



# St Patrick's Parish School

Week 3 Term 1 2020

## Dear St Patrick's Community

As I prepare for the third week at school for this term, I am marvelling at **the wonderful start we have had with our students. Their energy and enthusiasm for the return to school has been heart-warming.**

That does not take away from the unprecedented bushfire emergency that has more recently devastated our country with lives, homes, land and wildlife lost. We will never know the full cost. However, whilst the 'summer of sorrow' is firmly etched in our minds, so too has it been **a summer of generosity, compassion, kindness and genuine community-mindedness.** That is a memory that I will carry for a very long time. I'm sure that is what will sustain us on the road to recovery.

I urge families who have been 'scorched' in some way (eg burnt pastures or fences, relocation costs due to evacuation, damage to buildings, loss of livelihood) to please contact me. There is an invitation to seek a reduction in school fees to allow you to meet your 'home' obligations. We have other ways to offer support as well.

**St Patrick's is a family school** and this was particularly evident last Thursday for the Community Gathering. Staff, students, parents and parishioners came together to be 'a family'. It was delightful to witness!

*Strength in Gentleness*

*Frances Robertson*

Principal

## Upcoming events

**Friday 14 Feb**

Opening School Mass  
10am

**Wednesday 19 Feb**

5th Region Swimming  
Narooma -Primary

**Thursday 20 Feb**

Parents & Playgroup  
9am

Community Council  
Meeting 5.30pm

### 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-4.00pm during  
the term



## A former colleague sent me a link to some great conversation starters to have with your child at the end of the day.

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- Was there an example of unkindness? How did you respond?
- Does everyone have a friend at recess?
- What was the book about that your teacher read?
- What's the word of the week?
- Did anyone do anything silly to make you laugh?
- What did you do that was creative?
- What is the most popular game at recess?
- What was the best thing that happened today?
- Did you help anyone today?
- Did you tell anyone "thank you?"
- Who did you sit with at lunch?
- What made you laugh?
- Did you learn something you didn't understand?
- Who inspired you today?
- What was the peak and the pit?
- What was your least favourite part of the day?
- Was anyone in your class gone today?
- Did you ever feel unsafe?
- What is something you heard that surprised you?
- What is something you saw that made you think?
- Who did you play with today?
- Tell me something you know today that you didn't know yesterday.
- What is something that challenged you?
- How did someone fill your bucket today? Whose bucket did you fill?
- Did you like your lunch?
- Rate your day on a scale from 1-10.
- How were you brave today?
- What questions did you ask at school today?
- Tell us your top two things from the day (before you can be excused from the dinner table!).
- What are you looking forward to tomorrow?
- What are you reading?
- What was the hardest rule to follow today?
- Teach me something I don't know.
- If you could change one thing about your day, what would it be?
- (For older kids): "Is there anything on your mind that you'd like to talk about?" (In my opinion, the key is not only the way a question is phrased, but responding in a supportive way.)

**Steve Joyce**  
**Assistant Principal**

Welcome back to our St Patrick's family for our second week of Term 1, 2020! While it still remains a time of uncertainty and considerable anxiety for our community, it was lovely to see our students so genuinely pleased to be back at school with their friends and familiar places. **We are all working very hard to make sure the transition back to school goes smoothly for our students.**

This year, we are continuing our hard work with **managing our waste more responsibly**. We are already noticing many more lunchboxes with alternatives to plastic packaging, such as containers, reusable wraps or paper wraps.

A reminder that we are continuing to collect oral waste products, such as toothpaste tubes and toothbrushes, to be recycled through the TerraCycle company, as well as stationery items such as pens, textas and old markers.

We will also continue collecting the tags of bread bags and bottle tops. Our recycling collection stations for all these items are located on the Primary Campus, near the Play Group room, or on the Infants Campus outside of Mrs Cook's office. What we are doing at St Patrick's around waste and recycling is making a difference and being noticed outside our school. **We are very proud of where we've come on this waste journey so far and we appreciate the support of parents in modelling and promoting more sustainable practices and attitudes towards waste.**



**This term, we are going to trial a 'Breakfast Club' on Monday mornings** in the Play Group room. This will provide an opportunity for students who have missed their breakfast, or have had a long journey in to school after having their breakfast, to fuel their brains before class begins. It will also provide an opportunity for students to make positive connections with others to set them up for a day of success at school. At this stage, we will only be providing toast with the choice of a few spreads, but may expand these options later down the track, should the need arise.

