The bigger the challenges the bigger the opportunity for growth

Dear St Patrick’s Community

FIXED VERSUS GROWTH MINDSET: HOW TO LEARN

In the coming weeks, I am challenging all students to make a lot of mistakes in 2016. That may seem unusual, but the purpose is to ask students to question their assumption that mistakes equate to failure. When it comes to learning, mistakes actually mean the opposite - in order to be a successful learner you need to make mistakes and learn from them. I am explaining to students that learning takes hard work and persistence and most importantly that we all have the capacity to learn to be smart!

There has been a wealth of research in recent years on the difference between a fixed and growth mindset by Carol Dweck and others. Basically, a person with a fixed mindset believes that they have a fixed ability and therefore a limited capacity to learn. Alternatively, people with a growth mindset believe that they are always capable of learning more and improving their skills. The key differences of fixed and growth mindset can be seen in the table on the next page.

What can parents do to help their child develop a growth mindset?

It is easy to spot if your child is suffering from a fixed mindset. You may hear them say things like, “I’m not good at maths”, “I am not as smart as ….” or “I can’t ….”. As a parent, it is important to challenge this negative talk. Reassure your child that with effort, persistence and regular practice they can learn to do anything.

With kind regards

Frances Robertson
Principal
Growth Mindset Quotes for Kids

1. “Dreams don’t work unless you do.” ~ John C. Maxwell
2. “When the world says, ‘Give up,’ Hope whispers, ‘Try one more time.’ “ ~ Unknown
3. “It’s kind of fun to do the impossible.” ~ Walt Disney
4. “Improve by 1% a day, and in just 70 days, you’re twice as good.” ~ Alan Weiss
5. “You have only failed if you have given up. Until then, it’s learning” Unknown

Growth mindset vs fixed mindset

SUCCESS

1. I can learn anything I want to.
2. When I’m frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I’m inspired.
7. My effort and attitude determine everything.

FRUSTRATION

1. I’m either good at it, or I’m not.
2. When I’m frustrated, I give up.
3. I don’t like to be challenged.
4. When I fail, I’m no good.
5. I like being told that I’m smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT

Learned helplessness
Dear Parents

Parent/Teacher/Student conferences will be held at 4.00pm – 7.00pm on Monday 29th February for Primary and at 4.00pm – 7.00pm on Monday 7th March for Secondary.

You can now book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS CLOSE Monday 29th February at 12pm for Primary and Monday 7th March at 12pm for Secondary.

(Secondary code) Go to www.schoolinterviews.com.au
Enter the school event code. Then follow the 3 simple steps.

School event code: B33TK

(Primary code)
School event code: L3X62

1. Enter your details
2. Choose teachers
3. Choose times

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don't have access to the internet at home, at work, at a friend's house or on their phones the school office can be contacted on 64521721 for your child’s interviews to be placed within the online booking system. Interviews are 10 mins in Primary and 5 mins in Secondary and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 64521721

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.
A word on Mercy

When Cardinal Jorge Bergoglio, the future Pope Francis, read the title of Cardinal Walter Kasper’s new book ‘Mercy’ at the most recent conclave he exclaimed; ‘Ah mercy! This is the name of our God’. The title immediately resonated, as it described a God rich in mercy (Eph 2:4) and recognised the deep human need for people to experience it.

No one is spared from difficulties, hardship, pain or suffering; and we share the desire for justice, compassion and love. What does ‘mercy’ look like? Perhaps it appears as a somewhat out-dated word, even a bit soft or weak. Give me the strength of ‘justice’ instead! Or is it both? In scripture we see that the strength of God’s mercy is experienced through the passionate cry for justice for anyone in pain or suffering.

It is not a soft love but one that demands goodness and justice to be powerfully experienced through concern, compassion and genuine openness to others. Robert Barron writes: ‘God is love. Mercy is what love looks like.’ We hear this message of mercy in parable after parable. Captured most simply yet profoundly in the story of the Good Samaritan, mercy is experienced when boundaries are crossed, when the stranger becomes known, and when the destructive unjust relationships of our world are brought back into balance.

It is a story expressing the strength of mercy through courageous compassion and tenderness. It is a teaching story to help us understand something of what God’s mercy looks like: it washes, cleans, heals and raises up.

