Welcome to Term 4

I am very grateful for the commitment of Mark van Ommen, Mary-Anne Fraser and Steve Joyce who stepped up to take acting roles in my absence at the end of last term, whilst I took three weeks of long service leave. As well as visiting family, including my father who had eye surgery, I visited other schools to see what innovations had been recently added there. I was pleasantly surprised to be asked to share many of the improvements at St Patrick’s. I had plenty to share!

This included the approach that we had taken with the design space in the new building, the development of project based learning (such as the three days of the ‘murder mystery’ in Secondary), the creation of ‘calming spaces’ for students to use when it is needed, the plans for the gardens and recreational spaces (including the Infants playground initiatives) and the steps taken for economical refurbishment of buildings and rooms.

This term, we have some changes to staffing. Mrs Marg Field is on Long Service Leave and Ms Lisa Haines is replacing her for the term. Mrs Bev Clarke will be taking up another position and I’m sure that you will join me in congratulating her for the outstanding service she has provided to our school through her role as Administration support and Office Manager for 13 years. She will be missed!

I wish everyone a happy and productive Term 4.

Kind regards

Principal
Transition to High School

As Year 6 enter the final term in Primary school, we begin the transition to High School. Fortunately, for the St Patrick's students, this is a pretty seamless process. It begins with the students coming in small groups for an informal interview with the Principal or member of the Leadership Team during school time.

At this time, expectations can be outlined, questions can be answered and a special booklet is provided. A member of the Student Leadership Team will also be present to provide a student's perspective.

There are then two SPOT days (St Patrick's Orientation Time – 11 and 18 November) and here the Year 6 students can experience a taster of high school life and become more familiar with the layout of the buildings. It is also an opportunity for the students to build a relationship with the older students who will be their peer support for these days. A separate note will be given to the students about these days.

On these days, we will also be welcoming enrollees from other schools.

Parents are very welcome to contact the school (64521721) for an appointment with the Principal if they also wish to have a tour or ask questions. This can happen at a mutually convenient time, including early morning or late evening.

From the AP’s Desk

Welcome to Term 4. I trust that you all had a safe and relaxing break.

Reflection this week

Our staff prayer this week focused on St Damien of Molokai. St Damien is the patron saint of lepers, a man who spent most of his life in a leper colony in Hawai during the 1800s. His example, like St Theresa of Calcutta, challenges us to "persevere in compassion of the poor and forgotten". I find the image of Pope Francis blessing and kissing the man with a rare disease, Neurofibromatosis, humbling and challenging at the same time.

Parking and school crossings

Please be aware of the parking zones and speed limits around the school. In Vale and Murray streets there are no parking zones either side of the crossing. These are in place so that traffic has a clear view of anyone crossing the road. School speed limits will now be operation again.

Thank you

Mark van Ommen
Assistant Principal

Celebrate Kevin’s 50 Years in Teaching

An invitation is extended to all for the celebration of Kevin Dunne’s 50 Years in teaching.

A Thanksgiving Mass will be celebrated at 5.30pm at St Patrick’s Church Cooma on Thursday 13 October.

For further information, can you please contact organiser Mr Paul Mackay via email Paul.Mackay@cg.catholic.edu.au or phone 64521721.
OCTOBER IS THE MONTH FOR THE ROSARY

A public Rosary will be prayed on Saturday 15 October at Centennial park Cooma at 2pm. Please join Fr Mick and Fr George. Please bring a chair and meet near the banners. All are welcome.

Are you interested in understanding more about a Catholic Funeral?

There will be a workshop after the 10am Mass on this Thursday 13 October in the Parish Centre.

Fr Mick and Fr George will explain the process for preparation and the special features of a Catholic funeral. They can help answer your questions.

There will be a morning tea and the workshop will conclude at about 12pm.

All are welcome.
Shelley wins at Australian Interschool Equestrian Championships!

Year 6 student, Shelley Kleven, riding her pony *Amaranda Moet* recently competed in two events at the Australian Interschool Equestrian Championships at Sydney International Equestrian Centre representing NSW as part of the Equestrian NSW Equestrian Interschool team.

All states were represented with 106 riders in the NSW team, 110 in Victorian team, QLD 100, SA 43, TAS 11, NT 7, WA 49. Shelley and Moet were qualified and entered to compete in the Primary Novice Dressage competition and Primary Combined Training 60cm event.

The Combined Training event is a 2 phase competition comprising of a dressage test and simple show jumping course with difficulty set at various levels. Elimination from either phase results in elimination and non-completion of the event. Shelley and Moet rode the dressage test and came out clear leaders in the first phase of the event. They then went on to carefully jump a clear round around the 60cm show jump course and incurred no penalties - resulting in Shelley and Moet being declared 1st placegetters of the Primary 60cm Combined Training. Also important to note that the NSW Primary Combined Training Team was the Champion team (Shelley included) – this was awarded based on all states put forward their 4 best performing riders across all levels, the points then tallied and Champion and Reserve Champion team awarded.