I look forward to supporting students and families on their learning journey this year. **A reminder that questions or concerns should first be raised with your child's teacher, but should you need to contact me to discuss curriculum or pastoral matters, you can do so at [stefanie.cook@cg.catholic.edu.au](mailto:stefanie.cook@cg.catholic.edu.au).**

*Stefanie Cook*

Curriculum and Pastoral Coordinator K-6

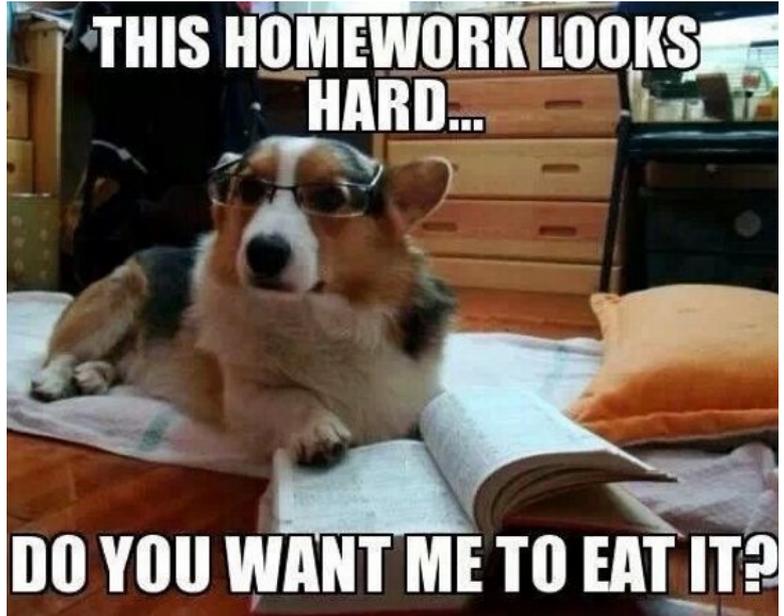
### Parish Youth Group – this Friday 6.30pm-8pm

Children and teens and parents welcome to participate in fun, food and faith. It is held in the Parish Centre for children of any age, and toddlers to teens are welcome.

## From the Secondary Coordinator...

### Homework Group

One of these supports is the 'Homework Group'. This is usually **every Wednesday afternoon from 3.30pm-4.30pm** in the Secondary library. Afternoon tea is provided, and staff are on board to lend a helping hand. The great benefit of Homework Group is that work can be completed in a relaxing environment, with staff who are ready to help, and with access to library materials, computers and printers.



### Study Support

This is another provision for our secondary students who may choose to benefit from a little extra help and time. It is offered on Thursdays during Break 2 and goes through to DEAR as needed. This is also in the secondary Library, and again has staff support.

### Assessments

The assessment schedule will be sent out this week to all students and parents. This is a good way to keep track of things. It's a good idea to attach it to a notice board to help keep abreast with what is coming up.



### Band

The School Band took no time in starting up again – new faces amongst the old, and new songs amongst the familiar. Preparations are being made for the opening school Mass this Friday. You are very welcome to join our school in celebrating the official start to the school year and the inauguration of our student leaders.

**Lou Mackay**  
**Curriculum and Pastoral Coordinator-Secondary**

### Plenary Council – Discernment Session – Cooma Sunday 1 March

The Plenary Council will meet in Adelaide in October for the first of two sessions. Last year we had the "What is the Holy Spirit saying to the Australian Church?" listening sessions. We now enter the discernment phase in order to construct the agenda for the first session. Last weekend, in Cooma, Shirley Sullivan and Fr Mick will presented summaries from the first sessions.

