We see physical violence and harassment of all kinds occurring regularly in schools, places of employment and even on our highways. In addition, the language people use on talk shows or in emails, blogs and tweets often is designed to intimidate, ridicule and even destroy those with whom the speaker or writer disagree.

The basic premise of the legal system is that 'you have hurt someone and now we are going to hurt you back'. This isn't a very effective teaching method and certainly does not reflect the model of Christ's forgiveness.

**Restorative justice**, on the other hand, recognises that wrong-doing (whether it is intimidation, vandalism, bullying, theft or violence) hurts everyone - victim, offender and community - and creates an obligation to make things right.

The theme selected for **Restorative Justice Week 2014**, held November 16-23, 2014 is "Inspiring Innovation". Restorative justice is a philosophy and an approach that views crime and conflict as harm done to people and relationships. It is a non-adversarial, non-retributive approach to justice that emphasizes healing in victims, accountability of offenders, and the involvement of all connected people in creating healthier, safer communities. This holistic approach that promotes dialogue, justice, fairness, truth, and safety is fundamentally innovative and continues to inspire innovation in schools, communities, families, government and the criminal justice system and so much more.

Restorative justice embraces a wide range of human emotions, including, healing, compassion, forgiveness, mercy and reconciliation. Biblical justice looks to the future, the emphasis is on making good the harm caused by crime and on repairing the damage. **Restorative Justice is about repairing relationships**.

Consider the Prodigal Son (Luke 15:11-32), the woman caught in adultery (John 8:1-11), the Good Samaritan (Luke 10:29-37), the thief on the cross (Luke 23:39-43) or the command to visit those in prison (Matthew 25:31-46).

In our school setting, restorative practices take incidents that might otherwise result in isolated punishment and create opportunities for students to understand the obligation to take responsibility for their actions.

**The key questions are:** what has happened? (the facts), Who was affected? (recognition of the harm caused), How have they been affected? (seeking empathy for the victim), What needs to happen to make it right? (restoring the relationship and making amends).

Working restoratively is not the only option available to our school, but through this process, students learn how to interact and manage their relationships with adults and peers. They become better equipped to understand how their actions impact others and how to monitor future behaviour. Restorative practices encourage accountability, improve school safety, help strengthen relationships, and create more positive outcomes for students and the school community.

Yours in peace

*Frances Robertson*

Principal
From the AP’s Desk

Recently, all petrol-powered bicycles were banned from being ridden on NSW roads and road-related areas.

Please see the media release, RTA webpage which has all of the details about the ban - ie what is legal and what isn't.


Teenagers are very much a target group of this ban - emphasised by the death of a 14 year-old boy last year in Western Sydney. Petrol-powered bicycles are certainly not a suitable item on a young person’s Christmas wish list.

Earlier this year, parents were informed that the school has a legal obligation to ensure sun safety for both staff and students. We have informed the new Kindergarten parents that from 2015 all new students MUST have a bottle green broad brimmed hat. It also means that as caps wear out or are lost and need to be replaced, parents will need to purchase a hat rather than a cap. The transition to hats will be a gradual one, but it is the direction we must go. Somewhere down the track we will be thanked for it.

We have been very impressed with the Year 6 students who have attended the SPOT Days and the TAG mornings. They have been enthusiastic and engaged. The same applies for the new Kindergarten students who had their KinderStart session this week. It bodes well for a good start to 2015.

The IEU has formally advised of stop work meetings by IEU members in the Canberra and Goulburn Archdiocese on Monday 17 November as part of their protected industrial action campaign and to take time to reflect and respond to the negotiations around the new enterprise agreement. The stop work meetings will be held at schools from 8.30am until 9.30am only. There will be supervision for students during this time.

and coming events....

