Our Father...

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle’s flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

Father’s Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.

We ask for blessings for all fathers in our community, that they have the guidance to be good role models and the patience to handle the challenges of parenthood in loving ways.

We remember fathers who have died or moved away. May the happy memories sustain children in the sad times.

We give thanks for all men who act in a paternal role for many young people, supporting, mentoring and guiding them to adulthood.

On all days, not just Father’s Day, let us be grateful.

NAPCAN have been running National Child Protection Week for the last 20 years. The purpose of National Child Protection Week is to increase awareness and understanding of the importance of primary prevention to reduce child abuse and neglect in Australia.

This year National Child Protection Week will be held from the 7 - 13 September and the continuing theme of “Protecting Children is Everyone’s Business” is accompanied by the focus of “Play your Part”.

Last Friday, NAPLAN results were sent home to families. Although this is one test on one day, we use this information, along with other forms of assessment, to support students’ learning. We will begin the process of analysis in preparation for the coming year.

The most significant aspect of the results is the growth from one testing period to the next. St Patrick’s was one of only three schools in NSW that had a greater than expected level of growth in 2013. This is a remarkable achievement and testament to some quality teaching.

Please contact the school office for an appointment if you wish to discuss the results with your child’s teacher.

Kind regards

Frances Robertson
Principal
From the AP’s Desk

NAPLAN
By now you should have all received NAPLAN results for your child in years 3, 5, 7 and 9. As Mrs Robertson has mentioned, NAPLAN is only a brief snapshot of your child’s performance on a given date. NAPLAN does not recognise the manners, work ethic, empathy or resilience of students. Over a period of time NAPLAN results provide teachers with real data which can be analysed to look for trends and possible interventions that would help all students. As we comment on NAPLAN, let us remember that September 8 is International Literacy Day. According to UNESCO, about 774 million adults lack the minimum literacy skills. One in five adults is still not literate and two-thirds of them are women. About 75 million children are out-of-school and many more attend irregularly or drop out. However, literacy is also a cause for celebration on the day because there are nearly four billion literate people in the world.

Guidelines for Professional Conduct
As of last week, all staff have undertaken a mandatory presentation on the Archdiocesan Catholic Schools Guidelines for Professional Conduct. This document outlines the appropriate response and expectations of staff in relation to interactions with students and each other. The code also stipulate clear avenues with which teachers can raise concerns about students and any possible breech of the code of conduct. Although there are legal imperatives that must be followed, the essence of the code is to ensure staff and students are safe and can expect to work in a professional environment.

Social Justice
It is with great sense of pride that St Patrick's, once again, has facilitated social justice initiatives. The amount of money raised for the Smith Family during the Musical was exceptional. The winter sleep out and Mini Vinnie’s non-uniform day on Monday are other examples where we try to get students to think of the big picture and help those who are less fortunate. What is most encouraging is that more students are willing to organise these initiatives themselves.

Year 9 camp
The Year 9 camp is a wonderful opportunity for students to move out of their normal comfort zone and this is particularly important as they move towards senior schooling and tertiary education. All year 9 students have received a camp note and numerous reminders that money needs to be paid as soon as possible, even if it is only part payment. Students have also been asked to see me if they would like to attend but are having difficulty paying for the camp. The camp is compulsory, but as of yesterday, less than 10 students have paid. A decision will be made early in the last week of school as to whether the camp goes ahead. This decision will be based on the return of notes and financial commitment made by students up to this point.

Mark van Ommen
Assistant Principal

and coming events....

Friday 12 September
CCC Athletics - Homebush
Yr 3 Assembly - 12pm Ex-services Club

Thursday 18 September
Yr 10 White Card - TAFE
Yr 6 Assembly 12pm

Friday 19 September
Term 3 ends

Saturday 20 September
School Holidays

Saturday 28 September
P & F catering for ‘The Block” at Mitre 10 Cooma 8am-1pm

Wednesday 8 October
Students return for Term 4

IMPORTANT DATES FOR FUTURE REFERENCE

Sunday 28 September
8.00am –1.00pm
P&F BBQ Catering for The Block Visit at Cooma Mitre 10

Saturday 1 November
8.00am –1.00pm
P&F BBQ Catering for The Snowy Ride Check Point and Cake Stall at Cooma Rotary Markets

Saturday 6 December
8.00am – 6.00pm
P&F BBQ Catering for Cooma Races
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

Canteen News

Congratulations to Ian Crowe and Lochlan Giuliani who were awarded the "Healthy Lunch Choice Canteen Award" last week. These boys have consistently made healthy choices with every lunch order – great job guys! There are a couple of girls in 4M giving the boys some competition though .... stay tuned!

