A Prayer for World Mental Health Day

Tender God, Your gentle and kind-hearted love waits for us in the darkness and shields us from the light when it feels too overwhelming. We remember today all those who live in the depths of depression. Continue to cherish us all when we find it so difficult to cherish ourselves. Enable us to discover companions of compassion who will abide with us, as you abide in all things and in all places where the heart and mind ache for peace and a place of rest from the storm. We ask this in the name of our brother and friend, Jesus Christ. Amen

Friday 10 October is World Mental Health Day. This year the focus is on MENTAL HEALTH BEGINS WITH YOU. It doesn’t matter if you have a mental illness, care for someone with a mental illness, know someone with a mental illness or just care about good mental health, you can be part of this year’s campaign.

We are all encouraged to care for our own mental health. Consider celebrating the positive events in your life, as well as the strengths and values that have helped you through more challenging times; connecting with others by paying attention to your close relationships or by reaching out and making new friends; growing by expanding your horizons and trying something new that creates meaning and purpose for you.

Congratulations to Isabelle Adams in Year 4 who came first in Shot Put at the Mackillop competition at Homebush. This is an amazing achievement for a young student and it is the result of real commitment to training.

Absences and the impact on academic achievement is worth scrutiny. A recent article in the Sydney Morning Herald highlights the research that clearly demonstrates the importance of attendance at school. I have included part of that article in this newsletter. Therefore, I take seriously any absences that are not for a critical or substantial reason. I have written to quite a few parents this year to remind them of their legal obligations to ensure that their child attends school and to also remind them of my legal obligations as a mandatory reporter to notify official bodies if there are consistent absences. As Principal, I am bound by the Education Act 1990. If there are planned absences, it is a requirement that the Principal is officially informed. Official application forms for exemption for longer than 100 days must be forwarded to the Catholic Education Office, to be sent to NSW DET for Ministerial approval. A section of CEO policy statement on school attendance is also enclosed in this newsletter.

We all want the best for our children ... and the best thing is for them to be at school.

Yours sincerely
Frances Robertson
Principal

“Those who wait on the Lord will find new strength. They will fly high on wings like eagles.” Isaiah
From the AP’s Desk

Dear Students and Parents/Carers

Welcome back to Term 4. There will be many wonderful events this term including camps, sporting events and the chance to support charities. We will continue to encourage the students to participate as much as possible. Often, some of the best opportunities for learning happen outside the classroom.

Safety
Recent events that have appeared on the news are a timely reminder of the need to equip our students with the knowledge of how to act when approached by a stranger. If your child is approached by a stranger in a public place, please inform the school or Police immediately.

Security
All Diocesan schools have received information about school security, as a result of information from the federal government. This information sets out advice on procedures that should be in place at our school (and indeed all schools).

I would like to remind parents/carers that if they visit any of our sites, they must sign the visitors’ book, display a visitor’s badge at all times whilst they are on site. Visitors’ books and badges are available at the main office. We will discuss at the Leadership Team meeting the logistics of having a sign-in book on the Primary campus.

Teachers on the K-2 and 3-6 sites will ask visitors to go to the main office so they can sign in and display a visitor’s badge.

Not only does this identify the person as an approved visitor, it also assists us in tracking persons on site in the event of a lockdown or evacuation. Staff have been instructed to politely challenge anyone without a visitor’s badge. This is ultimately for the safety of all children.

Food Issues
Some students in secondary have brought big bags of lollies and caffeinated drinks to school for distribution/sale to other students, without prior approval from the school. This is totally unacceptable as it detracts from the safety, learning and belonging of our school.

· Safety: students can have an allergic reaction to some of the ingredients in lollies and caffeinated drinks. This is particularly the case for those with nut allergies. They may also unknowingly consume a product that can cause a severe reaction with any medication they may be on.

· Learning: drinking or consuming large amounts of sugar at the end of lunch will cause a sugar low in lessons after lunch, thus hindering a students’ ability to concentrate.

· Belonging: our canteen provides healthy options for students. Selling lollies is against this policy and will be detrimental to the profits of the canteen. It also means that students may spend money on lollies and drinks rather than the healthy food that parents expect they will buy when they are given money for recess and lunch.

If we hear or catch any student with large amounts of lollies or caffeinated/sugary drinks at school, without approval from the school, they will be confiscated and there will be significant consequences.

