Dear St Patrick’s Community

Parents decide to send their children to a Catholic school because they know that their child will be educated in a Catholic environment and because they know that the school will provide an excellent education in good learning spaces.

At St Patrick’s, we have been blessed with the Catholic school facilities that have been developed with the sacrifice, commitment and hard work of past and current families. Through the contribution of time by many families and the generous support of parents to the School Building Fund, we have together been able to provide the resources and facilities that the children now benefit from in our school.

We are undertaking a review of the school’s financial plan and preparing for the next five years. A critical part of that is the management and repair of the buildings, some of which are crying out for urgent attention.

The school, therefore, relies heavily on voluntary contributions to the Building Fund to provide adequate buildings and educational resources. All contributions to the Building Fund are tax deductible. As it is tax time, you may require a copy of your building fund statement for tax purposes and you can contact the office either by email office.stpatscooma@cg.catholic.edu.au or phone 64521721.

As Monday was the beginning of National Homelessness Prevention Week, it was timely that the Year 10 students braved the cold last Friday night to have the annual Winter Sleep-over to support the Vinnies Winter Appeal. Yes it was cold. And yes we did not do much sleeping.

We are trying to keep front and center that homelessness can happen to anyone. There are generalisations and stereotypes that are unhelpful.

Lots of factors influence choices that lead to homelessness. Significant life events such as job loss, mental illness, business failure, domestic violence or relationship breakdown can all lead to having nowhere secure to sleep, if people do not have the required level of support from their family, friends or the community.

The saddest part is that young people make up the biggest proportion of homeless people. The money raised through sponsoring the Year 10 students last Friday night will go to supporting St Vincent de Paul in their work locally to help assist people down on their luck.

We applaud Year 10 for raising over $2400. You can add to this by popping a small donation into an envelope and leaving it at the Office.

Kind regards

Mrs Frances Robertson
Principal

Important dates coming up

Thursday 4 August
Southern Region Athletics

Friday 5 August
1F Assembly

Monday 8 August
Canteen Week

Tuesday 9 August
K-2 Mini Olympics

Wednesday 10 August
K-5 AFL Sports Clinics

Thursday 11 August
K-5 AFL Sports Clinics
5I Assembly 12.30pm

Friday 12 August
K-2 Snowsports
From the AP’s desk

I would like to acknowledge those students who go above and beyond in many endeavours outside school. In recent weeks we have acknowledged students in Rugby League and Snowsports. These sports involve a big commitment for students and parents. For example, the boys who are in the Raiders train-on squad have to travel to Canberra for training, often arriving home late in the evening. On top of that, they have to catch up work they have missed at school, or spend time on the weekends completing assignments.

In the spirit of service, I want to recognise those students who participated in the Winter Sleepover last Friday night. It was very cold and we had no heaters. We had a tour of the school at night and spoke about what we knew of youth homelessness. Canberra have some of the highest rates of youth homelessness in Australia, but the statistics are probably not accurate as there is a lot of unseen homelessness.

Unseen homelessness includes young people who ‘couch surf’ from home to home. Often they are escaping situations of domestic violence at home. Cooma is also not immune from youth homelessness, with the winter season seeing an influx of young people who rely on fickle snow conditions to secure paid work. No work means no way to pay rent. There is a lack of security for so many.

In a small way, the Year 10 students have contributed positively to this problem. We are proud of them!