A big thanks, as always, to all of my helpers. Volunteers for the next week are as follows:

- Thursday 11/9: Grant Pascoe, Sue Bottom, Melinda Barrett, Sara Souter
- Friday 12/9: Kathleen Bowerman
- Tuesday 16/9: Volunteer needed please
- Wednesday 17/9: Marjorie Revelant

*** From this week onwards, sushi will only be available Wednesday, Thursday Friday ***

There won't be a meal deal or special this Friday - all items on the price list should be available: http://stpatscooma.nsw.edu.au/parents/canteen.html

Caroline Blyton
Canteen Manager

Soup and Blanket Appeal

Thank you to all Year 3-6 parents, teachers and students who supported our Soup and Blanket Appeal on Monday 8 September. We raised $ 360.70 for the St Vincent de Paul Winter Appeal.

A big 'thank you' goes to Mrs Field for helping with kitchen duty and to all the parents and friends who donated soup or money for bread rolls – Karen McGufficke, Marjorie Revelant, Ian Jauncey, Kylie Douch, Katrina Joyce, Sue Bottom, Sara Souter and Mrs Robertson. Also, a big thank you to the School Captains and all the Mini Vinnies students who helped with this fundraiser.
Tournament of Minds at the regional competition

Congratulations on a Special Excellence Award

Congratulations to all of the students who competed in Tournament of Minds at the Australian National University last Sunday. Their task was to create a new form of wearable technology and to promote it by filming a television infomercial.

All teams showed great perseverance, teamwork and creativity in reaching their challenge solutions. Results were very close with Team 2 receiving the Special Excellence award for Applied Technology.

Thank you to Mrs Stubbs for the support for the teams.

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<tr>
<th>Year 7</th>
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<td>Zara Childs</td>
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<td>Enya Caffarelli</td>
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<td>Sara Knott</td>
<td>Jasmin Statham-Smith</td>
<td>Caitlin Galwey</td>
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<td>Miranda McGufficke</td>
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Sara Knott
Miranda McGufficke
Andrew Pearce
Summer Rees
Maria Tarasyuk

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Stage 3  Diocesan Public Speaking Competition

On Friday 5 September, St Patrick’s hosted the 2014 Southern Region Public Speaking Competition. We had four students who represented St Patrick’s on the day. Rylie Marks and Georgia Nowland participated in the Premier Division. They had to give a 3 minute speech on a given topic as well as an impromptu speech on a random topic. Amber Martin-Smith and Sam Rumball participated in the Open Division. This consisted of presenting a 3 minute speech on a given topic.

The winner of the Premier Division was Hugh Tuckwell from St Bernard’s in Batemans Bay. Georgia Nowland from St Patrick’s was the runner-up. The winner of the Open Division was Sam Rumball - St Patrick’s. I would like to say a special thank you to Mrs Stubbs who helped adjudicate on the day and to our participating students.

Steven Joyce
Primary Coordinator

Cool Carrots News

The 'Cool Carrots' have been patiently watering and weeding our winter crop. This Thursday we will be selling bunches of baby carrots in the Primary from 8:30am. There is not a huge yield. However, they are all organically grown, with no insecticides and or pesticides used.

Also we would love to begin our herb garden (bins). If anyone can help with soil to fill our herb garden, the ‘Cool Carrots’ would feel even cooler! Please let Mike Introna know.
Gilbert the Garbage Truck Visit to 2 W

Last Thursday 4 September, 2W were very excited to receive a special visit from Gilbert the Garbage Truck, Ronnie the Recycling Truck and Rosie the Reusable Trolley.

Mr and Mrs Nichols as well as Mrs Susan Burke shared the importance of recycling with the students through a story, engaging students in songs and games.

Their visit tied in with the Stage One Unit - Workers in the Community.

By Mrs Wilkins

And the children said....