Mercy restores life...again and again. Jesus’ message of mercy in the parable is an encouraging one as it not only gives us a model of how to live as Christian disciples, but reminds us that mercy is offered to each one of us! It is an invitation to be open to God’s mercy each day, a consolation we can then share with others (2 Cor 1:3f).

The Jubilee Year of Mercy is an invitation to open our hearts to the healing and restoring gift God offers. It is an invitation for our communities to build a culture of mercy, taking up Pope Francis’ challenge to make the mercy and tenderness of God visible through our ability to heal wounds and warm hearts. It is an invitation to wash, clean, heal and raise up. Life and balance is restored.

Our desire is to be a visible and permanent memory of the loving and merciful presence of God in the midst of people: living signs of the Father’s tenderness. (Water from the Rock, Marist Spirituality, n.137)

Mary, Mother of Mercy. Pray for us.

Anthony Clarke Director Marist Mission and Life Formation

CATHOLIC SCHOOLS WEEK 6-12 MARCH 2016
I belong. You belong. We belong.
Secondary Swimming Carnival

On Friday 26 February, we held our annual swimming carnival. It was a perfect day. A big CONGRATULATIONS to all students who attended on the day. Your participation in the events and great House spirit, particularly in the salmon relay, is to be commended. I would also like to congratulate some students for their enthusiasm and courage which was displayed in the water. Some students were not strong swimmers but they persevered, despite the odds.

The Blue Ribbon Event was held again this year. This 50M Freestyle event is based on the six fastest times from all age groups for both boys and girls. Our winners for 2016 were Jasmin Statham-Smith and Thomas Hain—CONGRATULATIONS.

A special thank you to our House captains for their efforts with war cries; Caelum emerged the winner. Also, thanks for their efforts throughout the carnival: encouraging participation in events, fostering House spirit and cleaning up at the end of the day.

I would like to take this opportunity to thank the wonderful parents who assisted on the day to act as officials and the staff whose collective efforts contributed to the success of the carnival. Without your support, the carnival would not have run efficiently. A special thank you to Erika Statham, Rebecca Hain and Catherine Pearce for organising and providing staff and parent helpers with a scrumptious morning tea and lunch on the day. It was greatly appreciated by both staff and parents.

FINAL POINTSCORE

1st Terra 746 points
2nd Aqua 703 points
3rd Caelum 548 points
4th Aqua 519 points

AGE CHAMPIONS FOR 2016

Congratulations to the following students who have excelled in swimming and are age champions for 2016:

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs</td>
<td>Jessica Norris</td>
<td>25m Breaststroke</td>
</tr>
<tr>
<td>13yrs</td>
<td>Anna Brayshaw</td>
<td>25m Freestyle</td>
</tr>
<tr>
<td>14yrs</td>
<td>Sophie Janota</td>
<td>25m Butterfly</td>
</tr>
<tr>
<td>15yrs</td>
<td>Maria Tarasyuk</td>
<td>25m Butterfly</td>
</tr>
<tr>
<td>16yrs</td>
<td>Jasmin Statham-Smith</td>
<td>25m Freestyle</td>
</tr>
</tbody>
</table>

PROGRAM RECORDS ACKNOWLEDGED

Three events finally had times for the 25m events. Previously, no student has swam these events at the carnival. Congratulations to the following students:

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time 2016</th>
<th>Previous Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yrs Girls 25m Breaststroke</td>
<td>Jessica Norris</td>
<td>30.17</td>
<td>Nil</td>
</tr>
<tr>
<td>12yrs Girls 25m Freestyle</td>
<td>Jessica Norris</td>
<td>18.20</td>
<td>Nil</td>
</tr>
<tr>
<td>16yrs Boys 25m Butterfly</td>
<td>Thomas Hain</td>
<td>21.84</td>
<td>Nil</td>
</tr>
</tbody>
</table>

No other records were broken on the day.

Ms T Wawrzyniak (Carnival Organiser)
Canteen News

Infants Swimming Carnival - this Friday Infants students can order as usual from the canteen, and I will deliver lunches to the pool at 12.30pm.