Thursday 13 November
Yr 7 TAG morning
‘The Pitch’ competition with 9/10 Drama Club

Friday 14 November
Yr 7 TAG Morning
Yr 10 Martin Schoo Basketball
Drama Performance Yr 9/10 Drama Club 5pm

Saturday 15 November
P&F Second Hand Uniform Sale 10am - 11am

Monday 17 November
Yr 10 Living & Learning week
Yr 10 First Aid Course
Yr 1 & 2 ‘Madam Mulch & the Great Fertillizo’

Tuesday 18 November
Yr 10 First Aid course
Pearce Run with Yr 5 & 6 - 2.40pm
Learner Driver info evening - 6pm Sec Library

Thursday 20 November
Yr 10 visit to MacKillop College
Yr 7, 8 & 9 Martin Schoo Basketball - 9am

Friday 21 November
Whole School Thanksgiving Liturgy - 12.15pm
All parents are welcome

Sunday 23 November
Thanksgiving Mass for First Communicants 10am
First Holy Communion

Congratulations to the children who celebrated their First Holy Communion on the weekend: Ava Barrett, Mille Blyton, Emily Quodling, Jordan Williams, Joshua Williams, Deanna Hedger, Kennedy Purcell, Lachlan Hemphill, Caitlyn Pratt, Tomas Carton and Lochlan Giuliani.
First Holy Communion

Thank you to Mrs Mackay for her coordination of the program and support for the students as they prepared for this important time in their lives.

An invitation...
On Friday 7 November, four Year 9 students from St Patrick’s travelled to St Mary MacKillop College in Canberra to participate in the Caritas Just Leadership Day.

At first, we were all a bit overwhelmed by all of the older students but in the end we fitted in well and got to know a few of the others from a variety of schools in the Archdiocese.

We took part in some interactive activities that helped us to build confidence and learn more about what Caritas is involved in around the world. Their work is incredible and they look to changing people’s lives. We identified local, national and global issues of justices.

We were inspired by Bishop Oscar Romero’s saying “Aspire not to have more, but to be more”. We made plans for possible action in 2015 to show commitment to this as a school. There were some interesting ideas!

We were all so lucky to have the chance to be a part of the Caritas project. It was an amazing experience for us all and gave a step towards being school leaders in 2015.
2W’s Happy Times

This term in 2W we have been learning the game of Tee ball. Here are some skills we have been learning: hitting the ball off the tee, running to all four bases and most importantly how to work as a team. By Angus and Gus

Every Thursday Mrs Souter has been coming in to help with art and craft. We have made Santa’s and elves, masks for Halloween, skeletons and bats. We have had lots of fun with Mrs Souter and we appreciate her help and the time she has given up for us. By Georgia and Kate.

This term we had ‘Colour Day’ and we got to wear lots of colours. There was a sponge throwing game up at the High School. “We had fun!” By Grace, Annaliese, Sharli and Joshua.

In Religion this term we have revisited the sacrament of Baptism. For news this week we are sharing with the class our memories of when we were baptised and presenting something we got when we were baptised. Example: a candle or white gown. By Darcy and Chloe.

In 2W we have been learning how to write a ‘Procedure.’ The procedures we have looked at and written so far include: ‘How to Brush Your Teeth,’ ‘How to Make Pancakes’ and ‘How to make a Paper Aeroplane.’ By Charlotte W.B. and Erin.

This term Year 2 have been learning about Christmas in the Past as part of our HSIE. unit. For homework we had to interview an older family member and write their answers down about what Christmas was like for them when they were children. By Tony and Joseph.

This term in 2W we have been learning to keep safe especially around pets. We went to the ‘Responsible Pet Owner’ presentation and met Nina and her poodle named Tinkerbelle. By Mia-Jade, Kyle, Sienna and Charlotte D.

“Today in class we made some poppies and they look like this. They are for Remembrance Day. By Abigail and Molly.
Catholic Schools’ Netball Carnival

Two teams from Primary participated in the netball carnival. The Students all enjoyed the opportunity to participate and showed great team spirit on the day. Thank you to all the parent helpers and to the umpires Michelle McGufficke and Angela Sullivan.
Canteen News

The reusable lunch bags arrived last week and were distributed to students who had ordered them. They are still for sale from the canteen, so if you missed out the order form is on the school website at: http://stpatscooma.nsw.edu.au/parents/canteen.html If your child regularly gets lunch orders, these bags make life so much easier for everyone!! Only $10.50 and they will last for years. Everything fits in, money doesn't get lost, and they are easily cleaned. I have Pink, Blue, Purple, Green, Yellow and Red trims available.