**You are invited to pray about the six areas for discussion/discernment and come to the 1<sup>st</sup> March session, 11am -1.30pm (lunch provided) to participate in a group of your choosing to put forward our Parish's offering for the construction of the agenda.**

## Our School Prayer

Jesus, Good Shepherd,  
Teach us through your Spirit  
to walk your way of light,  
to live your way of truth

and in all things

to act with love and compassion.

Help us to come to the Father  
by knowing you, loving you  
and serving you in each other.

May our school be a place  
of wonder, learning and peace

where the lessons of today

prepare us for the challenges of tomorrow.

May your Mother, Mary,

guide our footsteps

as she guided yours.

This prayer we make in faith.

AMEN



## Communication

### Is your email address up to date?

If you have changed your email address, please make sure you let us know so that we can email you any correspondence and the fee statement.

### Have you seen the school's webpage and facebook page?

Simply go to [www.stpatscooma.nsw.edu.au](http://www.stpatscooma.nsw.edu.au)

We are continuing to update the webpage. It includes easy access to the newsletter, school notes, the school calendar and a button down the bottom to press to link to the Facebook page. You don't have to be a regular user of Facebook in order to see this page and all of the information and photos contained on it.



Also, our newer Instagram page has different visual information. You can access it here: <https://www.instagram.com/stpatscooma/?hl=en>





## Kindergarten Best Start

Kindergarten students are participating in the **Best Start assessment**. This is the gauge the starting point for their learning. It is like a snapshot.

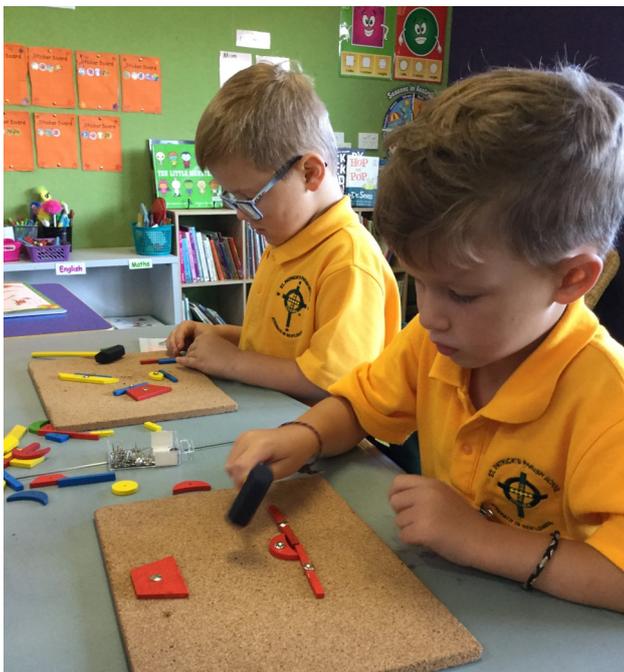
It is a wonderful opportunity for the teachers to spend one-on-one time with these little people, really getting to know their strengths.

There is no formal reporting to parents but everyone is always welcome to have a chat to the teachers as part of the partnership we have with families. **Together, we can learn so much!**