Mark van Ommen
Assistant Principal

Facts & Figures:
- 105,237 people in Australia are homeless (1 in 200 people)
- 19,831 people in Queensland are homeless
  - 25% are Indigenous
  - 85% of homeless people have a mental illness
- People with disabilities are at greater risk of homelessness with 1 in 4 living below the poverty line with 25% making up the clients in specialist homeless services (compared to 18% of general population)
- The two biggest age demographics are 25-34 (18%) and under 12 (17%)
- Homeless due to domestic violence (24%), financial issues (20%), housing crisis (15%) as well as lack of opportunity, lack of affordable housing options, low income and family breakdown
- Being homeless includes sleeping rough (6%), living in supported accommodation (20%), living in severely overcrowded dwellings (39%) and temporarily staying in other households (17%)

National Prevention of Homelessness Week

![Image of students and fact sheet]

Everyone should have a home.
Some of the messages for the Year 10 Students who participated in the Vinnies Winter Appeal Sleep-out

As the Primary Minnie Vinnies Coordinator, I wanted to firstly congratulate you on being prepared to take action on an issue that is often invisible in society. Sometimes teenagers get a bad rap. What you are doing helps change and enhance your image in the community. You are also demonstrating to our Primary students how to support and reinforce real values through actions.

Young people will one day be the future. Whenever we take compassion and empathy on our journey, the future is always filled with hope.

Secondly I hope that your group doesn't contain too many sleep walkers. (Dom!) I also heard that the convent isn't really haunted!

A little bird told me of some of the fundraising efforts by some of you - absolutely amazing!

Good luck and happy homelessnessing!

From Mr Introna

A message from a Kindergarten student...

Thank you so very much for sharing the story about the homeless people with Talia. She was so very touched by your story about the Year 10s sleeping out and raising money for homeless people. She was thinking about what she could do as she walked down the steps this afternoon and she has decided to donate her pocket money to the cause. So she will bring it in on Monday.

Dear Year 10

Congratulations on choosing to do the Sleep Out for the Vinnies' Winter Appeal.

This is a tremendous effort and I wanted to write to you all to let you know that I am very proud to be your Kindness Ambassador and even prouder that you are demonstrating your kindness through your deeds.

Your school ethos is one of service and community spirit and it's wonderful you are translating that into action.

The greatest rewards in life are not those of acquiring things and gaining wealth. It's about how you use the opportunities of a good education to contribute and to make those whose lives are less fortunate than your own better, and that's exactly what you are all doing tonight.

Be proud of what you are doing, reflect on the acts of kindness of yourselves and your peers and most of all, know that what you are doing tonight is going to make a real difference to other people's lives.

My heartfelt congratulations to you all, and stay warm!!

Bronnie

A prayer from Fr Mick

May you always remember tonight as the starting point for your journey in caring for others and never forgetting the power of reaching out to those who have felt the sadness of being alone and homeless.
Sullivan Shield Round 2

In the last week of Term 2, our Stage 3 team travelled to Phillip to compete for the Sullivan Shield Trophy. This is only the third time in 15 years that a team from St Patrick’s has reached this level in this competition. It was a terrific achievement from all the players.

The team gave an excellent account of themselves, where quite a few of the matches could have gone either way. Congratulations on their outstanding sportsmanship and commitment to each other.

Thanks to all those parents (and brothers) who supported us on the day; Rebecca Inskip, Danny and Carson Barrett, Alison Hemphill, Mark, Jodie and Will Pendergast and Greg Williams. A huge thank you to Richard Inskip who volunteered for the coaching role and did a fantastic job for the past couple of months.

Results of Round 2 (top 2 teams qualify for finals)

St Pats 8 d Holy Family 4
Calwell/ Richardson 8 d St Patrick’s 4
St Patrick’s 12 d Marist 4
St Gregory’s 12 d St Patrick’s 4
St Thomas the Apostle 12 d St Patrick’s 4
St Patrick’s 24 d St Clair of Assisi 4

Well done to all the players. A high standard has been set. Hopefully, we can go one better next year.


Mike Introna

Canteen News

With the opening of the Olympics on Friday 5 August, I would like to wish all our competing athletes luck. Go Australia!! Next week, I will be doing a take on some Brazilian street foods and favourites.

On Wednesday I will be doing a meal deal for $10.00. This will include:

- 1x Solgados - like an Empanada or pastie
- 1x Pao de Queijo - a cheesy bread ball that is extremely popular in Brazil and is made using tapioca flour
- 1x small Passionfruit Mousse - The passionfruit is native to Brazil and, therefore, a national favourite.

