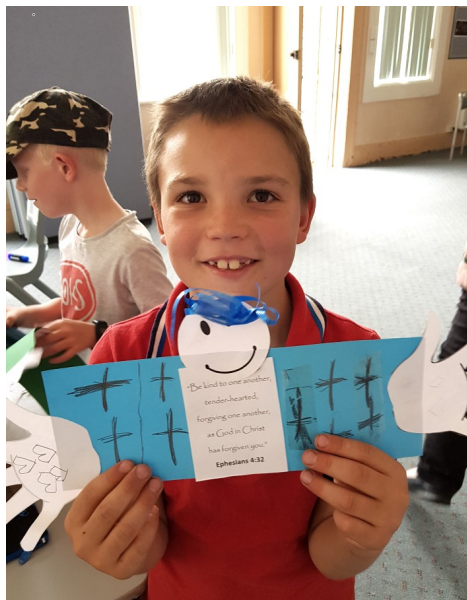
May we use well your gifts that the poor may be fed

And the hungry filled with good things.

Then shall we give glory to you, creator God,

Through your Son, Jesus Christ

Our Lord, in the unity of the Holy Spirit. Amen.



Sacrament of First Reconciliation

The Sacrament of First Reconciliation is a special time in a person's faith journey and Year 2 have been preparing to receive this Sacrament with the support of Fr Mick, Mrs Moser and myself.

Last Friday Year 2 attended a Reconciliation Retreat session, held in the Parish Centre. Students participated in a variety of activities focused on prayer, reflection, forgiveness and reconciliation. The students discovered that one meaning of *reconciliation* is *walking together again*. They also explored the Parable of the Prodigal Son, a story that Jesus told to teach us about forgiveness.

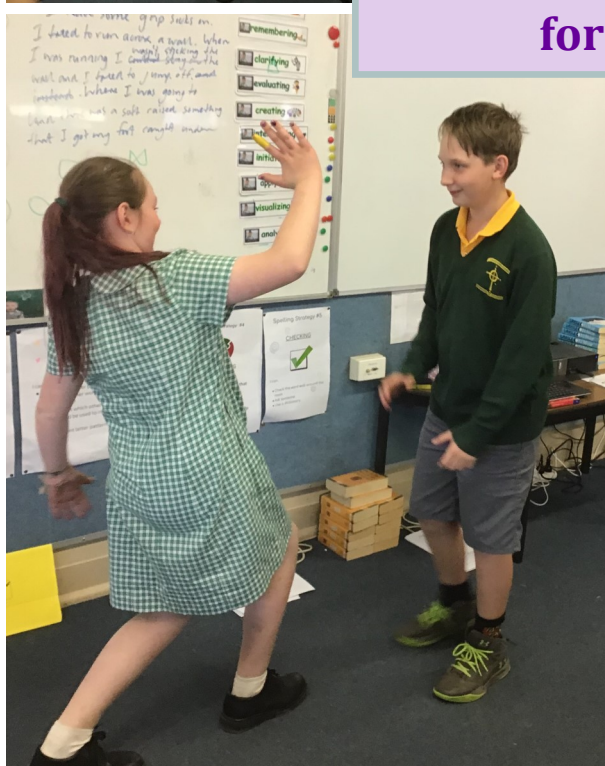
We wish them every blessing as they continue on their journey of faith.

Kath Kovacs Religious Education Coordinator





Learning takes all shapes and forms in Year 5.



Playing with Words in Year 5

Year 5 have been learning how to use figurative language in their descriptive writing. We are planning a publishing party in Week 9. Below are some examples of figurative language the students have included in their descriptive writing pieces. These ideas came from books read, hearing someone speak this or being creative themselves.

Idioms (an **idiom** is a word or phrase which means something different from its literal meaning. **Idioms** are common phrases or terms whose **meaning** is changed)

‘When pigs fly’ - Hannah
‘It’s raining cats and dogs’ - Kalim and Tom

Simile (a **simile** is a figure of speech that directly compares two different things. The **simile** is usually in a phrase that begins with the words "as" or "like.")