Prior approval may be given if students have a class reward or other special event. This is always done in discussion with the class teacher and someone from the school’s Leadership Team. This also includes cupcakes in Primary that are brought in for someone’s birthday. The class teacher should always be informed so that any students who have allergies are not excluded.

Congratulations to all students in Secondary who received an academic or application merit award at the end of last term. It was wonderful to see some new faces on the stage and indicated that students are striving towards new goals. We encourage all students to work really hard this term, especially in the lead up to final assessments and examinations.

In order to self-monitor, we encourage students to ask these questions: What are you learning? How are you going with that new learning? How do you know? How can you improve? Where can you go for help?

Mark van Ommen
Assistant Principal
ST PATRICK'S PARISH SCHOOL  A SCHOOL WITH ALTITUDE

and coming events….

Thursday 9 October
P & F Meeting 7pm

Saturday 11 October
P & F Second hand uniform stall

Tuesday 14 October
First Communion meeting 6.30pm

Friday 17 October
Yr 7-10 Rugby at Monaro High

Wednesday 22 October
Stage 3 Camp at Cooba
Yr 9 Camp at Mimosa Rocks National Park
Responsible Pet Education Program K-2

Thursday 23 October
Stage 3 Camp at Cooba
Yr 9 Camp at Mimosa Rocks National Park

Friday 24 October
Stage 3 Camp at Cooba
Yr 9 Camp at Mimosa Rocks National Park
Colour Day to Commemorate Sabina Kovats
MILO T/20 Blast Cup for Super8s Cricket for boys and girls in Stage 2 & 3

Thank you to the parents who helped cater for the Mitre10 event during the holidays. It was good PR for St Patrick’s!

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Information required to determine the Index of Community Socio-educational Advantage (ICSEA) for schools

This notice is from the Australian Curriculum, Assessment and Reporting Authority (ACARA), to advise you that ACARA has requested your child’s school to provide ACARA with information about you and your child. Your school may disclose to ACARA information such as your child’s gender, date of birth, country of birth, background language, residential address, parental occupation and parental education.

This information is disclosed to ACARA under the ACARA Act 2008 for one or both of the following purposes:

• formulating national reports consisting of aggregated data on school performance; and
• assisting government to formulate policies in relation to education matters.

ACARA will not disclose this personal information to any third party. If you do not want your school to provide this information to ACARA, please advise your school within seven (7) days of receiving this notice.

Further information about ACARA can be obtained from the ACARA website at www.acara.edu.au.
Skipping school for just one day affects NAPLAN results, study finds

Parents of students in Year 7 and 9 have received the NAPLAN results for their sons or daughters. The following article by Amy McNeilage from the Sydney Morning Herald was published on 3 August. It shows the importance of attendance to the learning of students in all Year levels and that there is no safe level of school absence. http://www.smh.com.au/nsw/skipping-school-for-just-one-day-affects-naplan-results-study-finds-20140802-zzjr.html

Missing just one day of school has negative consequences for a student’s academic achievement, the first major study linking poor attendance to lower NAPLAN results has found.

And school attendance patterns established as early as year 1 can predict how often a student will show up to class right through high school, according to the research.

The average public school student in NSW misses almost three weeks of school each year. Australia is alarmingly slack when it comes to school attendance, with high school students skipping more days of school than almost any other developed country.

Recently, the harmful effects of that absenteeism will be exposed by the results of a study to be presented at the Australian Council for Educational Research’s annual conference.

An analysis of the attendance records and NAPLAN results of more than 400,000 students from Western Australia found any absence from school leads to a decline in academic performance.

The study dispels the belief there is a safe level of absence students can get away with before their grades will suffer. “We were able to show that actually every day counts and days that you’re missing in year 3 and year 5, we can detect that all the way through to year 9,” the report’s co-author, Stephen Zubrick, from the University of Western Australia, said.

“A 10-day period of unauthorised absence in a year is sufficient to drop a child about a band in the NAPLAN testing.”

Year 3 numeracy achievement in 2012 declined by 1.6 NAPLAN points for every unauthorised day of absence in the first two terms of that year.

The most startling finding, Professor Zubrick said, was that students arrive in year 1 “with their school attendance careers already in their pockets”. “For most children, year 1 sets the pattern for what school attendance will look like in the future,” Professor Zubrick said.