**COMPETITION TIME:** Thank you to everyone who entered - the finalists in last week's "name the meal deal" competition are Ava Barratt and Erin Pearce .... I’m pondering their suggestions!! .... if you would still like to enter the competition, send me a note with your idea to name the "Sweet Chilli Chicken Tender Wrap + Drink" meal deal we have been running this term. Parents/Carers and Teachers are welcome to enter too! The winner gets a free lunch :) 

This week's canteen volunteers are:

**Wednesday 12/11: 10am Grant Pascoe**  
**Thursday 13/11: 10am Kim Kleven**  
**Friday 14/11: 10am Chris Haylock**  
**Wednesday 19/11: 10am Linda Quodling**

Last week I attended the Southern NSW Local Health District celebration of 10 years of the NSW Healthy School Canteen Strategy. It was a valuable experience networking with canteen managers from South East NSW, and confirmed that we are on track with "greening" up the St Pat's canteen menu. A big thank you AGAIN to Grant, Sara and Rebecca who held the fort in my absence that day.

This week's Friday meal deal: Toastie (choose from price list) + Fresh Fruit Salad (strawberries, grapes, watermelon) + Drink = $6

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

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

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**Michelle's Swim School**

Bookings are now being taken for our School Holiday Program. Learn to swim for all ages and levels. Commencing on Monday 5 January and running for 10 days until Friday 16 January. Carnival Skills will be included in this program, for children wanting to prepare for upcoming school carnivals. This session will focus on starts, turns and finishes for all strokes as well as racing skills.

Squad Camp for current squad swimmers will then be held on Monday 19 January until Wednesday 21 January from 10 am till 2 pm.

For all bookings and enquires please phone Michelle on 64524289 or email michelliethomas7@bigpond.com

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**Second Hand Uniform Stall**

Saturday 15 November  
10am to 11am
How can Mindfulness Meditation help with the everyday stressors kids face?

Stress has a lot to do with how we relate to the various pressures in our lives. Some kids seem to do perfectly well - and even thrive - in stressful academic or social situations, while others do not. Mindfulness helps us to recognise how our relationship with the stressors in our lives can lead to problems or thriving. For instance, getting caught up in worrying or dwelling can lead to anxiety and depression. Helping children to recognise this and refocus their attention on what is actually in front of them at any moment - focusing on what is rather than ‘what if’ - has been shown to reduce stress, improve mental health, and even boost academic performance.

Meditating for as little as five minutes a day retrains the mind (and, literally, rewires the brain), making it easier to refocus the attention when we are stressed. This attention training during meditation causes growth, especially in the prefrontal cortex, which houses the executive function that underpins learning and social functioning. The friendly outlook that we practise with mindfulness also leads to a more compassionate attitude toward ourselves and others. This is protective against children developing mental illness and also further helps their social functioning.

Smiling mind is a modern online meditation program.
It’s a not for profit initiative based on a process that provides a sense of calm, clarity & contentment via delivery of online Mindfulness Meditation programs to young people aged 7-17+.

Want to find out more? Just Google: smilingmind.com.au

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

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<tr>
<td>6.00 – 8.00pm</td>
<td>St Patrick’s Parish School</td>
<td>02 4221 2592</td>
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<tr>
<td>Tuesday</td>
<td>Murray St, Cooma</td>
<td>Donna Jordan</td>
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Helping learner drivers become safe drivers
Some families are not as fortunate as our own and, at Christmas time, some of them need our help.

We are not looking for monetary donations, but for donations of non-perishable food items and new toys, which will bring joy and relief to those in need.