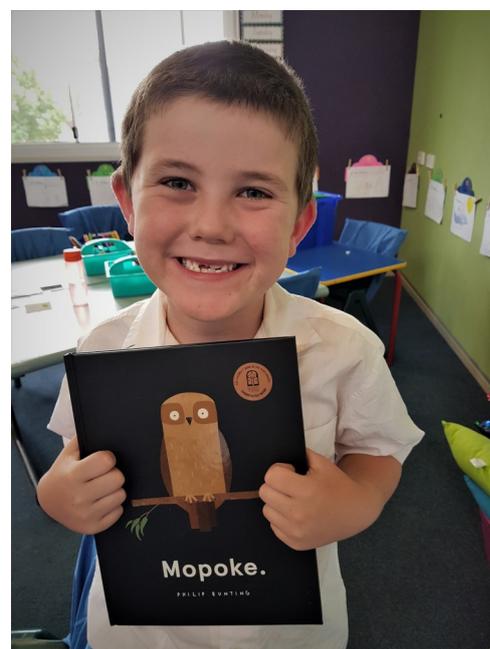


# Kindergarten News

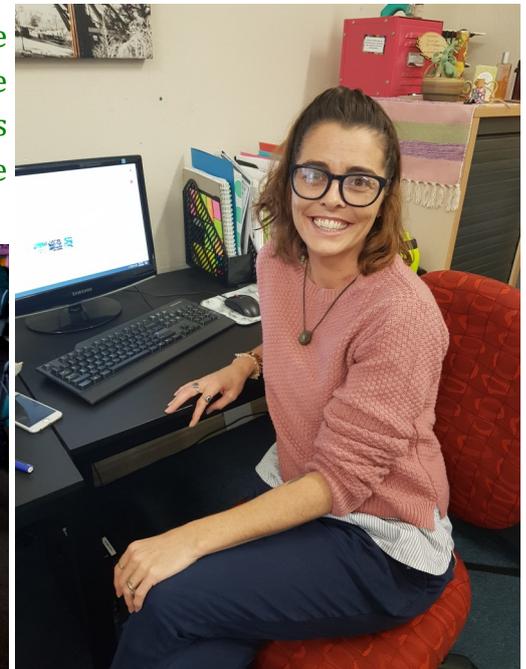
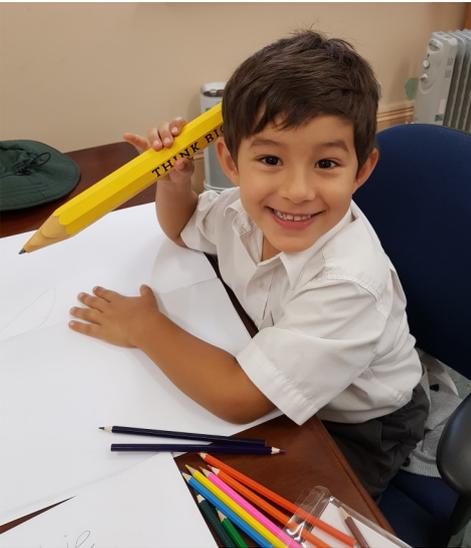
Kindergarten have now been at school for about a week and have settled in to school life very well. We have participated in many activities from daily reading and writing, Library with Mrs Barrett, sport and creating sunflowers in Visual Arts just to name a few!



All Kindergarten students were presented with a gift from the school to welcome them to a journey of learning together. The Year 6 Buddies presented the award-winning book, called *Mopoke*, to their younger buddies.



Welcome to Mrs Amanda Harris, who will be working with the young students who have joined our school speaking a language other than English. Matias speaks Italian and David speaks Spanish. Mrs Harris will provide language support for these students as they become more familiar with English.



## News from the Community Council

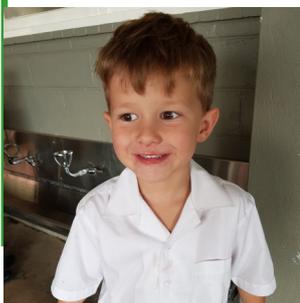
### STUDENT LEAVE

Secondary students who need to leave school during any part of the school day must bring a signed note from the parent/carer to the school office BEFORE morning Homeroom. A 'leave note' will be signed by a member of the school Leadership Team. Students will collect their leave note and sign out and back in at the office when they return. If an appointment is made by parents during the school day, notify the office by telephoning 6452 1721.

On Thursday evening next week, 20 February, we are having an OPEN Community Council gathering.

This is an opportunity for *all* to come and share ideas, make suggestions and enjoy the company of other parents. We want to discuss some of the improvements to the school and give you an overview of the plans for 2020.

It is only for one hour starting at 5.30pm in the Parish Centre.



Primary students requiring leave should bring a note into their child's class teacher.

I have my birthday smile on!



# Swimming Carnival Results



Last week Primary and Secondary campuses held their annual swimming carnivals. It was fantastic to see so many students getting into the spirit of the carnivals by dressing up, cheering and participating for both individual and House points.