“You’re learning more than reading and writing. You’re learning to show up.” Absence was found to have a greater impact on writing than it did on numeracy and reading.

While poor attendance is a problem across the socio-economic spectrum, families in affluent areas often interrupt schooling for overseas holidays.

Professor Zubrick insists his message is not about finger wagging or guilt trips, but says “we do need to recognise that when a child is standing on the Eiffel Tower, so to speak, they may be learning a lot about the world but they’re not necessarily learning everything they’d be learning at school.”

The average attendance rate for NSW public school students in 2013 was 92.6 per cent - about 14 days off per year—and has been relatively consistent over the past decade. Attendance is much poorer among high school students with the average student missing 20 days per year.

Article by:

Amy McNeilage

Sydney Morning Herald 3 August 2014
Compulsory attendance of school age children

8.1. Under Section 22 of the Act, it is the parents’ responsibility to ensure that a child who is of compulsory schooling age is enrolled at a school and attends:

- The school on every day, and during the times on every day, when school is open for attendance, and
- Every activity of the school (including attendances at an approved educational course) that the school requires the child to attend

8.2. Parents must have a reasonable excuse for not complying with the compulsory attendance requirements in the Act

8.3. If parents do not have a reasonable excuse they are liable under the Act and guilty of an offence

8.4. Examples of a ‘reasonable excuse’ for a child’s absence might include:

- Illness, including recovery from major illness, injury or medical condition
- Medical or dental treatment
- Bereavement
- Religious or cultural observation
- Family holidays or extended visits overseas
- Attendance at a wedding
- Attendance at court or other legal hearings or meetings associated with hearings
- Participation in sanctioned debates, eisteddfods, sports, musical or theatrical productions not directly arranged by the school
- Participation in territory, interstate, national or international sporting event or equivalent
- Sanctioned extended absence in relation to children of travelling families

8.5. Section 21B of the Act defines the compulsory schooling requirements of participation for students of the compulsory school age. Students of compulsory school age must be participating in full-time schooling, or its equivalent, unless they have applied and been accepted for an exemption (see Section 9 of this policy). Full-time schooling or its equivalent includes:

- A child above 6 years of age and below the minimum school leaving age of 17, participating in full-time study
- A child who has completed Year 9 of study and leaves to engage in an apprenticeship or traineeship as defined by the Apprenticeship and Traineeship Act 2001, with consent of their parents, School Principal and the Apprenticeship/Traineeship provider
- A child who is over the age of 15 and is undertaking an equivalent course to Year 10 at a NSW TAFE, with signed approval of their parents, School Principal and the TAFE Director
- A child who has completed Year 10 and is undertaking and approved education or training course, or is participating in paid work, to an average of 25 hours per week

8.6. In the event that a CEO System School becomes aware of a student or parent wilfully not undertaking the compulsory schooling requirements, the school must inform the Catholic Education Office, prepare relevant documentation and make a notification to the DET Regional Office Manager Home School Liaison about the attendance issue.

Taken from the Policy on Attendance at School-NSW
**Centrepieces for the Year 10 Graduation Dinner**

We are looking for donations of clear glassware that could be used as small vases and single free standing photo frames to be used as table centrepieces at our Year 10 Graduation Dinner. Please forward to the office for collection. Thanking you in advance for any donations to our final celebratory dinner at St Pat’s.

**Thank You**  
Year 10 Graduation Dinner Committee

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**Please Sir, I want some more?**

Following the success of *Oliver!* there have been lots of smiling faces around school and a large number of sad faces that the buzz of *Oliver* is over. We want to keep this enthusiasm going and give it an avenue to flourish and grow.

With this as our goal we are expanding the scope of Performing Arts at St Patrick’s School. You already know that we will stage a production of Shakespeare’s *A Midsummer Night’s Dream* with the senior students next year and the production team of Mrs Hulley and Mrs Stacey are already working away on this.

For our younger students in Year 7 and 8 we will be launching our exciting new lunchtime Drama Club at the beginning of Term 4. This will run during lunch on a Wednesday and will give the senior Elective Drama students an opportunity to work with interested students in Year 7 and 8 to hone their collective performance skills.