The dressage competition required 2 Novice level dressage tests to be ridden. Shelley's first test was the 2.2 test which they rode neatly for a percentage score of 63.643% and 5th place. Their second test was the 2.3 in which Moet added a couple of unrequired movements for a 60.862% and 9th place. This brought them home with an overall 6th placing in the Primary Novice Dressage Section.

NSW won overall point score by a tiny 80 points.

Huge congratulations to Shelley, Moet and the whole Kleven support team.

Canteen News

Welcome back to Term 4! I hope everyone had a safe and happy holidays.

As the weather is warming up we will be switching over to our Summer Canteen menu. This will be available next week as I am just doing some last minute fine tuning.
If anyone has any suggestions for some specials to run this term I would love to hear them.
Please check the newsletter and/or the school Facebook page each week to see what specials will be running that week.

Mini Canteen will be as usual on a Wednesday this term. I have lots of ideas for some mini treats this term so please don't forget to send your children with a couple of dollars so that they can participate.

This week's Volunteers are:
Thursday 13/10  Kelly Gill
Friday 14/10   Nicole Withers

As always a massive thank you to our volunteers who take time out of their busy days to help us out. Without you all we wouldn't be able to run as smoothly as we do.
If there is anyone who would like to volunteer (even just for 1 hour a month) please don't hesitate to drop in and see me or call the office. It is a great way to meet new people within our school community.

A reminder that sushi is available Wednesday to Friday each week.

Rebecca Croke
Canteen Manager
World Mental Health Day – 10 October 2016

Mental illness affects one in five Australians and this on Monday 10 October Mental Health Australia encouraged all Australians to make a personal promise to improve their own mental health.

Making a promise can be a positive first step towards improved mental health.

Mental Health Australia CEO Frank Quinlan, says the idea of making a promise reminds people that looking after their mental health is personal, and that it starts with them.

“The promise campaign has really captured people’s interest in recent years, and to see thousands of people post their promises on our 1010.org.au website and social media feeds, is a real step in helping improve one’s mental health,” said Mr Quinlan.

Consider some promise that you can make for yourself and your family in support of Mental Health Day... You may promise to sleep well, promise to eat well, promise to plan, to tune in, or tune out, promise to cut back, or switch off, promise to engage with others, promise to exercise, to talk or to seek help...

At St Patrick’s, we use the principles and philosophy of KidsMatter and MindMatters, as well as teaching the skills for positive relationships and well-being through the BOUNCE BACK program for all Kindergarten to Year Six classes.

Our Well-Being Support Person, Ms Pip Daley, continues to seek opportunities for students to celebrate and affirm their self esteem and resilience. The Fresh-Faced Friday, recently held in Secondary, is one such example.

HSC Examinations

This week, the NSW HSC written examinations begin. With more than 77,000 students sitting for around 350,000 exams in 118 subjects, marked by more than 5000 markers, delivering the exams is a huge logistical exercise. For the individual student, it is also a very big deal.

For all the ex-St Patrick’s students who progressed onto NSW schools, we send our best wishes. We also hope that all HSC students in the Monaro region feel well prepared and calm.

A staff announcement

Ms Danielle Trigg, one of the Secondary Science teachers, has returned to school wearing an engagement ring! She is engaged to be married to Nathan Watkins. We look forward to their wedding in January 2018.
Do you wish to have easy access to the School Calendar?

First go to the school’s website http://stpatscooma.nsw.edu.au

Click on School Calendar at the bottom of the front page.

Just go to the google tab in the bottom right corner of the school calendar and click on the + and you will be asked if you want to import this calendar to your own.

We regularly update the calendar when there are changes to events. We also include the significant events at the front of the newsletter.
Lunchtime Yoga with Lisa Haines

This term we will be holding Lunch Time Yoga classes for students on the Infants campus (Monday to Thursday) from Week 2 to 5, and then classes for Primary students in Weeks 6 to 9. Sessions are voluntary and free to attend. Lunchtime Yoga for Infants will be held in the breakout area next to Year 1 classroom from 2:00 – 2:20. Lunchtime Yoga for Primary will be held in the Yr 3-5 block.

Parents are welcome to drop in and join in.

We welcome Lisa Haines to our school community. Lisa is originally from Queensland, where she worked as a qualified teachers’ aide for seven years. Lisa has her Certificate IV in Special Needs for Education as well as qualifications and certification as a Yoga Teacher. She has specialised in Children’s Yoga certification from the ages of pre-natal to 18 years old. Her training has been with Samadhi Yoga (NZ), Radiant Child Yoga and Lorraine Rushton with Zenergy Yoga. (Yoga therapy for kids targeting the top 10 issues facing kids today). Lisa is also trained in Iyengar Level 1 Adult Yoga.

