Apart from remembering all saints and souls this last week, we can also focus on St Elizabeth, whose feast day is 5 November. The name Elizabeth means in Hebrew "worshiper of God." Elizabeth, wife of Zachary and mother of John the Baptist, is said to have been a cousin of Mary, and just after the Annunciation, Mary hurried off to the house of Elizabeth and Zechariah. Upon her arrival, the child in Elizabeth’s womb leapt for joy, and Elizabeth praised Mary as "the mother of my Lord" (Luke 1:43). From here we have the beautiful words of The Magnificat and the beginning of the preparation for the coming of Christ.

"My soul magnifies the Lord, and my spirit rejoices in God my Saviour; Because He has regarded the lowliness of His handmaid; for, behold, henceforth all generations shall call me blessed; Because He Who is mighty has done great things for me, and holy is His name…"

Tenacity is a quality that is often undervalued. Purposeful determination can lead to amazing achievements. And tenacity will outdo cleverness any day. I would encourage parents to talk to their children about being purposeful in their preparation for their final assessment tasks this year, to value their time in the classroom and to really strive for a personal best.

Recently, Isabelle Adams (in Year 4) came 15th at State for shotput. Representing the school and diocese at this level of competition is a pretty big deal. She won at the Mackillop competition in September in Sydney with a throw that was 2m better than her previous personal best, then went on to NSWPSSA State Competition, again at Homebush in Sydney, to place 15th in NSW. She was coached by Caroline Blyton and Tom and Quinton Stead in the lead up to Mackillop and State competitions. Isabelle has shown real determination and tenacity.

In the next week, I will be inviting the parent body through the School Board and the P&F to provide input into the Annual Improvement Plan for 2015. There are three key questions that form the basis of the work that we will do to shape this plan for the coming year. What are we doing well? What area/s could be improved? How do we know? ( ie what evidence do we have?). If you wish to contribute to this planning, you are most welcome to contact a member of the School Board or the P&F.

I was very proud of the parent body last Tuesday evening (for the welcome BBQ for new Kindergarten parents) and last Saturday (for the BBQ for the Snowy Ride checkpoint). There is so much energy going into supporting the school. We cannot survive without it. The next major fund-raiser is the catering for the Cooma Races on Saturday 6 December. Please join us.

Kind regards
Frances Robertson
Principal
Dear Parents and Students

**Change to structure of the day**

In 2015 there will be a change to the structure of the day in both Primary and Secondary. The main reason for this change is so that break times are aligned K-10. There are organisational and educational reasons to make this change.

### Primary

<table>
<thead>
<tr>
<th></th>
<th>Primary current</th>
<th>Primary 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROLL</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>Session 1</td>
<td>2 hrs</td>
<td>2hrs</td>
</tr>
<tr>
<td>BREAK 1</td>
<td>11:00-11:40</td>
<td>11:00-11:10 eating time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:10-11:40 play</td>
</tr>
<tr>
<td>Session 2</td>
<td>1 hr 40min</td>
<td>1hr 50min</td>
</tr>
<tr>
<td>BREAK 2</td>
<td>1:20-2:00</td>
<td>1:30-1:40 eating time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:40-2:10 play</td>
</tr>
<tr>
<td>Session 3</td>
<td>1hr 20 min</td>
<td>1hr 10min</td>
</tr>
<tr>
<td>HOME TIME</td>
<td>3:20</td>
<td>3:20</td>
</tr>
</tbody>
</table>