This year the age champions are:

## Primary House Champions:

8 Years	Quinn Lawley and Charles Byrne
9 Years	Zara Maxwell and Nate Quodling
10 Years	Hannah Hill and Angus Courtney
11 Years	Ava Lawley and Sebastian Brademann
12 Years	Hannah Dawson and Lachlan Bryan



## Secondary House Champions:

12 Years	Tia Quodling and Marcus Thomson
13 Years	Abbie Hamilton and Tom Whyman
14 Years	Charlize Gammon and Toby Spiller
15 Years	Natalie Revelant and Harrison Knowles
16 Years	Charlee Bromfield and Lachlan Hemphill

Congratulations to these students and good luck to them and the other students who have qualified for the Southern Region carnival in Primary and the Archdiocesan carnival in Secondary. A very big thank you goes to all of the parents and carers who helped time keep at the carnivals. Your help was greatly appreciated.

**Mr Lawley**

**Secondary Sports Coordinator**



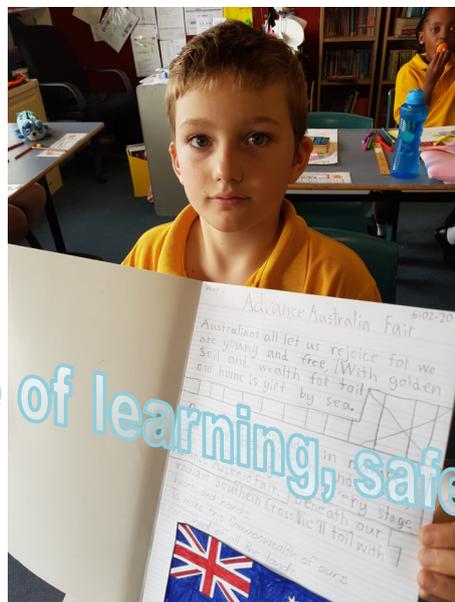
The successful swimmers for the Primary Swimming Carnival.



### Construction work

Work has begun on removing and rebuilding the stone wall to the western side of the Secondary campus, which collapsed in a heavy downpour of rain in 2018.

The repair is a significant project involving architects, structural engineers and hydraulics engineers. It seems that decision made in the long distant past are impacting how we approach this project.



We are a place of learning, safety and belonging

# Start the chat before someone else does



## Start the chat about online safety and help make every day a Safer Internet Day!

### Join in the Safer Internet Day buzz

This year Safer Internet Day will be celebrated on Tuesday, 11 February 2020. The theme is 'Together for a better internet' and Australia's eSafety Commissioner is encouraging parents to mark the day by starting family conversations about online safety.

You can download our Safer Internet Day resources at [esafety.gov.au/sid](http://esafety.gov.au/sid) and use them to start the chat about online safety with your family.

### Explore Australia's online safety hub

Check out eSafety's great range of advice and resources. Get started by visiting our **parents and carers** pages and reading the practical tips for kicking off an online safety conversation. You can also download our **'Parents guide to online safety' booklet** (available in 5 languages), look through **eSafety Kids** with your family or get familiar with our **step by step advice** for reporting different types of online abuse. Find out more at [esafety.gov.au](http://esafety.gov.au)

### Join our free parent webinar

The session will cover how to start the chat about harmful content, contact with strangers and cyberbullying.

### Helping Kids Thrive Online

12th February 2020 at 8:00 PM (AEDT) 14th February at 2020 12:00 PM (AEDT) Register now at [esafety.gov.au/parents/webinars](http://esafety.gov.au/parents/webinars)



eSafety Commissioner

[esafety.gov.au/sid](http://esafety.gov.au/sid)



## CALL FOR ENTRIES

Be a part of the renowned Lake Light Sculpture event held on the foreshore of Lake Jindabyne  
TOTAL PRIZE POOL \$26,250

Open to professional and emerging artists, tradespeople, local school and community groups.