‘lazes around like a log’ - Hannah
‘the wind was howling like a pack of wolves’ - Jackson
‘It smells like a sock that hasn’t been washed since it was made’ - Tayla and Matilda
‘Guns were shot at each end of the battlefield, like a storm’ - Tayla and Matilda
‘He was as hot as a lobster in a micro wave, turned up to 100’ - Liam
‘As big as a volcano’ - Nell and Neveah
‘As tricky as a little snake’ - Coby and Oscar
‘As thin as a pencil’ - Kalim and Tom
‘My throat is as dry as a bone’ - Kalim and Tom
‘It is as hot as hell out here.’ - Kalim and Tom
‘The main cannon’s round bounced off like a toy dart’ - Ben
‘The entire bridge crew stared in awe as though they had just witnessed a robbery’ - Ben

Alliteration (**alliteration** happens when words that start with the same sound (not just the same letter) are used repeatedly in a phrase or sentence.

‘As quickly and as quietly as he could’ - Nell and Neveah
‘Smashing squirrel’ and ‘Brianna bunny’ - Kaityln and Mollie

Metaphor (a **metaphor** is a figure of speech that is used to make a comparison between two things that aren’t alike but do have something in common. A **metaphor** uses this similarity to help the writer make a point: Her tears were a river flowing down her cheeks.

‘Another adventure we definitely don’t want to be tangled in’ - Kaitlyn
‘They walked outside to find ropes scattered along the ground and a party of rats and mice’ - Matilda and Tayla
‘Bonkers jumped with joy’ - Bronte

Onomatopoeia (**onomatopoeia** is when a word describes a sound and actually mimics the sound

‘The **bang** of a gun’ - Millie
‘**Ding, dong**, the bell rang’ - Bronte
‘He smashed down the door and he hit the floor... **Bang**’ - Owen and Colby

Rural Fire Service Cadet Training

Year 9 and 10 students have had a wonderful week learning about the important role of the NSW Rural Fire brigade., the SES and other emergency services. Thank you to Mr Dunning and Ms Roach for training the next generation of fire fighters.



RSPCA on the MONARO

Art Exhibition Opening
3pm Saturday 30th November 2019

At
The Raglan Gallery &
Cultural Centre
9-11 Lambie Street
Cooma



The 2nd hand uniform shop will be open from 9am-10am (note earlier time) this Saturday 30 November.

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to keep food safe in summer.

Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.

- Use a cooler bag and ice brick or frozen water bottle to keep food cold in the lunch box.
- Freeze items such as sandwich bread, milk poppers, and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
- If preparing lunches the night before, store in the fridge or freezer.
- Don't store food in an insulated bag in the fridge, it stops the cold air reaching the food.
- For food that has just been cooked, cool it in the fridge overnight before packing.

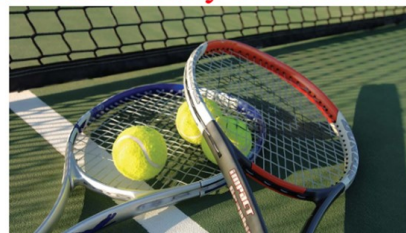


healthylunchbox.com.au

COOMA CHAMPS TENNIS



School Holiday Tennis Camp



Come along and have loads of fun

Win great prizes,

while learning lots about tennis

ROYAL TENNIS CLUB COST:\$120

BBQ LUNCH

Bring along swimmers for some water fun

CAMP 1 : Mon 23-Tues 24 Dec, 2019. 9AM-3PM

CAMP 2 : Wed 8 – Thurs 9 Jan, 2020. 9AM-3PM

CAMP 3 : Wed 15 -Thurs 16 Jan, 2020. 9AM-3PM

CAMP 4 : Wed 22- Thurs 23 Jan, 2020. 9AM-3PM

ACTIVE KIDS VOUCHER AVAILABLE

We are now taking bookings for Term 1, 2020

Please contact Tom Perea : 0404838049

Qualified Tennis Australia Coach, ATPCA Accredited, Active Kids and Sporting Schools certified.