♦ "Mrs Nichols and Mrs Burke taught us to always recycle and what rubbish to put in each bin." By Georgia Rumball

♦ “My favourite truck was Gilbert because he was funny and I liked Rosie the reusable trolley because she is pretty!” By Mia-Jade Robson

♦ “I liked it when they did The Cup Song. It was from a movie but the words were different.” By Joseph Nichols.

♦ “I liked Gilbert and Ronnie the special recycling trucks the most.” By Abigail Dowton

Happy Father’s Day

Direct your children onto the right path, and when they are older, they will not leave it.

PROVERBS 22:6
Wellbeing is central to learning and learning is central to wellbeing.

But what is wellbeing?
- the ability to cope with stressors
- the development of autonomy and trust
- the development of the self-system, which includes identity, self-concept, and self-esteem
- the development of empathy and sympathy
- the formation of positive social relationships with parents, siblings and peers.

While educators can make a positive contribution to learner wellbeing at school, the foundational factors of wellbeing are built in the home with quality family relationships and positive attitudes.

Negative attitude says: you cannot achieve success.
Positive attitude says: You can achieve success.

A positive attitude leads to happiness, success and wellbeing, not just for ourselves but to those around us.
When we are experiencing positive thoughts and emotions we have more 'behavioural flexibility' and this allows us to build 'intellectual and psychological resources'. So, if we are thinking and feeling positive we are more likely to be curious, to learn, to explore and be creative than if we are negative.

It is important to remember just how much children model themselves on their parent's behaviour. It is well known how children are quick to observe and copy parent behaviour and how they are like little sponges, absorbing positive (and negative) energy from those around them.
If you have a tendency to see the bright side of life then chances are your child will also do the same. Seeing the glass half full rather than half empty not only affects you and the way you look at the world, but it also affects your whole environment and the people around you. If this attitude is strong enough, it becomes contagious. It’s like radiating light around you.

It’s your choice. Positive attitude can turn:

- Obstacles into Opportunities
- Stumbling blocks into stepping stones
- Problems into creative possibilities
- Mistakes as being my most trusted teachers
- Failure into a key that unlocks new doors

P & F News

A big thank you to all families who supported the Father’s Day Stall with donations and purchasing. Thank you to Nat Reid who coordinated the event and to Sue Bottom, Michelle Burke, Leanne Nowland and Marjorie Revelant who assisted. $710.00 profit was raised from the morning, which all goes back into the school. So THANK YOU to everyone involved!

We are looking for helpers to assist with selling food and working on the BBQ on Sunday 28 September at Cooma’s Mitre 10 for “The Block Visit”. The P&F were very lucky to have secured the catering. Please read note on back page and return the school office as soon as possible.
My name is Natalee Sixt and for the past fortnight (weeks 7 and 8) I was at St Patrick's completing my professional teaching experience. I am a second year student at Charles Sturt University in Bathurst.

I was very grateful to be doing my practicum alongside Mr Mike Introna and his Year 5 class. I both observed and taught lessons over the two weeks. I have gained great insight and developed a deeper knowledge of the teaching profession, whilst becoming more confident in the classroom.

My time at St Patrick's, working and learning together with Mr Introna and the Year 5 class was truly wonderful. It was a great first teaching practical experience and all students and staff made me feel very welcome. My passion and drive have been greatly extended. St Patrick's creates a safe and dedicated learning environment for all students and it was inspiring to witness this.

Thank you to the school for having me over the two weeks, to Mr Introna for all your help and support, and to the Year 5 students who made it difficult to leave on Friday afternoon as you made my time an enjoyable and positive experience.

Natalee Sixt
Sports Report

Interschool Snowsports
At the end of last month 9 students across K-10 competed in the NSW State Interschools Snowsport Championships. These championships were held at Perisher (cross country) and Thredbo (alpine and freestyle events). Up against some very stiff competition our students performed admirably, with many gaining top 40 positions. Three of our students finished inside the top ten in their respective events and have qualified for the Australian Interschool Championships this week to be held at Perisher. They are:

♦ Harriet Greville – 5th Division 5 Cross country freestyle
♦ Charlotte Walker-Broose – 10th Division 5 Cross country freestyle
♦ Andrew Devereux – 5th Division 2 Moguls

Good luck to these students as they compete on Wednesday (cross country) and Friday (moguls).

ACT Schools Mountain Bike Championships
For the first time St Patrick's sent one team of four boys to compete in the ACT Schools Mountain Bike Championships held at Stromlo Forest Park in Canberra. This year was the biggest event in it's 15 year history with almost 600 riders from 39 schools competing.

The St Patrick's team of Tim Bottom, Logan Crawford, Luke Day and Declan Gregory completed 15 laps in the allowed four hours, finishing 15th against 41 teams in the Year 7/8 division. Well done to these students, and a big thank you to the parents who transported students on the day. Hopefully next year we will be able to field a few more teams, including a girls team.

Mr Lawley
Year 9/10 Agriculture excursion to a Bega dairy farm

We are very grateful to Andrew Hayden for being the driver for the day. He is so generous to give up his day off for our students.
Yr 10 PE Dance Assessment
Your vote is needed

We’d like you all to support two local Cooma mums who have built their own Educational businesses. Lynsey Nichols (Gilbert The Garbage Truck) and Susan Burke (Interactive Lessons Design) are both being recognised on a national level for their achievements. They are both in the finals for the 2014 AusMumpreneur People’s Choice Awards. PLEASE VOTE FOR BOTH OF THEM by following the easy instructions below. By voting, you go into a draw to WIN a fantastic family holiday!


MONARCH CRICKET ACADEMY

Cooma/Monaro clinic

Perseverance – Continuous in a state of grace, leading finally to a state of glory
Performance – To execute and accomplish.
Perfection – The quality of being as free from flaws as possible.

LOCATION: Rotary Oval, Murray Street, COOMA
TIME: Future Stars (12 years and below) 9am - 12noon
       High Performance (13-18 years) 1pm – 4pm

HEAD COACH: Mark Higgs
Coaching Experience: Canberra
Comets, Prime Minister’s XI,
Chairman’s XI, National Spin
Panel, Centre of Excellence.
Playing Experience: Australia,
Australia A, NSW, SA, Hobart
Hurricanes, BBL2
Qualification: Level 3, High
Performance

COST: Future Stars - $30/session
       High Performance - $35/session
Please bring: Hat, drink, kit (if possible – not necessary).
BBQ will be available on both days

TO REGISTER: Please contact Lisa Phillips (lisa@granitesolutions.com.au) for registration or more information.
**What's On ……**

**Michelle's Swim School**

Bookings are now being taken for Term 4 Swimming Lessons and Squads at both the Cooma Swim Centre and The Cooma Hospital, Hydrotherapy pool. All ages and levels are catered for.

For bookings and enquiries please phone Michelle on 64524289.

**New time for Storytime!**

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 story time is:**

**Wednesday September 17th 2pm**

At Cooma Library

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**Kids' fishing workshop**

Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries. The day runs from 10 am-2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

**COST:** $40 PER CHILD, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!

**BOOKINGS ARE ESSENTIAL.** Maximum 25 participants.

**Location:** Gaden Trout Hatchery, JINDABYNE

**Dates:**

- **Friday 3rd October 2014**
- **Saturday 4th October 2014**

**To book, either e-mail** stephen.thurstan@dpi.nsw.gov.au **or ring Stephen Thurstan, Recreational Fisheries, Primary Industries NSW on 02 4220 8484 or 0438 245 190**

**Workshop details are on the web:**

Max & Karstan from “The Block” are coming to Cooma on Sunday 28 September 2014

St Patrick’s Parish School P&F have been offered the fundraising opportunity to supply the catering for this event.

A BBQ will be offered on the day, as well as cupcakes, muffins and slices.

The P&F team realise this is the middle weekend of the school holidays. However, we really need helpers to assist with set up, cooking the BBQ and serving.

Help is required from 8.00am until finish around 2.00pm - So if you are around a couple hours of your time would be appreciated.

Please return the section below indicating times you can assist to the school no later than Thursday 18 September 2014

Or you can advise
Karen McGufficke 0417 496708  mkmcmgufficke@bigpond.com

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P&F BBQ Sunday 28 September Assistance Reply

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<th>Donation of</th>
<th>Cupcakes, Slice, Muffins, Onion (please indicate)</th>
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<td>These can be brought in on the day or contact Marjorie Revelant P&amp;F</td>
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Thank you for offering your time and assistance for this fundraising event, if you have any questions please contact Melinda Barrett 0439 413700, Karen McGufficke 0417 496708 or Marjorie Revelant P&F Catering Coordinator 0418 485 229