### Secondary

<table>
<thead>
<tr>
<th></th>
<th>Secondary current</th>
<th>Secondary 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROLL</td>
<td>8:55</td>
<td>8:55</td>
</tr>
<tr>
<td>P1</td>
<td>9:00</td>
<td>9:00</td>
</tr>
<tr>
<td>P2</td>
<td>9:50</td>
<td>10:00</td>
</tr>
<tr>
<td>BREAK 1</td>
<td>10:40-11:00</td>
<td>11:00-11:30</td>
</tr>
<tr>
<td>Homeroom Assembly</td>
<td>11:00</td>
<td>11:30-11:40</td>
</tr>
<tr>
<td>P3</td>
<td>11:10</td>
<td>11:40</td>
</tr>
<tr>
<td>P4</td>
<td>12:00</td>
<td>12:40</td>
</tr>
<tr>
<td>BREAK 2</td>
<td>12:50-1:35</td>
<td>1:40-2:10</td>
</tr>
<tr>
<td>DEAR</td>
<td>1:35-1:50</td>
<td>2:10-2:25</td>
</tr>
<tr>
<td>P5</td>
<td>1:50</td>
<td>2:25</td>
</tr>
<tr>
<td>P6</td>
<td>2:40</td>
<td></td>
</tr>
<tr>
<td>HOME TIME</td>
<td>3:25</td>
<td>3:25</td>
</tr>
</tbody>
</table>

The biggest change is in secondary where we will have 5 one hour lessons in 2015.

All staff were asked to comment on the proposed changes, with the final structure representing a compromise based on staff comments.

Thank you

Mark van Ommen
Assistant Principal
Canteen News

I’ve received lots of positive feedback from students who tried the Sweet Chilli Chicken Tenders in the wrap in last week’s meal deal. So that Years 4, 5, and 6 (who were participating in the Milo cricket day) can try them we will have the same meal deal again this week:

   Sweet Chilli Chicken Tender Wrap + Drink = $6

The wrap will be made from school canteen approved Sweet Chilli Chicken Tenders served with light mayo, lettuce, grated carrot and cucumber.

**COMPETITION TIME**: Name the meal deal!! What should we call the "Sweet Chilli Chicken Tender Wrap" meal deal? Write your idea on your lunch order and I will pick a winner!! The winner will receive their meal deal for free :)

This week’s canteen volunteers are:

Wednesday 5/11: 10am Marjorie Revelant (morning and afternoon)
Thursday 6/11: 9am Grant Pascoe, 10am Rebecca Croke, Sara Souter
Friday 7/11: 10am Sara Souter, 12.30pm Howard Brown

Wednesday 12/11: 10am Grant Pascoe

It’s been very difficult to choose who to give the Canteen Healthy Food Choice Award to recently because so many students are continuing to order healthy options, and so many are starting to try new things which are being offered on the menu. On Tuesday this week, there was a fantastic lunch order from Kalim Khoury in Kindergarten, everything in the lunch order was a healthy choice - congratulations to Kalim for receiving the award this week!!

This Thursday I will be showcasing our canteen at the Southern NSW Local Health District celebration of 10 years of the NSW Healthy School Canteen Strategy. If you are interested in attending this with me you are more than welcome to come along. A big thank you to Grant, Sara and Rebecca who will be running the canteen in my absence on that day.

Please don’t hesitate to contact me at the school if you have any feedback or would like to come and help!

Caroline Blyton
Canteen Manager
caroline.blyton@cg.catholic.edu.au

and coming events....

**Saturday 8 November**
First communion 6pm - 7pm

**Sunday 9 November**
First Communion 10am - 11am

**Tuesday 11 November**
KinderStart Day 12.00-1.30pm
Yr 7 SPOT Day 9.00 –11.00 am

**Thursday 13 November**
‘The Pitch’ competition with 9/10 Drama & Food Tech

**Friday 14 November**
Yr 10 Martin Schoo Basketball 9am
Drama Performance Yr 9/10 & Drama Club 5.30pm - 6.30pm

**Saturday 15 November**
P&F Second Hand Uniform Sale

**Monday 17 November**
Yr 10 Living & Learning week
Yr 10 First Aid
Yr 1/2 - Madam Mulch & the Great Fertilizo

**Tuesday 18 November**
Yr 10 Living & Learning week
Yr 10 First Aid
Learner Driver Information evening 6pm - 8pm School Library

**Thursday 20 November**
Yr 7/8/9 Martin Schoo Basketball 9am
KinderStart – RRR you ready for School?
KinderStart

We look forward to the next KinderStart Day on Tuesday 11 November 12.00 until 1.30pm.