YOUR School will be participating by acting as a collection point for your donations. Please take your contribution to them for collection PRIOR to Friday 5 December 2014. All goods will be collected during the following week by the SALVATION ARMY and ST VINCENT DE PAUL for distribution to needy local families.

Please be aware that WHS Legislation does not allow for the distribution of second hand toys so please, only new toys.

When you donate, know that your contribution is greatly appreciated.

A HUGE THANK YOU FROM MAINSTREET CLOTHING COOMA, THE SALVATION ARMY AND SNOWY MOUNTAINS 2XL / 97.7 SNOW FM.
Truth Justice Healing Council meets with Principal and senior Catholic educators in Canberra Goulburn

Francis Sullivan, CEO of the Catholic Church's Truth Justice and Healing Council, has met with more than 75 school principals, teachers and administrators from the Canberra Goulburn Archdiocese to talk about the impact of the child sex abuse crisis on lay people working in Catholic church institutions.

Mr Sullivan said the work of Catholic schools, social services and health organisations is still respected and highly regarded by the community and the non-government and government partners they work with.

“What we have seen over the past decades as a result of the sexual abuse scandal is that respect for clergy and religious leaders has plummeted but the regard for the work the Catholic Church does on the ground is still very high,” Mr Sullivan said.

“This is particularly true in Catholic schools where enrolments continue to climb.

“This is in part due to the current child protection measures in schools, the dedication of teachers and staff and the values in Catholic education.

“Catholic schools often lead the pack when it comes to best practice around child protection measures.

“But we need to be vigilant. Every child has the right to be safe at school and parents and carers also have a right to expect their children will be safe.

“While our schools have some of the most rigorous child protection policies and procedures of any institutions they are of little value if teachers, administrators and other school staff are not aware of them, fully trained and accountable,” Mr Sullivan said.

There are some 1,300 teachers in Catholic primary and secondary schools in the Archdiocese of Canberra and Goulburn teaching around 25,000 students in almost 60 schools.

The Truth Justice and Healing Council is coordinating the Catholic Church’s engagement with the Royal Commission into Institutional Responses to Child Sexual Abuse. For more information on the TJHC go to: www.tjhcouncil.org.au

For more information on the Royal Commission go to: http://www.childabuseroyalcommission.gov.au/

Truth Justice and Healing Council PO Box 4593 KINGSTON ACT 2604 | Tel: +61 2 6234 0900 | Fax: +61 2 6234 0999

We remember

On this day in 1918, at 11.00am - the 11th hour of the 11th day of the 11th month - the First World War came to an end. Much of the war had been fought in dug-out trenches across Belgium and France. It is thought that about 9 million soldiers lost their lives, and about 27 million were wounded - many of them permanently disabled.

O God, look kindly on your departed veterans who gave their lives in the service of their country. Grant that through the passion, death, and resurrection of your Son they may share in the joy of your heavenly kingdom and rejoice in you with your saints forever. We ask this through Christ our Lord. Amen
Students Who Achieve Greatness

Colby Douch  
Riley Kofler  
Olave Wilkinson  
Charlotte Walker-Broose  
Lachlan Hemphill  
Kara Blyton  
Aidan Childs

Team Penning

On Saturday 15 and Sunday 16 November Maegan McCraw, Mollie Adams, Keeley White and Emmilee Reid went in a Team Penning event at Dalgety Showground’s for St Patricks. The girls had a great couple of days, coming 1st on Saturday for the Juniors and 2nd and 3rd for the Juniors on Sunday. Gai McCraw and Karen White were the Team Leaders and did a great job helping out the girls.

The girls really worked as a team together with lots of blocking and penning very cranky cattle.

WELL DONE GIRLS!

Pictured are Emmilee Reid Year 6 on Banjo, Keeley White Year 9 on Twister, Mollie Adams Year 9 on Scade and Maegan McCraw on Slim Dusty.
Electives for Stage 5 in 2015

The elective lines for next year have now been finalised with 97% of students in Year 8 getting their first two preferences and 100% of all students getting two out of their first three choices.