THE EVENT NOW INVITES ENTRIES FOR 2020

ENTRIES CLOSE FRIDAY 6 MARCH 2020

Application Forms at [www.lakelightsculpture.com.au](http://www.lakelightsculpture.com.au)

Lake Light Sculpture Jindabyne @LakeLightSculpt @lakelightsculpture

On your mark, get set... GO!  
It's time to start building for the annual

# Monaro Billy Kart Derby



**Sunday  
1st March  
2020**

**COOMA SHOWGROUND**  
9am entry, 11am start

Entry form & information available from Roses Restaurant & The Cooma Visitors Centre. News & updates online @monarobillykartderby.

**SPECTATORS: Gold Coin** (proceeds to Community Chest Bush Fire Relief Fund)  
**DRIVERS: \$20 entry fee**

PROUDLY SPONSORED BY:



CONTACT: 0428 484 076  
[tony.nassar@bigpond.com](mailto:tony.nassar@bigpond.com)

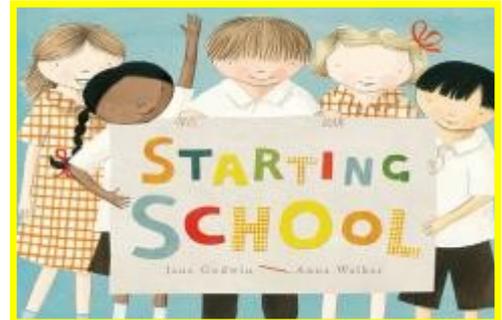
## Making a smooth start to school

**Starting school can be a mixed bag of feelings and emotions.** Many children will feel excited about how grown up they are and really look forward to making new friends. But, it's just as common for children to be sad, angry and even fearful about the looming transition and the time they will be apart from you.

Children tend to demonstrate their feelings through their behaviour. Look at it like an iceberg: their (unexpected/confusing/erratic) behaviour is the tip poking out above the water. If you take a peek into the depths below, you will likely find a mass of feelings that tell the real story.

Common behaviours in children starting school:

- cling to mum and dad
- be restless
- withdraw emotionally
- be anxious or aggressive
- refuse to follow the rules
- avoid doing things
- have problems planning and organising
- cry and throw tantrums
- have problems eating and sleeping
- revert to younger behaviours (like thumb-sucking).



### What you can do:

First things first: you know your child best. Think about what is likely to be behind the behaviour, and how you have helped them manage these feelings well in the past. It might just do the trick.

**Never underestimate the power of love!** Give your child some extra nurturing care and attention, knowing that they are going through a significant, challenging transition. They will feel safer and more secure.

Teach them to recognise and express their feelings as a way of understanding uncomfortable emotions. You could: role play with your child or have them draw their feelings; verbally label emotions; and even share your own experiences.

**Just feeling heard helps.** Show your child that they have your full attention: come down to their level; listen to what they're saying and take in their body language; respond gently as to what you think they are saying and what the reason might be.

**For more information:**

<https://www.kidsmatter.edu.au/families/starting-school/3-understanding-behaviour>



## Help when disaster strikes



**Become a Red Cross volunteer and support the Snowy Monaro area in times of need. During an emergency, and long after, Red Cross volunteers support communities to prepare, respond to, and recover from disasters.**

Come to our free one-day emergency services psychological first aid training course and learn how to help your local community in times of disaster - such as floods, bushfires or storm events. You'll learn how Red Cross helps during a disaster, gain key skills, and meet like-minded people who want to make a difference in times of need.

As a Red Cross volunteer you may be called upon to help communities prepare for emergencies; support people at an evacuation centre; assist in recovery centres; or visit people after an emergency - providing them with information and linking them with services.

If you have good people skills, are practical and care about your community, join our training day and become part of Red Cross Emergency Services NSW.