This week's volunteers are (thank you):

Wednesday 2/3, 10am Sue Bottom, 1.15pm Marjorie Revelant
Thursday 3/3, 10am Keira Lennon
Friday 4/3, 10am Elsa Wagner
Tuesday 8/3, 10am Jackie Bitar
Wednesday 9/3, 10am Rebecca Croke, 1.15pm Marjorie & Keira
Thursday 10/3, 10am Chris Haylock
Friday 11/3, 10am VOLUNTEER NEEDED

SOMETHING NEW!!

**** TACO TUESDAY **** For the rest of this term, the canteen will be trialling TACO TUESDAY starting Tuesday 8 March. All students (and staff!) K-10 will be able to order the Tacos’ on a Tuesday for $4 each. There will be smuggled veggies in the mix but ‘shhhhh’, don't tell the kids! The tacos’ will be made from lean beef and served topped with shredded lettuce, tomato and grated cheese and they won't be overly spicy. Please don't hesitate to send me feedback during the trial - let me know what the kids think!

Caroline Blyton
Canteen Manager
St Patrick's Parish School Cooma
Kindergarten Support Evening

Thank you to Mrs Davies for presentation at the Kindergarten Support Evening. It was a great opportunity to learn new ways to help Kindergarten children at home.

At the end of each week there are many school items with no names on them. These range from lunch boxes, drink bottles, forks, spoons and uniforms. With the exception of the uniforms, all these items have to be thrown away at the end of the week. These items can be expensive and it would be a shame to have them sent to a bin.

Could you please ensure that all of the above items are labelled with your child’s name? This will allow the Year 6 leaders to find the owner of any forgotten items that are left around the school playground.

Homework Group

The homework support group provides opportunities for students to complete homework and assessment work in a quiet uninterrupted environment. Afternoon tea is provided as well as access to computers, reference materials and required support in completing tasks.

Venue: St Patrick’s secondary library
Time: Thursdays after school until 4.30pm.
Supervising teacher: Mrs Mackay

Following Homework Group, students are expected to make their own way home or to have pre-arranged their pick up by a parent or carer.
Produce Market

The gardening group need to raise money to buy seeds, plants and equipment. To do this we want to hold a produce market of donated home grown produce, jams, chutneys and eggs.

We aim to have our first market this Friday at 8:30am at the side gate and again in the afternoon if we have produce to sell.

Parents bring your money!!

If you have anything to donate we would be grateful to receive it. Non-perishable items can be left at school any time this week. Perishable items can be delivered Thursday or Friday morning.

No matter the produce or quantity we will be appreciative!

Regards,

The Gardening Group

Queries can be directed to bernadette.moser@cg.catholic.edu.au
Dear parents and students,

In Secondary mathematics this year we are discovering new ways to incorporate digital technologies into our lessons. This includes electronic access to resources, YouTube clips and the use of online Maths games and revision.

Our preferred method of communication is Edmodo, which all students are familiar with. We hope to move away from paper copies of questions, to having online questions where students can watch video explanations, see examples and check answers easily. Written work will never be fully replaced in mathematics, as it is easier to write than type working in Mathematical problems.

Therefore, students will still require their Maths grid books to write working.

All secondary classes will have access to Manga High, later this term. The program uses games to consolidate concepts and allows teachers to target specific concepts that a student may need additional support with.

We are currently planning some units of work to be completed through the use of spreadsheets.

Spreadsheets are powerful programs that allow the operator to perform several mathematical calculations quickly.

Mark van Ommen
Assistant Principal


GeoGebra (www.geogebra.org) is free dynamic mathematics software for all levels of education that brings together geometry, algebra, spreadsheets, graphing, statistics and calculus.

Mangahigh Online Resource
for Mathematics Learning

Students in Years 7-10 will have access to an online mathematics resource for 2016. The program is called Mangahigh and will allow students to supplement their class learning with additional material that is based on the New South Wales K-12 Mathematics syllabus. Each student has a unique user code and password so that the learning tasks chosen by the teacher can be accessed by students either in class or at home individually. The school has allocated additional financial resources so that the program can operate in 2016 with all students from Years 7-10.

Students complete the set tasks individually but can see how they compare with other students in the class and also across other states and countries. There are opportunities for students to attain gold, silver and bronze medals (virtual medals) as incentives for completing the work successfully and within a designated time frame. The tasks are developed to challenge students to use their higher order thinking skills for many of the questions.