This is a great way to try something new and different from another part of the world.

Please don’t forget Mini Canteen on Wednesday as I will be doing some Olympic themed treats as well.

A huge thank you to our volunteers and helpers as well. We couldn’t achieve these things without you.

This week’s volunteers are: Year 10 helpers:
Wednesday 3/08 Grant Pascoe Harrison
Thursday 4/08 Kelly Gill Luci
Friday 5/08 Sue Bottom Neeve
Achieving Literacy Success Parent Workshop Wed 31 August

Adjunct Professor Kaye Lowe from the University of Canberra will be visiting St Patrick’s School on 31 August. We are inviting parents and friends from St Patrick’s School, Lambie Street Preschool, Cooma North Preschool and Daycare centres to our parent workshop, to be held in our Primary Library. There are two workshop times:

1:30pm – 3:00pm and 7.00pm - 8.30pm.

Refreshments will be provided. There is no charge for this workshop.

Adjunct Associate Professor Kaye Lowe works with parents and teachers all over Australia. She was Director of ‘U-Can Read’ for nine years and has been a professor at universities in Australia and the US. She has written many books and articles on how to help children learn to read and write. She has received many government grants for her research in literacy.

Come along and learn how to assist your children with reading and writing at home. Learn ideas to encourage children to develop a love of reading along with a variety of strategies that help them to read, write and spell.


There has never been a more exciting time to be a female learning about technology!

The Canberra Girls’ Programming Network is a community for female students to learn about computer programming and technology through workshops and gives exposure to female role models across academia, government and industry.

Please register now by emailing:

su-en.williams@defence.gov.au courtney.ross@defence.gov.au

and Cc ASD.DISH@defence.gov.au

What? The workshop topic is Cryptology!

The art of protecting secrets started thousands of years ago from the early Egyptians. Cryptology is one of those ancient sciences that has endured to modern day communications. This workshop will centre on the famous Caesar Cipher named for its creator Julius Caesar.

Join us to be code-breakers for a day!

Where? At St Clare’s College Canberra, 1 McMillan Crescent, Griffith ACT 2603

When? Sunday 21 August Please arrive by 9:45am for registration. Workshop begins at 10am

Parents and teachers invited at 3:30pm. Conclude by 4pm

Who? Female students from years 4 to 12

What do I need to know? No need to have coded before! But also for students who are ready for more programming challenge.

How? You’ll need to register to attend. Please fill out the GPN application form and photo permission (see Ms Knott) and return email to su-en.williams@defence.gov.au courtney.ross@defence.gov.au and Cc ASD.DISH@defence.gov.au

You will receive information and confirmation via email prior to the workshop day

Amanda Knott
IST Teacher
Kinder –One D Celebrate their 100 days at school this year

K/1 D - It’s been 100 days at school for Kindergarten and 291 days for Year One in total!

We had a fun day and participated in a range of activities related to 100. We played race to 100 and created finger painting pictures made up of 100 dots. We made special glasses and the Year Ones used the calendar to work out how many days they have been at school altogether. We lined up 100 dominoes and watched them fall. Lastly, we had some party food and danced to the music to celebrate this momentous occasion!
Agricultural Photo Competition

Enter your photo in our calendar competition and you could be one of the lucky winners of a $200 voucher, and also have your photo in the 2017 Landmark Calendar.

We are looking for photographs which try and capture how and why people look to Landmark.

Competition guidelines:
- Photos need to be taken in Landscape orientation.
- Photos need to try and capture what Landmark does for you, your family and your business.
- One photo from each area of Landmark’s business will be selected, for example: livestock, wool, crop protection etc. Turn over for more information.
- Photo needs to be at least A4 300 dpi or RAW format.
- Your photos need to adhere to safe farming practices.
- Entries open now and close 15th August 2016.
- If your photo is chosen for the 2017 calendar you will receive a $200 Landmark voucher to be used at any Landmark branch.
- See the back for terms and conditions.