**Date: 18/02/2020**

**Time: 10am – 3pm**

**Venue: Cooma (central)- TBC**

*Pre registration essential for pre reading and catering purposes – thank you !*

**To register please email**

**Red Cross Emergency Services:**

**[jshuttleworth@redcross.org.au](mailto:jshuttleworth@redcross.org.au)**

**[Jenmaynic@Hotmail.com](mailto:Jenmaynic@Hotmail.com)**

For further information if you wish to speak to a local Emergency Services Officer Phone:

02 9229 4108

[redcross.org.au](http://redcross.org.au)

follow us



the  
power of  
humanity



# The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

**Healthy lunch boxes don't have to be boring.**



We are very excited to bring you our new look [healthy lunch box website](#) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](#)

[healthylunchbox.com.au](http://healthylunchbox.com.au)

**NEW!**

## KIDS GAMES & PUZZLES CLUB @ COOMA LIBRARY

3.30-4.30pm

Every 2nd Wednesday of the month commencing 12th February, no need to book, just drop in!

 SNOWY MONARO REGIONAL COUNCIL



## CNA 2020 AUTUMN MIXED COMPETITION

COMPETITION STARTS  
**MONDAY 10TH FEBRUARY**  
FOR SENIORS, INTERMEDIATES & JUNIORS  
COMPETITION ENDS MONDAY 25TH MAY

### SENIORS

GAMES WILL BE AT  
6PM & 7.20PM

### REGISTRATION COST

\$100 WHICH COVERS ALL  
COMPETITIONS FOR 2020  
\$500 TEAM FEE

### INTERMEDIATES & JUNIORS

GAMES WILL BE FROM  
3.45PM - 4.45PM

### REGISTRATION COST

\$100 WHICH COVERS ALL  
COMPETITIONS FOR 2020

**PLUS FREE CNA CAP FOR ALL JUNIORS!**



# The simplest way

... to be SunSmart this summer.

Consider UV levels when planning your summer activities.

**When UV is 3 or above you need to PROTECT your skin in 5 ways:**

- **Slip** on sun-protective clothing
- **Slop** on SPF 30 sunscreen or higher
- **Slap** on a broad-brimmed, bucket or legionnaire hat
- **Seek** shade
- **Slide** on some wrap-around sunglasses



Download the free SunSmart app to know what the UV levels are in your location to help plan your summer fun.

**SunSmart App is available on the App Store and Google Play**

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



# Pet Parade

## Cooma Rotary Markets

### Sunday 16<sup>th</sup> February 11am in the centre of the Park

Open to Adults and Children - bring your pet along to be in the running for a prize.

No entry Fee.



Rules:

Owners to register pet from 10am until 11:

Owners to be in control of pets at all times

Pets to be in carriers or on a leash.

Owner must clean up their pet's droppings.

(No large pets eg horses, cattle, elephants, donkeys, camels etc.)

Inquiries: 64525925



#### CATEGORIES

Cutest pet

Fluffiest pet

Most unusual pet

Smallest dog

Medium size dog

Biggest dog

## Junior Golf

Do you have a budding golfer?

Come to the Cooma Golf Club!!

**Sundays at 9 am**

Kids will play up to 9 holes. They will be given guidance and advice on their technique and general golf etiquette.

Once we have the numbers we will organise experienced/professional golfers to come and run special coaching days.

Cost: \$10 per week

Clubs can be arranged to get started

Any enquires please contact:

**Paul Lloyd 0404 228 630 or Lyndon Taylor 0455 884 150**



**NEW**

**NEW**

## KIDS BOOKCLUB @ COOMA LIBRARY

3.30-4.30pm

Every 4th Wednesday of the month,  
commencing 26th February,

**no need to book,**

**just drop in!**

**Book themed games, activities,  
challenges and lots of fun!**

Snowy Monaro  
REGIONAL LIBRARY  
Books are just the beginning

SNOWY MONARO  
REGIONAL COUNCIL



## KIDS CLUBS @ COOMA LIBRARY

3.30-4.30pm Wednesdays

LEGO Club

Every 1st and 3rd Wednesday  
Commencing 5th February

**New!** Board Games & Puzzles Club **New!**  
Every 2nd Wednesday  
Commencing 12th February

**New!** Book Club **New!**  
Every 4th Wednesday  
Commencing 26th February

**No need to book, just drop in!**

Snowy Monaro  
REGIONAL LIBRARY  
Books are just the beginning

SNOWY MONARO  
REGIONAL COUNCIL