Students who have missed out on lessons or want to revise certain topics have the opportunity to complete activities at their own pace, either at school or at home. Students will need to check with their individual teacher to see what tasks need to be completed. Teachers are able to monitor the progress of every student in the class and know when tasks have been completed and how successful each student has been.

Parents who require more information on this resource can contact their child’s mathematics teacher.
Year One News

“It was a big day for Year 1s on Monday as they became part of their new learning environments. Students discussed their new class agreements and gave ideas as to how to make the most from the new changes. “What I can do to make this a great year for others in my class” – here were some of their ideas…”

Act of Kindness

On Tuesday 23 February, one of my Primary daughters won a 1 day family pass (2 adults, 2 kids) to the Canberra Royal Show which was held from Friday 26 to Sunday 28 February. As we were unable to use the Pass, my daughter agreed to offer it to another family. The Pass was advertised on 2XL Buy Swap and Sell on Saturday morning. On collecting the Pass, the lady informed me that she was giving it to her sister (who was recently diagnosed with melanoma), her husband and 2 young children. It gave me a warm feeling and my daughter was pleased that it was going to a deserving family!

Primary parent
Year 7 Welcome Retreat

Ready for our big adventure

Peaceful reflection

RUN ... I'm gonna getcha

Someone was a little competitive?

“I never sleep in.”

Not saying any names, Katniss.
Even the engineer was scratching his head with this challenge.

Father George showing the students how it’s done.

Cactus!!
It’s Cooma Showtime Again!
Saturday 12th March 2016

St Patrick’s Parish School P&F will be doing the catering for this event

A BBQ & LUNCHEON PAVILION WILL BE OFFERED ON THE DAY

We need lots of helpers to assist with cleaning and transporting BBQ and goods on Friday morning
Then on Saturday for set up, preparation cooking the BBQ and serving in the luncheon pavilion

Help is required from 8.00am until finish around 6.00pm.
(The busiest time is from 1.00pm – 4.00pm, so if you can come between these times for a couple of
hours it would be appreciated)

We also require donations of cakes, muffins, plain scones & slices – please leave at school office or
bring to showground on Saturday morning

Please return the section below indicating times you can assist to the school no later than
Monday 7 March

Or you can advise
Tammy Byrne 0428 645 323 or tammybyrne320@gmail.com

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P&F BBQ & Luncheon Pavilion Saturday 12 March 2016 – Cooma Show Assistance Reply

<table>
<thead>
<tr>
<th>Name/s:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time/s Available:</td>
</tr>
<tr>
<td>Please circle</td>
</tr>
<tr>
<td>Friday morning for cleaning from 9.00am – 11.00am</td>
</tr>
<tr>
<td>Saturday -</td>
</tr>
<tr>
<td>8am – 10am, 10am - 12 noon, 12noon – 2pm, 2pm – 4pm, 4pm – 6pm</td>
</tr>
</tbody>
</table>
| Any other time..................
| Cake, Slice, Muffins, Plain Scones How many?.................................
| Mobile Number:              |
| Email Address:              |

Thank you for offering your time and assistance for this fundraising event, if you have any questions please
contact Melinda Barrett 0439 413700, Tammy Byrne 0428 645 323 or Marjorie Revelant P&F Catering
Coordinator 0418 485 229
Interim Reports

Secondary interim reports were sent home last week with the students. If you haven't seen the report yet you might need to get them to empty their school bags. These are simple 'tick a box' reports that allow you to see at a glance how your child/ren are settling into the new school year and whether they are setting themselves up for success. The focus is on their approach to learning. A more detailed report will be completed at the end of Term Two.

Pam Fletcher
Secondary Coordinator

The 2016 Snowy Mountains Interschool Equestrian Competition Gymkhana (SMIEC) is being held at The Station Resort Jindabyne from Thursday 28 April – Sunday 1 May 2016.

Events will include Team Penning, ODE, Combined Training, Sporting, Dressage, Stockmans Challenge, Interschool Challenge, Show jumping and Show Horse.