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School Board Message

Term 4 is a very time of year at St Patrick’s Parish School, and our students within the secondary campus are undergoing examinations and finalising assessments for end of year reporting by our teaching staff. It’s also a hectic time of year as our administrative staff will be collating and processing all that last minute documentation for reports.

This is the busiest time of year for our P&F as they embark on raising funds for our school and are finalising the calendar for next year’s events. If you are unsure as to how you can contribute, the P&F are always needing helpers for their events, so please get in contact with one of the P&F Executive who can steer you in the right direction.

This is the time where our Year 10 cohort will be reviewing and finalising options for their last two senior years of secondary education. Included in this term will be a two week block of social engagements, community service and work experience.

We have continued to enhance our partnership with St Mary MacKillop College as a further 22 Year 10 students in the graduating class of 2014 will continue their last two years of secondary education at MacKillop College. This now paves the way for Year 11 and 12 in 2015.

The bus transportation to MacKillop College will be a 50 seater bus from 2015 and this is currently paid for by the Government. I thank all those parents who wrote letters and lobbied including the many hours of work done behind the scenes from our School Board and St Mary MacKillop’s School Board and business staff. This is not yet a permanent fixture and we may need to continue to lobby.

At the start of our year, our School Board welcomed our new Principal, Frances Robertson and two new members to our School Board. A feature of this year for the School Board has been raising the public profile significantly of our school, as well as addressing the need for a new TAS/Visual Arts building and preparing the BGA application for our secondary campus modifications. We have also addressed the WHS audit requirements and completed a workshop on Strategic Governance.

We congratulate Principal, Frances Robertson, her Leadership Team and staff on their dedication and commitment throughout this year.

Erika Statham, Board Chair

School Board — Seeking expressions of Interest

St Patrick’s Parish School are looking for new members to join our School Board.

Our School Board provides assistance and interacts with St Patrick’s Parish School Principal, Frances Robertson, Leadership Team, P&F and our parental school community in advising on key decisions relating to the school’s approach to education, philosophy, functions, profile and facilities.

The School Board provides support to the Principal and confirms the school’s approach to executive governance: ie, debating, confirming and implementing the current Board & P&F models, or the possible new School Council model.

If you would like to become part of a dynamic, innovative, adaptable team and enjoy working others, St Patrick’s Parish School Board would like to hear from you. Please send your details to either the Principal or the Board Chair (or contact Erika on 0400 787398 or email SalemCharming@gmail.com)

www.stpatscooma.nsw.edu.au
12 November 2014

HAND FOOT AND MOUTH DISEASE

Dear Parents

The Public Health Unit has been notified of a case of Hand Foot and Mouth disease at St Patrick’s Parish School, Cooma.

Hand Foot and Mouth disease is usually a mild viral illness. It can rarely lead to more serious complications such as viral meningitis (infection of the lining of the brain and spinal cord).

Symptoms include a mild fever, sores in the mouth and a rash with blisters. The rash does not itch and is usually located on the palms of the hands and soles of the feet. It may also appear on the buttocks. The blisters start as small red dots, and then often become ulcers lasting seven to ten days. They appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. Diagnosis can be confirmed by a throat swab or stool specimen. There is no specific treatment.

The incubation period is usually three to five days and cases are most infectious during the first week of the illness. Transmission occurs from person-to-person either by direct contact with the nose and throat discharges or blister fluid or the stool of infected persons. Good hygiene is the best protection i.e. hand washing with soap and water, avoid sharing cups or toothbrushes and ensuring the mouth and nose are covered when coughing and sneezing.

Children are to be excluded from the child care centre until all blisters have dried and should not be deliberately pierced as the fluid is infectious.

For more information please see http://www.health.nsw.gov.au/factsheets/infectious/handfootmouth.html or contact me on 02 4824 1840.

Yours sincerely

LISA CLARKSON
Surveillance Officer
Public Health Unit