A huge vote of thanks goes to the Year 10 team who organised the Big Sleepout at St Patrick's for the very first time last Friday night. Claire, Emma, Jacob and Nicola worked hard to prepare for this fund-raiser to support St Vincent De Paul's Winter Appeal.

There were 20 students involved and I am grateful for their real commitment to this form of community service that directly supports social justice for people on the Monaro. I am also grateful for the support of Mr van Ommen for his help in supervising on the night.

The night started with doing some research about the extent and the impact of homelessness. Some pretty sobering statistics were shared. We also watched The Pursuit of Happiness, a video that clearly demonstrated how homelessness can result in a run of bad luck and a person often only needs one good break to kick start their life again. There was no sleep to be had in either the girls’ room or the boys’ room, and this may have been the result of investigating the darker damper parts of the school. They can be pretty spooky places in the dark!

It was wonderful to hear young people together, doing something for others and doing it with a smile. The most amazing part of it all was that Year 10 have raised over $2000 already. Thank you to the families who supported them.

Each Homeroom and Primary and Infants’ classes will now try to devise creative ways to raise enough money for one blanket to be donated to the Vinnies Winter Appeal. All donations (money or blankets) can be left at the office.

School fees for Term 3 have been emailed to families and the date these are due is 25 August if there are not already arrangements in place for instalment payments or direct debit. There is also the option of CentrePay for those whose receive CentreLink payments. I remind parents of their obligations regarding fees but also invite people to keep the communication going with the school if circumstances have changed. The School Building Fund is a great way to actively support the school. Many people may be of the impression that this fund is going towards some future building program. Yes it is... partly. Although it is an optional part of the school fees, we really rely on these funds to help pay for day to day maintenance, major alterations, the rates, building insurance, security, cleaning, painting, plumbing,... this list goes on and on... to ensure that there are buildings and that they are in good order for the purpose of educating your children. The benefit for you is that payments are tax deductible.

Thank you to the students and parents who joined us in commemorating the life of Ms Sabina Kovats last Friday evening in Jindabyne. It was a gentle service and I appreciate the contribution that St Patrick’s was able to give. We also extend our condolences for the mother of Mrs Angie Introna and Carolyn Hely, who died on Sunday morning after a long illness. May Mrs Jennifer Cole rest in peace.

Your sincerely
Frances Robertson
Principal

Truly, I say to you, as you did it to one of the least of my brothers, your did it to me (Matt 25:40)
From the AP’s Desk

8th August is the Feast Day of St Mary of the Cross (MacKillop)

As I write here, I am conscious of sitting in the very room that was the parlour of the convent and the place that was visited by Mary MacKillop on her journey through from Eden.

She was a woman who was very conscious of the plight of the poor and needy. She worked with families that lived in isolated areas of Australia.

As a result, Mary MacKillop pioneered a new form of religious life in Australia and commenced a system of schools that would provide education, especially for the children of the poor.

In 1873, Pope Pius IX gave Papal approval for the Congregation of the Sisters of Saint Joseph. Even today, many Australians can say that they too have felt the impact of the enormous work started by St. Mary of the Cross (MacKillop), having been educated or cared for, by the Sisters of Saint Joseph. She was noted for her trust in the providence of God and miracles of healing have been attributed to her. She was declared a Saint by Pope Benedict XVI on the 17 October 2010.

We are lucky at St Patrick’s to also have our own connection to St Mary MacKillop.

Safety on the roads, especially after an excursion, is crucial. There is a temptation, when students pile off a bus, to trot across the road. As adults, we must also provide a positive example to younger people and help them to resist that temptation by walking together over crossings, choosing safe place to park and not calling students over the road in unsafe places. An accident after a great day at the snow, or wherever, would be tragic.

And it happened! Mrs Robertson had her first ever skiing lesson this week. St Patrick’s is, indeed, a place of learning!

and coming events....

<table>
<thead>
<tr>
<th>Thursday 7 August</th>
<th>Thursday 14 August</th>
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<tr>
<td>Stage 1 Fundraiser - dress up</td>
<td>Yr 3-6 Primary League Tag (girls)</td>
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<td>Australian Maths Competition</td>
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<td>Yr. 3-10 Archdiocesan Athletics</td>
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<td>School Board meeting</td>
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<td><strong>Friday 8 August</strong></td>
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<td><em>Oliver!</em> full cast rehearsal</td>
<td>Yr 10 Bournda excursion</td>
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<td>Yr K-2 Snowsports</td>
<td>Yr K-2 Snowsports</td>
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<td><strong>Monday 9 August</strong></td>
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<td>Yr 7-10 Snowsports</td>
<td>Sacrament of reconciliation 10am</td>
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<td><strong>Tuesday 10 August</strong></td>
<td><strong>Monday 18 August</strong></td>
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<td><em>Oliver!</em> full cast rehearsal</td>
<td>Yr 3-6 Snowsports</td>
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<td>Reconciliation Meeting at St Patricks Church</td>
<td>Book Week</td>
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<td><strong>Wednesday 13 August</strong></td>
<td><strong>Tuesday 19 August</strong></td>
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<td><em>Oliver!</em> full cast rehearsal</td>
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<td>Yr 7-10 Social - The Future</td>
<td>Yr 3-6 Snowsports</td>
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<td><em>Oliver!</em> full cast rehearsal</td>
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<td>Kinder STEP Days begin</td>
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www.stpatscooma.nsw.edu.au
Uniform matters...

Why have a uniform? An even playing field, positive school spirit, economics and a consistent dress code are all reasons for the benefits of a school uniform.

How does it help us to be a place of learning, safety and belonging?

A uniform allows the focus not to be distracted from our core purpose: learning. Putting on a uniform mentally signals that it is a school day: a day for learning. In addition, students are recognisable as members of our school community (and non-students are also then recognisable). A uniform can create a team environment. There is some research that has shown that children experience emotional comfort with the sense of unity, pride and safety that aspects of schooling like the uniform provide.

What are the criteria used when deciding a school uniform?

- **Equity**: What is fair for everyone, including those who really struggle to make ends meet and those with several children attending school? A uniform should show good value for money and diminish any economic barriers for families and their children. It also not present any cultural barriers.

- **Comfort**: What will allow students to move freely for a variety of activities? Uniforms are simple, time-efficient and should allow the youngest student to be an independent dresser. It should also be warm in winter and cool in summer.

- **Presentation**: What will help to build school pride and can be easily maintained? What can be worn by all body shapes and sizes and still be flattering? The uniform should reflect our expectations for excellence in everything.

- **Legislation/Guidelines**: What are the requirements by various organisations or government bodies? How can we meet the Work, Health and Safety (2011), anti-discrimination and equal opportunity (1977) legislation? How can we avoid litigation in the future? What other bodies (e.g., Cancer Council) can effectively inform us in making good uniform decisions? Aspects of the uniform related to safety, (e.g., safe footwear, eye protection and hats) will need to be enforced as appropriate.

If there were to be any discussions about uniform, these are the core indicators that would be the benchmark for any possible changes. There are quite a number of people (including some future parents) who have raised questions about the status of the uniform at St Patrick’s. I have also received a number of letters and emails about aspects of the uniform. This is always welcome. One area of question is about the need to have beige shirts in Infants and Primary. There are quite a number of people who have indicated that they would prefer a white shirt because of cost factor, uniformity with the Secondary department and smartness of presentation. I will continue to listen to parents’ opinions. If there is sufficient groundswell on any matter relating to uniforms, I will survey all parents.

There are times when something new needs to be considered because of a change in the availability of a particular product (e.g., sport tracksuit) or there is a clear indication that safety is at stake (e.g., with covered shoes), or the guidelines are now more explicit (e.g., with hats). We really don’t have any choice but to bite the bullet and make informed change.

*If* there are ever any changes, these will always be a gradual introduction, preferably starting with Kindergarten and/or as people replace current uniform items. At this stage, there are no plans to overhaul the uniform or to introduce any changes that are not either needed (i.e., legislated) or the basis of consultation with parents.
Students Who Achieve Greatness

Bailey Benn, Cameron Fletcher, James Burke, Charlie Fletcher, Abby Douch, Tia Quodling, Ellie McGufficke, Kate Carton, Gus Brabham, Keira Johnson, Anna Brayshaw, Ollia Stockl, Remi Brademanne, Sami Fraser, Julia Bottom, Matilda Joyce

Well done, children!
Year 7—Totally absorbed in meditating with mandalas
Interviews for the new 2015 Year 7 students

Thank you to the families new to St Patrick's Parish School who have booked interviews for Year 7 2015. The offer of a placement letter will be sent shortly to these families.

If you know any other families who are considering St Patrick's for Year 7, or any other year level, can you please encourage them to contact the school, sooner rather than later. We are obliged to begin planning our class organisation and staffing for 2015 at this time of year.

We look forward to getting to know the new families and welcome them to our community.

The Big Sleepout at St Patrick’s

I'm ready for the minus 5 temperature.

And they all rolled over and one fell out....

Is there someone else joining our group?

Breakfast at 5am... whose idea was this??
Parish home-based Sacramental Program –
the Sacrament of Reconciliation (Words from the Parish)

What is a Sacrament anyway?
In the Church, we celebrate seven sacraments – there are some which are celebrated once only in our lives, like Baptism; and there are others which can be celebrated and received as often as wanted, such as Reconciliation and Eucharist. Sacraments are gifts – spiritual gifts – which nurture and sustain us. They enfold us closely in the mission of the Church - and that mission is to tell the Good news of Jesus that God is love (and if necessary, to use words in doing so). They nourish the spirit and enable the task of contributing to the building up of God's kingdom. They are ritualised in symbol, word and action.

The Sacrament of Reconciliation
The Sacrament of Reconciliation (known as ‘Confession’ in the past) celebrates the gift of forgiveness and peace and the unconditional love of God. As members of the human family, we contribute to the wellbeing and happiness of each other. And sometimes we fail. When that happens, we try and rectify it by restoring that friendship through our words and actions. We do it in the usual way through our words ('I'm sorry') and through our actions ('Let me make it up to you in some way'). As members of the family of the Church, we do this on a spiritual level as well through the Sacrament of Reconciliation. We ask God to be present in that restoration, to be healer in our relationships and to be the sustainer of all our resolves to do better.

The tangible reality of forgiveness in the Sacrament of Reconciliation is a powerful action of God's love that brings both peace in the healing as well as the grace to try and live more authentically as a son or daughter of God.

Please remember in prayer all our young people in our Parish who, through the support of their families, are now being prepared for the reception of this Sacrament.

Oliver!

The opening night of ‘Oliver!’ is on Friday 22 August. If you are able to make or bring slices/ cakes/ canapés / sandwiches/ nibbles for this Gala event, please let Mrs Fraser know on maryann.fraser@cg.catholic.edu.au

Your items could be left at school on the day or brought to the Cooma Little Theatre by 6:30 pm.

Thank you in anticipation of your support.

Book Week is coming!

On Thursday 21 August, students from Kindergarten to Year 6 will be involved in Book Week celebrations.

This year's theme is ‘Connect to Reading’.

A Book Fair will occur during the week. Parents are encouraged to support the Book Fair as the proceeds provide books and resources for our school. Parents will be able to purchase items to take home to share.

On Thursday 21 August, we will hold the annual Book Week Parade. Children are encouraged to come to school dressed as a character from a favourite book.

A parade of characters will commence at 12:15 pm under the Primary shade shelter. The Book Fair will be open in the Library after the parade. Students will participate in literacy based activities during book week, 18 August to 21 August 2014.
On any given night in Australia, 1 in 200 people are homeless.

Where are they?

State and Territory distribution of people experiencing homelessness on Census night (rate per 10,000)

- NSW: 15.0
- ACT: 10.0
- QLD: 8.0
- SA: 6.0
- VIC: 5.0
- QLD: 4.0
- WA: 3.0

- Number of people 106,237
- Male 56%
- Female 44%
- 25% Indigenous
- 30% born overseas

How old are they?

- 75+: 2% (2,020)
- 65-74: 4% (4,740)
- 55-64: 8% (8,640)
- 45-54: 12% (12,507)
- 35-44: 14% (14,484)
- 25-34: 18% (19,312)
- 19-24: 15% (15,225)
- 12-18: 10% (10,913)
- Under 12: 17% (17,845)

Who are they?

- Improvised dwellings, tents or sleeping out: 6%
- Supported accommodation for the homeless: 20%
- Staying temporarily with other households: 17%
- Boarding houses: 17%
- Other temporary lodging: 1%
- "Severely" overcrowded dwellings: 9%

- Of people who stay in boarding houses: 74.4% male, 25.2% female
- Of people who stay rough: 67.4% male, 32.6% female
- Of people staying in supported accommodation for the homeless: 48% male, 52% female

Why are they homeless?

From polling of people seeking support from specialist homelessness services:

- 25% Domestic and family violence
- 15% Financial difficulties
- 13% Housing crisis
- 10% Inadequate or inappropriate dwellings
- 6% Relationship or family breakdown
- 5% Housing affordability stress
- 26% Other reasons

References

Australian Bureau of Statistics:
Australian Institute of Health and Welfare:
Specialist Homelessness Services 2011-12, 2012

Produced by Homelessness Australia
Homelessness Australia
@homelessnessaus
www.homelessnessaustralia.org.au
Canteen News

I’d like to thank the St Patrick’s school community for the warm, friendly welcome I have received as the new Canteen Manager.

This term the canteen will be available four days a week, Tuesday to Friday. There will be a few changes to the canteen menu but don’t panic – over time I hope to add lots of fresh, healthy, seasonal produce and recipes to tempt your tastebuds!!

Friday meal deals for the whole school will be in the newsletter each week, and mini-canteen will be available to Infants and Primary on a Wednesday whenever possible.

Please don’t hesitate to contact me at the school if you have any feedback on what works and what doesn’t, questions about volunteering in the canteen, recipes you would like to share, or if you have any ideas for theme days.

A full roster of volunteers (all welcome: parents, grandparents, carers, St Patrick’s community members) will result in more variety and fresh food for the students– volunteers can start at 10am to help with the Infants and Primary Lunch Orders, or 12pm to help with prep for the following day.

The roster for Term 3 is attached – if you can fill a spot please contact me at the school. A volunteer’s form is attached, please complete and return to the school. An updated canteen menu is also attached.

I’m looking forward to lots of good food, laughs and smiles in the canteen!

The meal deal this Friday for Infants, Primary and Secondary will be

Nachos and a drink (flavoured milk or juice) for $5.

Specials for Secondary students will be displayed at the canteen – check the board daily!!

Caroline Blyton
Canteen Manager

SCIENCE THINGS TO DO DURING NATIONAL SCIENCE WEEK

16 - 24 AUGUST 2014

We invite all students and parents to view the National Science Week website as there is a wealth of activities and competitions that will inspire the scientist in you!

http://www.scienceweek.net.au/

FOR SECONDARY STUDENTS - Mouse Trap Car Making and Straw Bridge Building!

Each lunchtime during National Science Week the Secondary Science Laboratory will be open to secondary students if they would like to come in and have a go at making a mouse trap car or straw bridge. On Friday, the last day, staff will be judging the speed of the cars and strength of the bridges.

Students may enter individually or in pairs and are to nominate by talking to their Science teacher in the weeks prior to Science Week.
The response to the Seasons for Growth educational program has been terrific! Groups started in Week One of this term.

It includes students from all primary school age groups and we are presently at maximum capacity for the middle and upper primary age groups. We hope to have a similar response from the high school students next term.

So far, the children have had a variety of educational activities and fun that focus on the concept of seasons, change and how life is full of change (both positive and negative) and how this is a natural part of life. Each session will continue to build on the concept of change and direct student focus onto developing and enhancing problem solving and communication skills.

As valued parents, we appreciate and welcome any feedback or input from you or if you simply would like more information about this program please contact Jenny on 0437565984 available Tuesdays & Wednesdays.
What’s On ……..

DALGETY PUBLIC SCHOOL IS CELEBRATING OUR 125TH ANNIVERSARY and you are invited

Celebrations will be held on SATURDAY 20TH SEPTEMBER 2014 between 10am – 2pm in the School grounds.

All past and present staff, students, families, sponsors and community members are invited to participate in this celebration.

We would love it if you would write down the dates you were here and some of your thoughts, memories and experiences during your time spent here at our wonderful primary school on the banks of the Snowy River and send them to us to be shared with everyone on the day.

Thank you and we hope you are able to join us for this great celebration.

R.S.V.P. Friday 5th September 2014
**Children & Grief – How parents can help**

**Tell the truth.** The alternative - hiding information - causes children to feel confused, unable to turn to adults for help, and mistrustful of other information.

**Be simple and direct.** Use correct words and language. Although this may be difficult for adults, saying someone has died is preferable to potentially confusing euphemisms such as "he went to sleep," (children sometimes fear sleep as a result) or "he passed on," and "we've lost him."

**Reassure children they are not to blame.**

**Model appropriate responses.** Do not hide emotions. Explain feelings as a way to help children understand their own, but keep expression of strong, dramatic feelings for private times with other adults.

**Find ways for the child to be involved with family if at all possible.** Participating in hospital routines or funeral rituals in whatever way they feel most comfortable can demystify events for children and provides closure.

**Encourage the child to talk and ask questions.** Find out what a child thinks and feels and correct any misconceptions or misinformation. Read related stories and/or poetry together.

**Become attuned to and respond to the child's own pace for revealing feelings.** Offer opportunities for comfort by being available whenever the child/teen is ready or is experiencing some strong emotion.

**Allow and encourage expression in private ways** (e.g. use of journals, art).

**Acknowledge and affirm children's expressions.** Accept and normalize their response.

**Have more than one conversation.** A child's familiarity, interest, and questions about difficult situations change over time. Be available and look for teachable moments or opportunities for further exploration.

**Provide understanding, support, and extra guidance** or assistance with school assignments, social obligations, and home chores as necessary over time.

**Explore their feelings about the situation or death.** Understand their beliefs and how being confronted with death can stimulate related personal feelings.

**Realize children may make comparisons;** they may comment on and wish for things to be the way they used to be, compare times before and after events, compare the surviving parent to the one who has died, or their life to that of others.

**Talk to and enlist the support of other adults** (such as teachers and coaches) who are in contact with the children.

**Become familiar with cultural and religious beliefs and practices.** Being sensitive to specific rituals and customs is important for understanding how to respond, how to tailor comfort, what is within the realm of expected behavior, and how to prepare and involve classmates.

**Monitor a child’s response over time and check out any concerns with a mental health professional.** Encourage and help the child to collect keepsakes and construct and maintain memories.

(New York University Child Study Centre - [www.aboutourkids.org/families/keeping_kids_healthy](http://www.aboutourkids.org/families/keeping_kids_healthy))
School Board, St Mary MacKillop College Pathway – Part 2

Last week I spoke about St Mary MacKillop Year 11 and 12 pathways. This is a continuation on from that article and addresses key areas that our parental community at St Patrick's Parish School will be interested in reading.

You may ask: Why are Majors and Minors important?

There are two reasons why Majors and Minors matter:

Some tertiary institutions have prerequisites or recommendations that a particular course be completed in Year 11 and 12 as a Major or Minor. Students seeking an ATAR must complete at least three majors and three minors to be eligible.

So what is an ATAR?

Australian Tertiary Admission Rank

Rank is a number between 30.00 and 99.95
Used for immediate entry into University
Also you need to complete at least 20.0 points of units
You must have completed: 4 Tertiary majors and 1 minor or 3 Tertiary majors and 3 minors
You also need to site the AST examinations in September of your Year 12

What are the AST examinations?

The ACT Scaling Test consists of three exams, these are completed by all ATAR seekers in the ACT on the first Tuesday and Wednesday of September in Year 12. These tests help to rank all ACT Tertiary students St Mary MacKillop College assists and prepares all Year 12 students with these examinations prior to sitting the exams throughout their Year 12 school year.

What are the keys to success for a Year 11 and 12 students?

There are essentially three keys to success:

1. **Organisation:** It cannot be stressed enough how important it is for students to be on top of their course commitments.
2. **Course Achievement:** Individually, students need to achieve the best results they can in class.
3. **AST Achievement:** As a group, the graduating cohorts need to achieve their best result in the AST examinations.

St Mary MacKillop College provides a Year 11 academic mentoring program. The aim of this program is to enhance their study skills and AST preparations. This may take the form of a small group or year-based sessions.

In last week’s school newsletter article from the School Board I spoke about "Vocational Courses" and what this means.

The following Vocational Certificates are available at St Mary MacKillop College at the moment:

| Certificate I in Furnishings | Certificate II in Applied Fashion Design and Technology |
| Certificate I in Hospitality (Kitchen Operations) | Certificate II in Hospitality |
| Certificate I in Hospitality Certificate II in Creative Industry (Media) |
| Certificate I in Information Technology Certificate II in Information, Digital Media & Technology |
| Certificate I in Workplace Skills Certificate II in Music Industry |
| Certificate II in Live Production, Theatre and Events |
| Certificate II in Sport and Recreation |
| Certificate II in Community Services |
| Certificate II in Construction Pathways |
| Certificate II in Business |

Note: All courses are offered subject to sufficient class enrolments. Some courses may only be offered as a minor depending on enrolments.
Below are a list of subjects offered by St Mary MacKillop College for Year 11 and 12 students.

Careers Work Education AV
English T or A
Food and Textiles and Fashion TV or AV
Hospitality TV or AV
Social and Community Work AV
IT & Industrial Technology Information Technology TV or AV
Construction Pathways AV
Furniture Construction AV
Design and Graphics (Technical Drawing) T or A
Mathematics Specialist Mathematics T
Mathematical Methods T
Mathematical Applications T
Essential Mathematics A
General Mathematics A
Modern Languages Beginning Italian T
Beginning Mandarin T
Continuing French T
Continuing Japanese T
Performing Arts Dance Studies T or A
Drama T or A
Holistic Music T or A
Music Industry C
Production for Live Theatre AV
Physical Education Human Movement T
Physical Education A
Sports Training for the Elite R
Sport and Recreation (Recreation and Fitness) AV
Religious Education Religious Studies T or A or R
Science Biology T
Chemistry T
Earth and Environmental Science T
Physics T
SOSE Business Administration AV
Business T or A
Economics T
Geography T or A
History T or A
Legal Studies T or A
Psychology T or A
Sociology T or A
Visual Arts Visual Art T or A
Photography T or A
Graphic Design T or A
Media TV or AV

Modified courses (M courses) are currently available in:
• Business Studies • Photography
• Hospitality • Furniture Construction
• Work Education • Social & Community Work
• Religious Education • Business Admin
• Mathematics • Construction Pathways
• English • Fashion

A Accredited Course
T Tertiary Course
V Vocational Course
R Registered Course
C C Course (Competencies)

However, M courses can be made available in any unit a student wishes to undertake
In latest interview, Pope Francis reveals top 10 secrets to happiness

(By Carol Glatz Catholic News Service)

VATICAN CITY (CNS) -- Slowing down, being generous and fighting for peace are part of Pope Francis’ secret recipe for happiness. In an interview published in part in the Argentine weekly "Viva" July 27, the pope listed his Top 10 tips for bringing greater joy to one’s life:

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."

2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."

3. "Proceed calmly" in life... (in order) to have "the ability to move with kindness and humility, a calmness in life."

4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he said. Turn off the TV and eat together.

5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said.

6. Find innovative ways to create dignified jobs for young people. "We need to be creative with young people... It's not enough to give them food," he said. "Dignity is given to you when you can bring food home" from one's own labour.

7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"

8. Stop being negative. "Letting go of negative things quickly is healthy."

9. Don’t proselytize; respect others’ beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyses: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the pope said.

10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.
St Patrick’s Parish School Canteen Volunteers Form

Please complete this form and return to the school via the office or your child's teacher

Volunteer Name: 

Student’s Name/s: __________________________ Year: __________________________

Home Phone: __________________________

Work Phone: __________________________

Mobile Phone: __________________________

Email Address: __________________________

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<th>Afternoons 12-1.30pm</th>
<th>Full Day 10am-1.30pm</th>
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<td>I can help on:</td>
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I can be contacted to check if available for carnivals and gala days throughout the year:
☐ YES

I would like to be reminded a day prior to my shift:
☐ YES

Thank you in anticipation of your support; all family and friends in the St Patrick’s community are welcome!

Caroline Blyton
Canteen Manager
August 2014

Generally, the morning volunteer will be helping with the Infants and Primary school lunches, Secondary recess, and mini-canteen on Wednesdays.

The afternoon volunteer will be assisting with the Secondary lunches, and meal preparation for the next day. No experience necessary! It’s easy!
## Term 3 2014

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<th>Day</th>
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<th>Volunteer</th>
<th>Time</th>
<th>Volunteer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>6/08/2014</td>
<td>10-11.30am</td>
<td>Linda Quodling</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>7/08/2014</td>
<td>10-11.30am</td>
<td>Grant Pascoe</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>8/08/2014</td>
<td>10-11.30am</td>
<td>Elsa Wagner</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>12/08/2014</td>
<td>10-11.30am</td>
<td>Grant Pascoe</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>13/08/2014</td>
<td>10-11.30am</td>
<td>Chris Haylock</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>14/08/2014</td>
<td>10-11.30am</td>
<td>Lisa Walsh</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>15/08/2014</td>
<td>10-11.30am</td>
<td>Rebecca Croke</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>19/08/2014</td>
<td>10-11.30am</td>
<td>Kim Kleven</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
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<td>10-11.30am</td>
<td>Rebecca Hain</td>
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<td></td>
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<tr>
<td>Thursday</td>
<td>21/08/2014</td>
<td>10-11.30am</td>
<td>Nat Reid</td>
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</tr>
<tr>
<td>Friday</td>
<td>22/08/2014</td>
<td>10-11.30am</td>
<td>Catherine Pearce</td>
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<tr>
<td>Tuesday</td>
<td>26/08/2014</td>
<td>10-11.30am</td>
<td>Melinda Barrett</td>
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<tr>
<td>Wednesday</td>
<td>27/08/2014</td>
<td>10-11.30am</td>
<td>Kathleen Bowerman</td>
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<tr>
<td>Thursday</td>
<td>31/08/2014</td>
<td>10-11.30am</td>
<td>Jackie Bitar</td>
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<td></td>
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<tr>
<td>Friday</td>
<td>4/09/2014</td>
<td>10-11.30am</td>
<td>Marjorie Revelant</td>
<td>12-1.30pm</td>
<td></td>
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<tr>
<td>Tuesday</td>
<td>5/09/2014</td>
<td>10-11.30am</td>
<td>Elsa Wagner</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>10/09/2014</td>
<td>10-11.30am</td>
<td>Chris Haylock</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>11/09/2014</td>
<td>10-11.30am</td>
<td>Lisa Walsh</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>12/09/2014</td>
<td>10-11.30am</td>
<td>Rebecca Croke</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>16/09/2014</td>
<td>10-11.30am</td>
<td>Kim Kleven</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>17/09/2014</td>
<td>10-11.30am</td>
<td>Christine Haylock</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>18/09/2014</td>
<td>10-11.30am</td>
<td>Jackie Bitar</td>
<td>12-1.30pm</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>19/09/2014</td>
<td>10-11.30am</td>
<td>Grant Pascoe</td>
<td>12-1.30pm</td>
<td></td>
</tr>
</tbody>
</table>

Generally, the morning volunteer will be helping with the Infants and Primary school lunches, Secondary recess, and mini-canteen on Wednesdays. The afternoon volunteer will be assisting with the Secondary lunches, and meal preparation for the next day.

Please don't hesitate to contact Caroline Blyton at the school (Tues-Fri, 9am-2pm) if you would like any further information, or need to cancel or swap your shift. Thank you!

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**Caroline Blyton**  
Canteen Manager  
August 2014

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**Stories of Inclusion**

A Forum for Parents and Carers on Inclusive Education in Catholic Systemic Schools

As a parent or carer of a child who has additional needs, you are invited to share the story of your child’s educational journey at a Forum for Parents and Carers on Inclusive Education. This is an opportunity to share what has worked well for families so other families can benefit.

Bring your good will and your story and help Systemic Catholic Schools be as inclusive as they can be.

Register your attendance at inclusiveforum@catholic.edu.au
# St Patrick's Canteen Price List

**Term 3, 2014**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sandwich</th>
<th>Wrap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>no salad</td>
<td>$3.00 $3.50</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with salad</td>
<td>$4.00 $4.50</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with light cheese, toasted</td>
<td>$2.50 $3.00</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with light cheese &amp; tomato, toasted</td>
<td>$3.00 $3.50</td>
</tr>
<tr>
<td>Chicken or Fish Burger</td>
<td>with light cheese &amp; salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Home Made Pizza</td>
<td>ham or chicken with light cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>large</td>
<td>$1.40</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>small</td>
<td>$0.70</td>
</tr>
<tr>
<td>Cheese &amp; Bacon Topped Roll</td>
<td>warmed</td>
<td>$2.00</td>
</tr>
<tr>
<td>Meat Pie</td>
<td></td>
<td>$3.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td></td>
<td>$2.50</td>
</tr>
<tr>
<td>Spinach &amp; Ricotta Roll</td>
<td></td>
<td>$2.50</td>
</tr>
<tr>
<td>Potato Pie</td>
<td></td>
<td>$3.00</td>
</tr>
<tr>
<td>Party Pies</td>
<td></td>
<td>80c each</td>
</tr>
<tr>
<td>Chicken Nuggets</td>
<td></td>
<td>60c each</td>
</tr>
<tr>
<td>Tomato or BBQ Sauce</td>
<td></td>
<td>20c each</td>
</tr>
<tr>
<td>Sushi</td>
<td>Vegetarian, Smoked Salmon or Chicken Teriakyi</td>
<td>$3.50</td>
</tr>
<tr>
<td>Oak Lite Flavoured Milk</td>
<td>Chocolate, Strawberry, Banana</td>
<td>$2.00</td>
</tr>
<tr>
<td>Orchy Pop-Top Juice</td>
<td>Orange, Apple, Apple &amp; Blackcurrent</td>
<td>$2.00</td>
</tr>
<tr>
<td>Water</td>
<td>Bottled</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Apple, Banana, Orange</td>
<td>$0.50</td>
</tr>
<tr>
<td>Fresh Vegie Sticks</td>
<td>Carrot, Cucumber, Capsicum</td>
<td>$0.50</td>
</tr>
<tr>
<td>Vege Chips</td>
<td>Natural, French Onion, Sweet &amp; Sour</td>
<td>$1.00</td>
</tr>
<tr>
<td>Monster Rice Sticks</td>
<td>Cheese Flavoured</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Freshly made</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen Fruit Cup</td>
<td>Apple, Orange</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>Strawberry, Mango</td>
<td>$2.20</td>
</tr>
<tr>
<td>Quelch Sticks</td>
<td>Various flavours</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**Reminders:**

- Please use big enough lunch bags, clearly write name, class and order and ensure that money is secured (no tape or staples please).
- Watch the newsletter for Friday Meal Deals.
- Apples can be sinked, and oranges can be quartered.
- Mini-Canteen available to Infants & Primary on Wednesdays, items from 50c to $2.00.

*AVAILABLE ON REQUEST: Gluten free, dairy free, vegetarian & vegan.*