If your child is interested and would like to compete or you would like more information including equestrian uniform orders etc. Please contact Kylie Douch via kdouch@bigpond.net.au or 0412 666 646.

General event information will also be soon available on the SMGS website at http://www.smgs.nsw.edu.au
COOMA RED DEVILS RUGBY
REGISTRATION DAYS 2016 SEASON

FIRST REGO DAY WED 16TH MARCH 4-5.30PM ROTARY OVAL SKILLS TRAINING + PLAYER REGISTRATION
SECOND REGO DAY WED 23RD MARCH 4-5.30PM ROTARY OVAL SKILLS TRAINING + PLAYER REGISTRATION
THIRD REGO DAY WED 30TH MARCH 4-5.30PM ROTARY OVAL SKILLS TRAINING + PLAYER REGISTRATION
FINAL REGO DAY WED 6TH APRIL 4-5.30PM ROTARY OVAL FORMATION OF TEAMS

FIRST COMPETITION GAME SATURDAY 7TH MAY

PLAYERS AGED 10 TO 17 YRS OF ANY SKILL LEVEL WELCOME.
COME AND EXPERIENCE THE GAME THEY PLAY IN HEAVEN IN AN EASY GOING FAMILY FRIENDLY ENVIRONMENT.

2015 UNDER 13'S PLUS ANY NEW PLAYERS OF THIS AGE ARE WELCOME TO ATTEND THE PRESEASON CAMP ON THE WEEKEND OF 1ST-3RD APRIL FURTHER DETAILS TBA
UNDER 16/18 PRESEASON TRAINING CAMP WILL BE 29TH APRIL-1ST MAY FURTHER DETAILS TBA

ANY VOLUNTEERS WISHING TO ASSIST IN ANY WAY PLEASE ATTEND THE NEXT CLUB MEETING ON THE 7TH MARCH IN THE CONFERENCE ROOM AT THE ALPINE HOTEL COOMA AT 6PM
Zac is Back!

Join us for another fantastic dance workshop with the gifted Zac Brazenas.

Saturday 2 April 2016, 9.30 for 10am to 3.30pm
Jindabyne Central School Hall

Zac started dancing at the age of seven and at 15 launched his professional career. After completing a challenging one-year program at The Edge in Hollywood, Zac quickly established himself in California, becoming an extremely sought-after dancer.

Zac has toured with Katy Perry, JLo, Kylie Minogue, and Celine Dion; he has appeared on Glee, House, and awards shows including the European Music Awards, Grammys, and Oscars. Recently, Zac was assistant choreographer on Cirque du Soleil’s "Viva Elvis," and Britney Spears long-running Las Vegas show "Piece of Me." Zac has boundless energy and a wealth of knowledge about the industry he has worked in for more than twenty years.

This workshop will provide young dancers with the opportunity to work with a dancer and choreographer with a worldwide reputation, helping them to develop their skills and gain vital insight into the industry. It promises to be a fun, challenging day for dancers 12 – 18 years old.

Registration is $30 per student, and includes lunch. Please bring a water bottle.

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2016 Registration Day

Registering Players from Under 6s – Under 16s
Girls Oz Tag Under 13-15 & Under 16-18

When: Saturday 5 March 2016 10am - 12pm
Where: Cooma Showground
Cost: $75 per player, $150 - 2 players, $200 - 3/4 players

Registration fee includes - Player insurance, qualified coaches & 1st Aid Officers, presentation day bbq, year book & Colts bucket hat & bottle. All players will also be provided with playing shorts & socks.

PLAYERS REQUIRED FOR ALL AGE GROUPS U6 – U16

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ALL INQUIRIES – RICHARD INSKIP 0439 697708/6452 2323
SUNDAY MARCH 6TH
ANNUAL KEEP COOMA CREEK CLEAN DAY

Bridge to Bridge Walk

- Bridge to Bridge creek walk and litter pick up starting at Chruch Road
- 9:30am Registration
- 10am-12 noon walk and clean up
- 12 noon Norris Park BBQ & Ronnie, Gilbert & Gabby performance
- Great family day out for the annual Keep Cooma Creek Clean Day

www.cooma.nsw.gov.au

This project was supported by the Environmental Trust as part of the NSW EPA’s Waste Less, Recycle More initiative, funded from the waste levy.