We are looking to expand what we offer in Performing Arts to include increased opportunities for performance, working with industry professionals and external theatre experiences. Our recent successful excursion to see Bell Shakespeare’s *The Dream* and the professional quality of *Oliver!* is an excellent example of how we can expand what we offer in this area as a school.
Sacramental Program for First Communion

The preparation for children wishing to receive their First Communion will begin on Tuesday 14 October at 6.30pm in the Church.

This first session will be for one hour for both parent(s) and child(ren). The second and third sessions will be over the following two weeks in home groups and includes a formal request at a weekend Mass. Letters of invitation to attend the program were sent out at the end of the school holidays to those who have registered their interest. This program is for children who are in year 4 at least and who have already participated in the Reconciliation program. For any concerns or questions, please contact Lou Mackay through the presbytery on 64522062 or through the school on 64521721.

School Board Message

The School Board takes this opportunity to welcome our staff, students and our families back to another busy Term. This final term will bring many opportunities for our students, especially consolidation of academic achievement in key learning areas that students have studied over these past twelve months.

It will be a time for our Year 10 students to reflect on their achievements whilst attending St Patrick’s. For many of these students, this is a culmination of eleven years together as a cohort. It will be a time for them to embrace and look forward to the new opportunities and challenges that will await them in 2015.

It is time for us all to reflect over this past year. I would encourage everyone to think of others within our local communities who are less fortunate, finding everyday life more demanding, who have colleagues, family members or friends who are unwell at this time.

On behalf of the School Board, we thank our professional teaching staff at St Patrick’s for their dedication to the profession as educators of our students along with the challenges that this brings in and outside the classroom.

We wish all our Parental School Community a happy, safe and healthy Term 4.

Erika Statham
Chairperson, St Patrick’s Parish School Board

Cooma Child Safe Seminar For Volunteers

A seminar catered specifically for volunteers and volunteer organisations to assist them with creating child safe policies and procedures, improving risk management strategies and providing them with tips and tools to make volunteer organisation child safe.


The session is being held at the Cooma RSL, 106 Vale Street, COOMA on 23 September at 9.30am to 1pm. If you have any further enquiry please call 9286 7225.

What you will learn:
- How you can make your organisation more child-safe
- Situational prevention techniques
- Risk management strategies
- Obligations under the Working With Children Check
- Complaints handling procedures

Like to know more? Register Now for the information sessions or visit our website http://www.kidsguardian.nsw.gov.au to view other available sessions.
What is Relay For Life?
Relay For Life is a chance for communities to recognise and celebrate those who have overcome cancer or are undergoing treatment, as well as the people who care for them. Relay also provides an opportunity to celebrate the memory of loved ones lost to cancer.

Each Relay For Life event is organised by a local volunteer committee on behalf of Cancer Council. Teams of 10–15, which are headed up by a team captain, get together and fundraise year-round. Everyone then meets at the Relay to celebrate the amazing fundraising achievements of the past year. Teams participate in a relay-style walk or run, challenging themselves to stay on the track overnight. Each event is unique and you can stay for the whole event and camp overnight, enjoy the fun activities and attend the moving ceremonies that make Relay For Life so special.

Put your thinking cap on to plan your team theme, campsite decorations and costumes. It all adds colour to the event. While its not compulsory to dress up, many teams do. From superheroes of hope to clowns, pirates and space outfits, dressing in theme is a great way to get your team having fun.

Each person on the team pays a registration fee, which includes a shirt. There are no age limitations or fitness requirements – Relay For Life is suitable for everyone. St Patrick’s Parish School has registered a team this year. To join in the fun, please visit;


Why do we Relay?
Thousands of Australians participate in over 200 Relays across Australia each year. Some people Relay in memory of a loved one lost to cancer. Some do it to show how proud they are at having survived cancer. Some do it to show they are strong enough to beat cancer. And some simply want to be involved and make a difference. Whatever your reasons, you’ll never forget your first Relay experience! You can read personal stories from Relayers to find out more.

---

**The Duck Race**

**Rotary Club of Cooma Inc**

**Sunday 19th October at 12pm**

from the Commissioner St Causeway to the Sharp St Bridge!

Winners will be announced at approx 1 pm on the day

Proceeds to The Monaro Community Chest

**TICKETS - $5 each**

- Rotary Markets - September & October
- The Cooma Visitors Centre - Sharp St
- The Fabric Salon - Vale St
- Leading Edge Electronics - Vale St

**PRIZES**

1st - $500 Cash Prize
2nd - $100 Gift Certificate - Leading Edge Electronics
3rd - $50 Donation - Darrell Reukingner
4th - $50 Donation - John H. Jones Pty Ltd Cables
5th - $50 Donation - P D Murphy Cables
6th - $25 Fuel Voucher - John H. Jones Pty Ltd Cables
7th - $20 Donation - Rod Hennes
Congratulations to all students who received Term 3 awards. Students were encouraged to consider the example of nature in setting their goals for Term 4. It is Spring time: a time of enormous growth. All of us can strive for personal bests!
More Than Bubble Fun!!

A+ for the Infants students at St Pat’s !!!

In the last week of Term 3 students at the St Patrick’s Infants School enjoyed a lunch time session of excitement chasing bubbles and then taking turns at making bubbles while running with a bubble wand to ‘catch the wind’ rather than blowing into to wand.

YES, in fact, this was more than just having fun with bubbles. Observing children’s behaviour during play can tell us how healthily they are travelling in their developmental journey. Young children need to learn basic play skills such as taking turns and sharing before they’re ready for team games. All children displayed healthy behaviours when there was potential for over excitement to cause disputes about whose turn it was next, and waiting patiently for their turn.

Learning social rules, like taking turns and being polite are known as maintenance skills, which are part of a broader range of skills that make up a socially competent adult.

Teachers constantly teach these skills on a daily basis, implicitly as well as explicitly, through structured educational activities. In young children, it is important that these skills are learnt first before progressing onto playing more complex games and team sport.

WHY IS THIS SO IMPORTANT?

Many studies show that children with highly developed social skills are popular, likeable, able to resolve conflicts with others and more likely to succeed at school. In general, they are more resilient than children with poor social skills.

What is Social Competence?

* Basic interaction skills (eg smiling, making eye contact, listening)
* Entry/approach skills (how to approach an individual socially or join a group)
* Maintenance skills (eg how to share, take turns, follow rules, co-operate etc.)
* Friendship skills (eg how to show appropriate affection, involve others in decision making, be inclusive)
* Conflict resolution (how to manage disagreements in a socially acceptable manner)
* Empathy
* Communication of needs and ideas
* Sense of humour
* Assertiveness (how to say no to engaging in dangerous or antisocial behaviour, stand up for oneself)

Jenny Wallis
Well-Being Coordinator

Read Every Day. Lead a Better Life.

Scholastic Book Club is back and is on a Mission to make it Easy!

Bringing Book Club and the joy of reading to all will take less time and be easier for everyone. Soon the new platform will feature online ordering and payments for parents. The school will still receive the same 20% in Scholastic rewards for all orders.

We are unable to deal with cash. Payments may be made on card or by cheque and the details are on the back of each catalogue. Please return order to your classroom teacher: by Wednesday 22 October 2014.

Looking forward to supporting your orders.

Glenyce Moxon & Margaret Field

www.stpatscooma.nsw.edu.au
Reusable Lunch Order Canteen Bags

Please complete the order form and return to the Canteen Manager with your payment by Friday 24th October 2014.

These reusable lunch order canteen bags just make life easy! The bags are compact, funky, fit easily within school bags and are now available to purchase from the canteen.

All funds raised by the sale of the bags will go towards new cooking equipment in the canteen.

- Holds more food than paper bags.
- Collapsible sides.
- Sturdy flat base makes them easy to pack and stack.
- Folds conveniently to fit in every child’s bag.
- Transparent pocket displays name & class.
- Clear pocket with zipper for money & written lunch order.

<p>| | |</p>
<table>
<thead>
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</table>

Extremely easy to wipe clean with a damp cloth.
Reduces paper waste.
Hygienic zipper pocket to separate money from contact with food.
Velcro tab secures the Lunch Wallet in a closed position.

<table>
<thead>
<tr>
<th>Student</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch Wallet Black with Blue Binding</td>
<td>Lunch Wallet Black with Red Binding</td>
</tr>
<tr>
<td>Price:$10.50</td>
<td>Quantity:</td>
</tr>
<tr>
<td>Lunch Wallet Black with Pink Binding</td>
<td>Lunch Wallet Black with Yellow Binding</td>
</tr>
<tr>
<td>Price:$10.50</td>
<td>Quantity:</td>
</tr>
<tr>
<td>Lunch Wallet Black with Green Binding</td>
<td>Lunch Wallet Black with Purple Binding</td>
</tr>
<tr>
<td>Price:$10.50</td>
<td>Quantity:</td>
</tr>
</tbody>
</table>

Total Enclosed: $ ____________

Payment: Cash, or Cheque payable to “St Patricks Parish School Tuckshop”
Musical Notes!

Thank you to Mrs Leslie Spencer and the Infants and Primary music students who put on a concert for the staff whilst they enjoyed lunch together on the last day of term. It was a real treat!
# St Patrick’s Canteen Price List

**Term 4, 2014**  
**Open Tuesday - Friday**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rainbow Wrap or Roll</td>
<td>ham, chicken or tuna with salad in a wrap or a roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Toasties – 2 fillings</td>
<td>ham, chicken or tuna with light cheese on a toasted sandwich</td>
<td>$2.50</td>
</tr>
<tr>
<td>Toasties – 3 fillings</td>
<td>ham, chicken or tuna with light cheese &amp; tomato on a toasted sandwich</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>served with light cheese, sweet chilli sauce, low fat mayo &amp; salad on a bun</td>
<td>$5.00</td>
</tr>
<tr>
<td>Chicken Nugget Snack</td>
<td>2 x chicken nuggets served with a small salad</td>
<td>$2.50</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>St Pat’s Pasta</td>
<td>home-made, filling &amp; healthy</td>
<td>$5.00</td>
</tr>
<tr>
<td>Meat Pie</td>
<td>Mrs Macs “Good Eating” Beef Pie</td>
<td>$4.20</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>Mrs Macs “Good Eating” Sausage Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Spinach &amp; Ricotta Roll</td>
<td>Mrs Macs Spinach &amp; Ricotta Roll</td>
<td>$3.50</td>
</tr>
<tr>
<td>Party Pies</td>
<td>Mrs Macs “Good Eating” Snack Pies</td>
<td>$1 each</td>
</tr>
<tr>
<td></td>
<td>Tomato or BBQ Sauce</td>
<td>20c each</td>
</tr>
<tr>
<td><strong>SUSHI Wed / Thurs / Fri only</strong></td>
<td>Vegetarian, Smoked Salmon or Chicken Teriyaki</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>V8 Breakfast Fusion</td>
<td>1 serve of vege, 1 serve of fruit in each 250ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Slinky apples and other seasonal fruit</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fresh Vegie Sticks</td>
<td>Seasonal eg. carrot, cucumber, capsicum, celery</td>
<td>50c</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>Original Flavour</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen Fruit Cup</td>
<td>Apple, Orange</td>
<td>80c</td>
</tr>
<tr>
<td>Smooze Fruit Ice Blocks</td>
<td>Mango or Pineapple</td>
<td>$1.30</td>
</tr>
<tr>
<td>Quelch Sticks</td>
<td>Various flavours</td>
<td>60c</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).
- Watch the newsletter for Friday Meal Deals or Specials.
- Mini-Canteen available to Infants & Primary on Wednesdays, items from 50c to $2.00.

**Available on request:**  
Gluten free, dairy free, vegetarian & vegan.

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VOLUNTEERS ALWAYS WELCOME!!

03/10/14
ATTITUDES ARE CONTAGIOUS, IS YOURS WORTH CATCHING?

Thank You

Please

Good Morning Monday

Good Morning, G'day, Welcome, etc

MR. CHEERFUL
by Roger Ingman

Thanking Tuesday

Saying "Thank You" 3 times at school & 4 times at home

Winking Wednesday

Thumbs Up Thursday

High Five Friday

Smiling Saturday and Sunday

CLASS CHALLENGE

If your attitude is positive, you can spread this through your School to the younger children.
Look who is our latest up-coming designer...

Charly Thorn (second from left in the front row) is pictured here in the advertising for FASHION-ation, as one of the local designers ready to display her work. Charly is in Year 10 at St Patrick’s and has already designed a substantial portfolio of beautiful outfits.
Big hART

Project Cosmopolitana! – 2013- 2015

Big hART & St Pats
2014 – 2015

Big hART In Cooma
Project Cosmopolitana is working in the Cooma and Snowy Mountains region of Southern NSW, capturing stories from Cooma’s time as a gateway to the Snowy Mountains Hydro Scheme. In the 1950’s and 60’s workers and families came from around the globe for work. It engages diverse groups through workshop streams held in the community, including music and song, movement and dance, poetry, photo and story collection, and recipe-sharing.

“Ghosts In the Scheme” will be the resulting compelling drama featuring Lex Marinos, Bruce Myles and Anne Grigg, infused with music and dark comedy, featuring the high-octane, musical force that is Mikelangelo and the Black Sea Gentlemen, to premiere at Canberra Theatre Centre in September 2015.

As Company in Residence at the Canberra Theatre Centre, Big hART has brought Namatjira, Ngapartji Ngapartji, Hipbone Sticking Out to the Playhouse, to sell out audiences, and this production from Cooma will likewise captivate large numbers from Cooma and Canberra.

Proposition for St Pats:
Big hART are working on an exciting theatre production built from stories collected in the Cooma community. We are so excited to engage St Pats students in this process of turning local stories into theatre; musically, dramaturgically and poetically with masters in the feild!

A small series of workshops will introduce students to this process in term 4 2014, whilst the implementation of a more complete program will occur term 1, 2015 in order to have material for an inclusive community showing in April/May, 2015 with the full cast and crew of ‘Ghosts in the Scheme’.
Timeline:

Term 4 2014

**Early term 4** will see an introductory session to be delivered to keen students in the art of story collection, facilitated by Big hART Community Producer Rose Ricketson. **Friday 17/10** Musical directors and workshop facilitators Mikelangelo and the Black Sea Gentlemen to run a morning 2-hour workshop with students.

Term 1 2015

**Big hART hope to hold:**

- X1 introductory and skill-share session for students to go out into the community and interview a senior of their choice, or one chosen for them.
- X1 re-group session after interviews, to share experiences and hear feedback from peers.
- X1 development session – wherein students will have a choice of:
  - Mikelangelo and the Black Sea Gentlemen assisting those students in the creation of poetic and song material from stories gathered.
  - Award-winning script-writer to facilitate a script development session for those students interested in script writing.
- X3 out of school rehearsal sessions for students interested in performing their material in the final showing in Cooma late April / early May 2015.

Outcomes:

Students are given the opportunity to learn a set of skills in story collection, biography and oral history while celebrating the diverse social heritage in the region.

Introductory workshops will gear students for the sensitivity and skills needed to listen, take notes and ask the right questions around themes of belonging, love and migration from older generations.

Development workshops will give those students the facilitated experience of how to create art out of these rich stories, from songs, short stories, poems, scripts and theatre - with masters in the field.

Opportunities to perform and exhibit the original material developed will be offered to those students who are interested, for both the April showing in Cooma, and the final stage show at the Canberra Theatre Centre in September 2015.

**Contact: Rose Ricketson**

Big hART Producer – Cooma / Canberra
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www.bighart.org
Workers in the Community

As part of the Year One and Two "Workers in the Community" Unit, Police Officers Jan Colbran and Mark Godfrey came to visit and share information about their important job in our community.

* They showed us the pepper spray and the breath tester. - Amity
* They told us that they help people in sticky situations and road accidents. - Ethan
* We got to try on the bullet proof vest and it was very heavy. - Meg
* They told us that they look after people in the community and showed us the tools they use and a type of spray that makes you cry. - Emily
* They told us that they help people and we looked in the police cars. - Jett
* They told us they have a gun. - Rhys Sands
Do you have a spare bed?
Can you welcome an exchange student into your home as a volunteer host family with AFS?

Can you host Airi from Japan?
Age: 16
English: Fair
Interests: Tennis, Playing the piano, skiing and playing the flute

“I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself.”

Can you host Rafael from Brazil?
Age: 16
English: Good
Interests: Traveling, photography, trekking, swimming, walking

“I am very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it.”

Can you host Hanna from Germany?
Age: 17
English: Good
Interests: Music, dragon boating, swimming, Zumba and cooking

“I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English.”

Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

Can your family host one of the above students? If so, we’d love to hear from you!

For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:
Phone: 1800 023 982 Email: aus.hosting@afs.org
Website: www.afs.org.au/host