Thank you to Mr Introna’s Year 5 students for being wonderful buddies for the new students. They appreciated the treasure hunt game and the welcome cards.

www.stpatscooma.nsw.edu.au
Welcome to all students coming into Year 7 2015.

We left primary school in the morning. After meeting other students we will start Year 7 with, we had a chance to ask current Year 7 students about high school. They answered our questions about class and personal organisation in high school and how to handle the transition. We got separated into groups and got to tour the school with the Year 10 representatives. Next, we visited classes and got to see what we will be doing. Art and Science were our favourites. After the tour, we got to try out a PASS class. Working in teams, we tried out different sports such as Volleyball, European handball and Frisbee. Our favourites were the Volleyball and Frisbee. Lunch was the next stop in our morning, where we got to sample the yummy canteen foods and check out how the other students spend their lunchtime. When the bell rang we said goodbye to our new friends and headed back down to the primary school. Overall, we really enjoyed it and look forward to the chance to be part of a high school class.

Irelend Ward and Hugo Steiner
Yr 9 Camp - Written by Lochie Marks

On 22 October we set off to Mogareeka to participate in a camp that went like none of us had expected. At Mogareeka we had to pack our bags (although some of us had over-packed a bit and our stuff had to be left behind!) We were thinking, ‘There goes my phone, my showers and some episodes of Walking Dead’. We also met this nice fellow called Sven.

He was funny and loved the bush and its inhabitants and was a real character. As soon as we packed our bags, we got straight into the hike—a fairly easy walk on the way to our first campsite, which was right next to the beach.

Dinner on the first night consisted of noodles, chicken and vegetables, all cooked by us on camp stoves. After dessert, we gathered around the campfire and shared a few jokes before climbing into our three person tents for the night. A few of the guys were awoken by a loud man roar (girly scream) in the middle of the night and that was how we learnt that Andreas is terrified of spiders.

We were woken up at the crack of dawn to have breakfast, pack our bags and build a raft for a river crossing. Sven taught a group of us how to tie knots and assemble the raft so that all of us, with our clothing and gear, would get to the other side dry. Our raft builders did an excellent job, with not one bag or person making a surprise dip into the water! Some students then had to brave the cold water to swim across Bithry Inlet after disassembling the raft. All up, it was a fabulous experience.
Year 9 Camp
## Examination Timetable for Secondary

### Year 10 Exams

**Week 6**

<table>
<thead>
<tr>
<th>Period</th>
<th>Monday 10.11.14</th>
<th>Tuesday 11.11.14</th>
<th>Wednesday 12.11.14</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maths 1.5hr</td>
<td>Science 1.5 hr</td>
<td>History 1 hr</td>
</tr>
<tr>
<td>2</td>
<td>Maths</td>
<td>Science</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>Geography 1 hr</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>IST PASS</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>IST PASS</td>
<td></td>
</tr>
</tbody>
</table>

**Other:**
- RE 3.11.14 period 4
- Drama – 4.11.14 period 3
- English 5.11.14 Period 5
- PDHPE 13.11.14 Period 5
- Ag: 14.11.14 period 3

### Year 9 Exams

**Week 7**

<table>
<thead>
<tr>
<th>Period</th>
<th>Monday 17.11.14</th>
<th>Tuesday 18.11.14</th>
<th>Wednesday 19.11.14</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Science 1.5 hrs</td>
<td>Maths 9.1 1.5 hr</td>
<td>Geography 1 hr</td>
</tr>
<tr>
<td>2</td>
<td>Science</td>
<td>Maths 9.1</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>History 1 hr</td>
</tr>
</tbody>
</table>

**Other:**
- Drama – 4.11.14 period 3
- English 9.1- 11.11.14 Period 1
- PDHPE- 11.11.14 Period 3 and 4
- Ag: 14.11.14 period 3

### Year 8 Exams in class

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>English 8.1</td>
<td>6.Nov</td>
<td>4</td>
</tr>
<tr>
<td>RE- both classes</td>
<td>7th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Geography</td>
<td>10th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Maths- Knott</td>
<td>13th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Science- both classes</td>
<td>18th Nov</td>
<td>5</td>
</tr>
</tbody>
</table>

### Year 7 Exams in Class

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Mrs Mackay</td>
<td>3.11.14</td>
<td>5</td>
</tr>
<tr>
<td>English Mrs Stubbs</td>
<td>4.11.14</td>
<td>4</td>
</tr>
<tr>
<td>RE 7.2</td>
<td>6.11.14</td>
<td>4</td>
</tr>
<tr>
<td>RE 7.1</td>
<td>7.11.14</td>
<td>4</td>
</tr>
<tr>
<td>Science- both classes</td>
<td>10.11.14</td>
<td>2</td>
</tr>
</tbody>
</table>
Thank you to the P&F parents

Last Saturday, there was an enormous amount of work done to cater for the Snowy Ride Checkpoint at Centennial Park. The purchase, cooking and preparation of the food, the set up on the day, the serving of an almost continuous line of visitors, the clean up and sorting of money took many hands.

St Patrick’s school community is very grateful for all those who lent a hand.

An amazing $1800 was made on the day.

If you were able to help on that day, thank you, thank you, thank you.

WE LOOK FORWARD TO SEEING AS MANY HANDS AS POSSIBLE AT THE COOMA RACES ON 6 DECEMBER.

IT’S OUR SCHOOL AND WE WANT IT TO BE THE BEST IT CAN BE!
Student News

Thank you to Olave Wilkinson for her delightful cello recital in the Principal’s office this week. She has only been learning this year and was able to competently play five songs.

Congratulations to the St Patrick’s students who are making their First Holy Communion this weekend at either the Saturday evening (at 6pm) or Sunday morning (at 10am). The whole Parish will be witness to this important event. In two weeks’ times there will be a Thanksgiving Mass followed by a celebration (Sunday 23 November in the Parish Centre). Please remember to pray for these young people as they continue their spiritual journey.

There are three new Kindness Ambassadors in Year 2: Abigail, Grace and Chloe. They are on a mission to notice kindness in others and to encourage their friends to be kind.

Year 6 students have begun their TAG mornings in the Secondary school. They are ‘attached’ to a Year 7 students to follow them and see how things work up on the hill. This is a new initiative this year and so far, it has been very well received.

Four Year 9 students will be attending the Just Leadership Day on Friday at St Mary MacKillop College. The focus is on achieving a more just world and looking at the work of Caritas in trying to do that. Thank you to Alex Swan, Jake Crawford, Abby Macnab and Madeleine Rooney for taking up this challenge. We are looking forward to the feedback from this conference.
MCcR
MONARO COMMITTEE FOR CANCER RESEARCH
INVITES YOU TO

THE GARDEN PARTY
ENJOY A GOURMET CHAMPAGNE LUNCH
LOCAL BOUTIQUE SHOPPING STALLS

11.30 AM - 3.30 PM SATURDAY 8 NOVEMBER 2014
COOLRINGDON PARKLAND GARDENS - KOŚCIELOSKO ROAD, COOMA

WANDER THROUGH THE PARKLANDS AND DISCOVER UNIQUE SHOPPING STALLS,
TAKE A GARDEN TOUR, RELAX WITH FRIENDS AND
SUPPORT A GREAT COMMUNITY CAUSE

THE GARDEN PARTY - SATURDAY 8 NOVEMBER 2014
LIMITED TICKETS | $60 | MCCR.ORG.AU

MCcR
WWW.MCCR.ORG.AU
SOUTH EAST PRINTING - COOMA | LITTLE OUTLAWS - JINDABYNE | LOU LOU'S - BOMBA
Being happy is not just about feeling good. Research shows that it also makes us healthier, more productive – and nicer. Happiness is about being able to make the most of the good times – but also to cope effectively with the inevitable bad times, in order to experience the best possible life overall. Or, in the words of the biochemist turned Buddhist monk Matthieu Ricard: “Happiness is a deep sense of flourishing, not a mere pleasurable feeling or fleeting emotion but an optimal state of being.”

When it comes to the happiness of society as a whole, the sad truth is that in recent decades we have become substantially richer but not happier.

Research shows that people who are happy as young adults earn more money than their peers later in life. Organizations that invest in keeping their employees happy are more productive. In healthcare, doctors who are happy have been found to make faster and more accurate diagnoses.

In education, schools that focus on children’s social and emotional wellbeing experience significant gains in academic attainment, as well as improvements in pupil behaviour. Happiness has also been linked to better decision-making and improved creativity.

A review of more than 160 studies found “clear and compelling evidence” that happier people have better overall health and live longer than their less happy peers. They are around half as likely to catch the cold virus and have a 50% lower risk of experiencing a cardiovascular event such as a heart attack or stroke. There is even evidence that happiness is contagious, so that happier people help others around them to become happier too.

So, rather than success being the key to happiness, happiness could in fact be the key to success. Happiness is the thing we want most for the people we love the most. That’s why it matters so much.

Cooma North Preschool - Now taking enrolments for 2015

If you are considering placement of your child in a preschool that provides an excellent foundation for your child’s learning, then consider Cooma North Preschool.

Cooma North Preschool aims to provide priority of access to early childhood education for all 4 year old children who turn 4 prior to 31 July 2015 (and limited places for 3 year old children who come under the Department of Education and Communities equity groups).

We offer a safe and supportive learning environment, directed by a qualified Early Childhood Teacher and guided by a range of curriculum frameworks, regulations and our philosophy.

We value children as competent learners who learn best through play and active involvement with their environment. Our natural outdoor learning environment provides many learning experiences with chickens, worm farm, vegetable patch, creek bed and covered learning areas.

We are currently taking enrolments for the 2015 school year and would love to hear from you. For further information or an enrolment package, please feel free to contact us on the details below or alternatively call in for a visit and a look around.

Ph/Fax: 6452 1198
Email: coomanthpreschool@bigpond.com.au
Web: www.coomanorthpreschool.com.au
Head Lice....

These irritating pests are back at school!! Please check your child's hair carefully for any signs of lice and treat accordingly. Any student with lice must remain away from school until after treatment has commenced. Anyone with hair on their head can 'catch' head lice by direct head-to-head contact with someone who already has head lice. Casual contact, such as merely brushing up against someone else’s hair, is not likely to give you head lice. Cleaning the home or bathing frequently does not prevent or get rid of head lice. Preventing head lice is best accomplished by properly treating those who already have head lice. If you or your child suffers from an itchy scalp, look carefully for head lice. Talk to a medical professional or pharmacist for suggestions on how to treat and eliminate head lice.

New time for Storytime!
2pm at Cooma Library

Every month we have storytime at Cooma Library for pre-schoolers, toddlers & babies. Everyone is welcome to join in, tell a story or to just listen, enjoy, sing some songs or make some craft.

Our next storytime
Wednesday November 19th
2pm Cooma Library

GET in2 CRICKET

MILO in2CRICKET introduces girls and boys to Australia's favourite sport. It's fun, safe and teaches basic skills to help kids learn to play just like their Australian Cricket Heroes.

IN2CRICKET.COM.AU
MONARO FAMILY SUPPORT SERVICE
INVITES YOU TO
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A two-session parenting program for parents and carer’s
to be held at
Cooma
Monaro Family Support Service
(Above Percy’s Newsagency. Entry in either Sharp or Vale Streets)

**Tuesday 4th November** 1.30pm – 3.30 pm
**Tuesday 11th November** 1.30pm – 3.30 pm

**Learn:**
- To engage your children’s cooperation by positively noticing and encouraging them
- To set clear expectations and help develop frustration tolerance
- To help children’s brains to develop filters for behaving well
- To resolve family conflict quietly
- Some simple strategies to practise being a calm parent

**COST – FREE**  **AFTERNOON TEA PROVIDED**

For more information, or to register contact:
**Kath @ Monaro Family Support Service, Phone: 02 6458 4888**
**Liz @ Monaro Family Support Service, Phone: 02 6452 3450**

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parents@shopt licensed practitioner.  www.parentshop.com.au