Pyjama Story Time
The Reading Hour

Put on your PJs, bring a grown-up along & join us for a Pyjama Story Time!

There will be lots of stories, craft and a bedtime snack for everyone.

Where: Cooma Library (6455 1730)

Please book for this event, as places are limited!

Tuesday 16 August
at 5pm

Have you started to think about the Book Week theme-
Australia: Story Country?
Welcome to Daisy’s Daycare Centre— who were visitors to Kindergarten this week.
**Tournament of Minds preparation has begun**

This year’s teams are being formed from the following students. They begin their preparation in earnest this week and the final competition is Saturday 3 and Sunday 4 September in Canberra.

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**AUGUST IS PLATYPUS MONTH**

**DID YOU KNOW THAT AUGUST IS A GREAT TIME TO SEE PLATYPUS IN THE COMA REGION?**

Platypus can be found in many of our local rivers and even in the Cooma Creek! Waterwatch is running a range of activities in August to help everyone understand more about these marvellous monotremes.

**REPORT PLATYPUS SIGHTINGS**

Waterwatch is encouraging everyone to head down to their local waterway and report any platypus sightings to Cooma Waterwatch (mail@coomawaterwatch.org.au or 0429 778 633). Please provide your contact information and include the date, time, location and platypus behaviour.

**WHERE CAN YOU GO TO SPOT PLATYPUS?**

We are very keen to increase our knowledge of platypus distribution in the region so please head out to a stream near you and get spotting! Note: the following places are merely a guide.

- **Numeralia River**: the Numeralia Rest stop on the Monaro Highway, along the river in the Numeralia village and at river crossings such as Chilakol, Rose Valley and Mt Forest Road.
- **Murrumbidgee River**: the Pumping Station (Murrumbidgee River Reserve), Dromore Road, behind the village of Bredbo and the Upper Murrumbidgee Reserve on Bolaro Road.
- **Cooma Creeks**: along the Cooma Creek in Cooma and at Mittagong Road crossing.

**TAKE PART IN A PLATYPUS COMMUNITY SURVEY**

Join Waterwatch for early morning surveys at Numeralia, Cooma Creek and the Murrumbidgee River to help better understand our resident platypus populations. Surveys will be run at 8am every Saturday during August and early September - no experience necessary. Contact Antia at Cooma Waterwatch to book a spot.

**WANT TO SPOT PLATYPUS AT BOMBALA OR DELEGATE?**

Platypus can also be seen in other areas of our region such as at Bombala and Delegate. Call into the Platypus Country Visitor Information Centre for more information and to pick up your Platypus Spotters Recording Sheet to report sightings in the Bombala and Delegate region.

For more info and to RSVP- 0429 778 633 or antia@coomawaterwatch.org.au

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**Nutrition Snippet**

**The simplest way... to make mid-week dinner easy.**

Serve a quick and easy veg-filled dinner your family will love, in just 15 minutes!

**Pizza**: spread wholemeal Lebanese bread with salt-reduced tomato paste. Top with sliced veg (e.g. tomato, capsicum, mushroom, artichoke, onion, olives) and reduced-fat grated cheese. Bake in a moderate oven until cheese is lightly browned.

Find more 15-minute meal ideas at eatittobeatit.com.au. Recipes include:

- Tuna couscous salad.
- Asian noodle soup.
- Potato frittata.
- Spaghetti bolognaise.
- Savoury toasts.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Vale

Robyn Battye

Born 2 June 1944
Born to eternal life 2 August 2016, after a short illness

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. May she rest in peace.

We acknowledge the tremendous work of Robyn at this school, as a canteen manager for many years, as a leader in the parent groups and as a mother and grandmother over several generations. Her quiet presence will be missed by many in our community.

Congratulations to the weekly Student Leadership Award winners: