Celebrated every year on August 15, the Feast of the Assumption of the Blessed Virgin Mary commemorates the Christian belief that the Virgin Mary was "assumed" into heaven, before her body could begin to decay - a foretaste of our own bodily resurrection at the end of time. Because it signifies the Blessed Virgin's passing into eternal life, it is the most important of all Marian feasts. This week, we affirm our belief that Mary is now in Heaven.

This feast of Mary originated in a sixth century feast of the Dormition or ‘Falling asleep of Mary’. By the seventh century the feast became known as the Assumption of Mary. The date of this feast commemorated a very ancient harvest festival towards the end of summer, which gave thanks to the Earth Mother for her fertility in producing the harvest. The feast acquired a special status as a feast of Mary when Pius XII in 1950 defined the assumption as a dogma of faith.

On this feast we are encouraged to affirm our humanity and work to enhance the dignity of people as daughters and sons of God.

And that was the general theme of the work that the staff undertook last Wednesday evening as we explored the concept of service for us, as adults, and as a school. The Australian Bureau of Statistics estimated that in 2006-07, the 4.6 million volunteers who supported community organisations contributed 623 million hours. The economic value of these hours was estimated to be $14.6 billion. That’s stunning.

However, we know that is a far greater benefit to the human family when we undertake service activities. The benefits for young people, especially, include:

- Developing research, critical thinking, problem-solving and interpersonal skills;
- Providing understanding of how to access the larger community as a resource for skill-building and learning;
- Helping to identify multiple stakeholders and to see multiple viewpoints;
- Allowing interaction with diverse populations;
- Providing career experience;
- Engaging in community problem solving at local and national levels.

There is also clear research that indicates that young people who undertake service activities either at school or in the wider community have better mental health and obtain better grades overall academically. There are very good reasons for us to promote and find avenues to support our students in this way.

We have seen such great growth in the Year 10 students who have undertaken service in the form of the Little Boxes of Hope, the Mad Hatters’ Tea Party and the Big Sleepout. There is a real pride in their achievements that far outweighs the money they have raised.

We also wish to encourage our community, both within and beyond St Patrick’s, to see the value on community service. There are so many ways to be involved and to connect with others: reading partners, serving in the Canteen, sharing you cooking for Oliver! Opening night, working bees, joining us for Book Week parade... we would love to see you!

Kind regards

Frances Robertson
Principal
From the AP’s Desk

Mental illness

It is with sadness that we mourn the loss of Robin Williams this week. I remember Robin from his films like *Mrs Doubtfire, Dead Poet’s Society, Good Morning Vietnam* and *Good Will Hunting*. I am also old enough to have seen Robin in *Mork and Mindy*. Like Philip Seymour Hoffman, Robin suffered a mental illness for most of his life.

Mental health is a real issue in our community. There are definite links between mental health, homelessness, criminal behaviour and substance abuse. Diagnosis rates for mental illness are on the increase, especially among young people. At our Winter Sleepout a couple of weeks ago, the Year 10 students identified the relationship between homelessness and mental illness. As part of this fundraiser, the Year 10 students articulated situations which would cause someone to become homeless. Every student noted that it was never the choice of the person to become homeless and that to rise out of this situation was difficult due to many factors. One commented "...how can you find a job when you need access to a computer, mobile phone and clean clothes to have any chance at the interview?".

As educators, we are heightened to the possibility that certain types of repetitive student behaviours could indicate a mental illness. This is a shift from labelling a child as naughty or difficult, to looking for a reason behind why a child acts and behaves the way they do. The underlying motivation, to urge a parent or carer to seek a diagnosis from a health professional, is to develop a better understanding of the needs of the child. Sometimes, the solution to better engage the child at school is simple; sometimes it is complex. That we are willing to enter into a conversation about how to best meet individual student needs is consistent with the Catholic view that every child is unique and has an innate dignity.

So, as we mourn the loss of Robin Williams, it is another opportunity to think about our attitudes towards mental illness. Hopefully, in years to come people may become more accepting of those who have depression, anxiety or bipolar.

Peace

In the past few months there have been renewed calls for peace in the world, particularly in Ukraine, Iraq and Gaza. Please remember that peace begins with us. The best way we can combat acts of violence and terror is to be peaceful people ourselves. Also peace is not the absence of conflict, it is the ability to handle conflict by peaceful means.

**Blessed are the peacemakers because they will be called the children of God.**

and coming events....

<table>
<thead>
<tr>
<th>Thursday 14 August</th>
<th>Wednesday 20 August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 3-6 Primary League Tag (girls)</td>
<td><em>Oliver!</em> Full cast rehearsal</td>
</tr>
<tr>
<td><strong>Friday 15 August</strong></td>
<td>Kindergarten Support Evening</td>
</tr>
<tr>
<td>Yr 10 Bournda excursion</td>
<td></td>
</tr>
<tr>
<td>Yr K-2 Snowsports</td>
<td><strong>Thursday 21 August</strong></td>
</tr>
</tbody>
</table>
| **Saturday 16 August** | **Book Week Parade (Connect to Reading)**-
| Sacrament of Reconciliation 10am | Primary Quad 12pm |
| **Monday 18 August** | **Friday 22 August** |
| Yr 3-6 Snowsports | Book Week |
| Book Week begins | School Production ‘*Oliver!*’ 11am - 10pm |
| Science Week begins | **Saturday 23 August** |
| Yr 7 (all) & Yr 9 Boys Immunisations | School Production ‘*Oliver!*’ 11am - 10pm |
| **Tuesday 19 August** | Sacrament of Reconciliation |
| Book Week | **Sunday 24 August** |
| Yr 3-6 Snowsports | Thanksgiving Mass for Reconciliation 10am - 11am |
| *Oliver!* full cast rehearsal | |
| Kinder BIGSTEP Days begin | |

www.stpatscooma.nsw.edu.au
St Patrick’s School presents

OLIVER!

Book, Music & Lyrics by

Lionel Bart

7.00pm: Friday 22nd & 29th, Saturday 23rd & 30th August
1.00pm: Saturday 23rd & 30th August
Tickets can be purchased at Cooma Visitors Centre
$18 adults, $15 children, $60 family

Orchestral arrangements by Wiliam David Brohn
By arrangement with Hal Leonard Australia Pty. Ltd, exclusive representative of Cameron Mackintosh and the Southbrook Group.

www.stpatscooma.nsw.edu.au
St Patrick’s Relay for Life team

Relay For Life began in the USA in May 1985 when Dr. Gordy Klatt, wanted to raise awareness of cancer and boost the income of his local cancer charity. He spent a gruelling twenty-four hours circulating a track in Tacoma, Washington, and raised over US$27,000, and showed that one person really can make a difference.

Since then, Relay For Life has become the largest fundraising event for cancer in the world. Celebrated by more than 4 million people in over 20 countries, this inspirational overnight event empowers and unites local communities to fight cancer.

Relay For Life is a fun and moving experience that raises vital funds for the Cancer Council’s research, prevention, information and support services. Every dollar raised goes towards funding Cancer Council’s vital research, prevention and support programs, many of which help people in your community every day.

Relay is a chance for the Cooma Monaro community to recognise and celebrate local cancer survivors, patients and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.

Join the thousands of Australians who take part in Cancer Council’s Relay For Life each year in the fight against cancer: start or join a team in the Cooma-Monaro 2014 Relay today. Sign up to volunteer at the Cooma-Monaro 2014 Relay and be part of a rewarding experience that makes a difference to your community. Help make this Relay a success!

Donations can be made to the St Patrick’s team through the website or at the school office.

General;jsessionid=78005BD69E262278C1EF01E705BE2435.app333a?
fr_id=1837&pg=tfind&s_promoCode=participant

Scholarships for St Mary MacKillop College

Parents are reminded that Year 10 students who have enrolled at St Mary MacKillop College are able to apply for a scholarship to assist with Tuition Fees in Years 11 and 12. Successful recipients will have 50% of their Tuition Fee as set by the Catholic Education Committee (CEC) accredited to their fees account for 2015 and 2016.

There will be two different categories of Scholarship:

Academic: Awarded to a student or students whose achievement has been outstanding throughout Years 9 and 10.

Community: Awarded to a student or students who have applied themselves consistently to their studies and who have contributed in significant ways to the community.

Application forms are available from the front office of the Isabella campus and must be completed and submitted to Mr Lee on or before Friday 22 August 2014.

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.
K-2 Snowsports

This is the life
Canteen News

Please don’t hesitate to contact me at the school if you have any feedback, would like to volunteer, have some 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. A big thanks to the parent and student volunteers so far!

Congratulations to Ryan Birch in Year 7, who was awarded the “Healthy Lunch Choice Canteen Award” last week. I’ll be looking out for students from all campuses who make healthy lunch choices - the award will be a $5 canteen voucher.

“St Pat’s Pasta” will be available this Friday for Infants, Primary, and Secondary students for just $5...a hot and healthy lunch to end the busy week.

Stay tuned for some Book Week canteen fun too ..... will it be Roald Dahl’s Mudburgers with Revolting Relish, or Dr Seuss’ Green Eggs and Ham? Perhaps with some Pumpkin Juice or Frobscottle to wash it down with?

Caroline Blyton
Canteen Manager

Fathers’ Day Gift Stall

5th September 2014

Students are asked to donate a small gift which will in turn be available for sale on the Fathers’ Day Stall on Friday the 5th of September.

We ask that gifts be wrapped in clear cellophane so that children shopping can see what they are buying. Can all gifts be given to class teachers by Monday 1 September.

On Friday 5 September every child will have the opportunity to shop at the stall for their Father/carer. All gifts will be available for purchase and priced between $2.00 and $5.00. Funds raised go to the St Patrick’s P & F.

Suggestions include: a coffee mug filled with sweets, magazines, sporting items, key ring, gardening supplies etc

If you would like to get involved or assist on the day, please contact Natalee Reid on mws@schutebell.com or text 0412910152

Thank you
St Pat’s P & F
'Is Sport Enough?'

2014 Report Card on Physical Activity for Children & Young People

This Report Card indicates that the physical activity levels of Australian children and young people are low and that sedentary behaviours, particularly screen time, are high. Only 19% of Australians aged 5-17 years meet the recommended Australian physical activity guidelines of accumulating at least 60 minutes of moderate to vigorous physical activity every day of the week.

Research has shown that adequately designed and delivered programs aimed at improving movement skills can improve the competency of children and young people in these fundamental skills. This includes a focus on teaching the basic Fundamental Movement Skills in school programs, as well as encouraging families to reduce their screentime and to be physically active in all aspects of everyday living such as: using active transport, taking the kids to the park as a reward, riding a bike and getting active in the garden.

The full report can be accessed on the following web link:
https://www.heartfoundation.org.au/SiteCollectionDocuments/a

9 IN 10 Australian young people don’t move enough.....

Is your family missing out on the benefits of being active every day?

Physical activity recommendations for 5-12 year olds

A combination of moderate and vigorous activities for at least 60 minutes a Day is recommended.

Examples of moderate activities are a brisk walk, a bike ride or any sort of active play.

More vigorous activities will make kids “huff and puff” and include organised sports such as football and netball, as well as activities such as ballet, running and swimming laps. Children typically accumulate activity in intermittent bursts ranging from a few seconds to several minutes, so any sort of active play will usually include some vigorous activity.

Most importantly, kids need the opportunity to participate in a variety of activities that are fun and suit their interests, skills and abilities. Variety will also offer your child a range of health benefits, experiences and challenges.

Children shouldn't spend more than two hours a day using electronic media for entertainment (eg computer games, TV, internet), particularly during daylight hours.

Book Week is coming!
St Patrick’s visit Cooma’s Kids’ Choice as part of the community transition program. Next week they are off to North Pre-school.

CANTEEN VOLUNTEERS NEEDED!

Do you have a little time to spare? Do you know a community member who would like to spend time in a friendly place helping others? If so, we would really love to hear from you. Please call the school and ask to speak with Caroline in the Canteen.

We are getting an increased level of children in K-2 who are coming to school unwell and their parents are un-contactable or 'unable' to collect their children due to work commitments.

Unfortunately, the school has no facilities to care for sick children. Teachers must continue teaching and other children do not need to have contact with unwell students.

All unwell children will be sent home.

If circumstances prevent you from being able to collect your child, you will need to make other arrangements. Some families may need to update the emergency contact lists currently on file at the school.

A message from the School Board

The School Board would like to remind and encourage all St Patrick’s Parish School parents to continue to send letters to our Local Member and the NSW Minister for Transport in an effort to obtain the fully subsidised bus transport for the journey to St Mary MacKillop College for the students in Years 11 and 12.

By doing so we wish to ensure the continuation of the partnership between St Patrick’s Parish School Cooma and St Mary MacKillop College, Canberra which has and will continue to greatly enhance both our communities and our schools.

Mr John Barilaro  
Member for Monaro  
PO Box 998  
QUEANBEYAN NSW 2620  
Em: Monaro@parliament.nsw.gov.au

The Hon. Gladys Berejiklian, MP  
Level 35 Governor Macquarie Tower  
1 Farrer Place  
SYDNEY NSW 2000  
Em: office@berejiklian.minister.nsw.gov.au

Erika Statham  
Chairperson, St Patrick’s Parish School Board
Welcome again to KIDS MATTER at St Pat’s

This week we take a brief look into one of the key protective factors of children’s wellbeing and mental health: A sense of belonging & connectedness

A sense of belonging has been found to help protect children against mental health problems and improve their learning. Being connected is about knowing you can seek support when you need it, that you will be listened to, and that you can work together with staff to help your child learn and develop.

Good communication and collaborative decision making between parents and carers and school staff in relation to a child’s social, emotional and learning needs improves school attendance, academic performance and overall behaviour (Epstein & Sheldon, 2002; Sheldon & Epstein, 2004).

Parents and carers can work with school staff to help create a bridge between home and school. When you take a positive interest in what happens at school it helps your child feel at home.

As a parent, how can I be involved?

♦ Make time to listen to your child tell you about what he or she is doing at school
♦ Let your child’s teacher know if he/she is having difficulties and discuss what kinds of things you can do at home and school to help.
♦ Find out about what your child is learning or will be learning about as part of the new Kids Matter initiative; participate in upcoming Kids Matter information session.

Book Week! It’s next week!

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.
## St Patrick's Canteen Price List

**Term 3, 2014**

<table>
<thead>
<tr>
<th>Food 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</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with light cheese, toasted</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken, Ham or Tuna</td>
<td>with light cheese &amp; tomato, toasted</td>
<td>$3.00</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 sinkeld, 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.
What is Get Healthy?
The Service offers a FREE personal health coach, with up to 10 coaching telephone calls over 6 months. Get Healthy helps people achieve their goals for lifestyle changes including – healthy eating, being physically active and achieving and maintaining a healthy weight. Southern NSW Local Health District is aiming to recruit a minimum of 184 people to Get Healthy this year, 2014-2015.

What’s the problem?
SNSWLHD have higher rates of both overweight and obesity than the State average of 51.1%. In 2013, 59.5% of SNSWLHD adults were overweight or obese. The percentage of overweight adults is 35.8% and obese adults is 23.6%. These rates have steadily risen from 49.7% overweight or obese (overweight 32.4% and obese 17.3%) in 2002.

In SNSWLHD¹ 54.4% of adults (aged 16 and over) consumed the recommended amount of fruit, but only 11.7% were meeting the required amount of vegetables. In SNSWLHD² 53.4% of adults (aged 16 and over) were meeting the requirements for adequate physical activity. Adequate physical activity is defined as undertaking physical activity for 150 minutes per week (over 5 separate occasions), equalling 30 minutes in each session at least 5 times a week.

Overweight and obesity is more common in Aboriginal communities than the rest of the population. In NSW 58.6% of Aboriginal adults (aged 16 and over) were overweight or obese³.

Overweight and obesity is a serious, chronic medical condition. Approximately 40,000 NSW hospitalisations in 2011-2012 were attributed to high body mass, and almost 1,000 in SNSWLHD⁴. Overweight and obesity are preventable diseases and efforts to combat these can save $2.3 billion in hospital expenditure each year⁵.

Thank You!
The Population Health Team wish you continued success in implementing Live Life Well @ School in your school community. Please don’t hesitate to contact your Local Health Promotion Officer for information and support to stay active and get healthy.

¹ Health Stats, by LHD 2013
² Health Stats, by LHD 2013
³ Health Stats, NSW 2013
⁴ Health Stats, NSW 2011-2012
⁵ Australian Health Promotion Association, 2010