Alongside her career as a Learning Support Assistant, for the last ten years Lisa ran yoga classes for schools, specialised classes for Department of Children’s Services, private sessions, holiday workshops, preschool programs, cultural days for schools and have worked with Calm Kids Yoga in Brisbane writing their yoga programs for numerous yoga teachers. She also had her own studio at home where weekly classes were run for adults and kids.

Lisa is VERY passionate about teaching children positive self-talk. A healthy self-esteem can sometimes be the only factor you can rely on for yourself and its essential children know how to lift themselves up. WHY DO YOGA? According to research presented at the 2007 Symposium on Yoga Therapy and Research (SYTAR), children who practice yoga have more energy, are better at regulating their emotions and managing stress, and have more self-esteem.

For extra information or any queries about the program please contact Melinda Barrett on 64521721 or Melinda.barrett@cg.catholic.edu.au

INFORMATION FOR PARENTS OR CARER/S – What is an Affirmation?

An affirmation is really anything you say or think. A lot of what we normally say and think is quite negative and doesn’t create good experiences for us. We have to retrain our thinking and speaking into positive patterns if we want to change our lives. An affirmation opens the door. It’s a beginning point on the path to change. In essence, you’re saying to your subconscious mind: “I am taking responsibility. I am aware that there is something I can do to change.” Every thought you think and every word you speak is an affirmation. All of our self-talk, our internal dialogue, is a stream of affirmations. You’re using affirmations every moment whether you know it or not. You’re affirming and creating your life experiences with every word and thought. – Louise L Hay
Berry Interschools Equestrian Event

Four St Patrick’s riders, their mounts and individual support crews travelled to the picturesque Worrigee Equestrian Common south of Nowra to compete at Berry Riding Club's 9th Annual Inter-School Equestrian Championship Saturday over the October long weekend.

Competition covered numerous disciplines including Dressage, Hacking, Show Jumping, Interschool Challenge, Work Hunter Equitation, Sporting and Horsemanship Trial.

In rather warm, blustery conditions our riders rode like troopers busily going from event to another non-stop the entire three days. Lots of fun and citizenship was had with other schools from all over NSW and all riders should be more than happy with, not only their results, but also their personal achievements and conduct.

Individual results were:

**Ollia Stockl Year 3 riding Ke-Anbree Pick Pocket (Lochie)**
1st Primary Division 2 & 3 Best Presented
4th Primary Division 2 & 3 Rider
3rd Primary Division 2 & 3 Large Pony
3rd Primary 45cm Super Phase Show Jump
2nd Year 3 Scudahoe
4th Year 3 Bend Bar Aft
3rd Year 3 Interschool Challenge 45cm
Reserve Champion Overall Year 3 Rider

**Abby Douch Year 5 riding Bamborough Domino (Marty)**
3rd Primary Division 1 Pony, Galloway or Hack
3rd Primary Division 1 Best Educated Mount
2nd Primary Division 1 Rider
1st Primary Division 1 Bare Back Rider
2nd Primary Division 1 Pair of Riders
3rd Primary 60cm Time Fault & Out Showjump
4th Primary 75cm Super Phase Showjump
2nd Primary Scudahoe Race
2nd Primary Horsemanship Challenge
4th Primary Working Hunter Equitation Competition 65cm
1st Year 5 Interschool Challenge 60cm
Reserve Champion Primary Rider Interschool Challenge
Reserve Champion Overall Year 5 Rider

**Emmilee Reid Year 8 riding Banjo**
3rd Secondary Division 1 & 2 Galloway Hack
3rd Secondary Division 1 & 2 Best Presented
2nd Secondary Division 1 & 2 Educated Mount
2nd Secondary Division 1 & 2 Year 8 Rider
3rd Secondary Division 1 & 2 Bare Back Rider
2nd Secondary Division 1 & 2 Pair of Riders
1st Secondary Fault and Out 60 cm
1st Secondary Super Phase 60 cm
2nd Year 8 Snakes and Ladders
2nd Year 8 Bend Bar Aft
1st Year 8 Scudahoe
4th Year 8 Double Slalom
4th Secondary Working Hunter Equitation Competition
COOMA CAR CLUB DEVELOPING DRIVERS OF THE FUTURE

First day of Junior Driver Development Program Sunday 23 October

On Sunday 23 October, Cooma Car Club will conduct a Motorkhana/Training Day as the first day of a novel junior driver development program. Conducted in conjunction with CAMS (Confederation of Australian Motor Sports), the junior development program has the twin objectives of introducing young drivers to grass roots motor sport and broadening the Car Club membership.

Eligible participants will be juniors (14 to 17) years who have not previously participated in motor sport, and are interested in learning car control in a controlled and safe environment with a possible view to entering motorsport at a grass roots level.

Participants will first learn some practical car maintenance in a classroom prior to hands on experience (vehicle familiarization) on one of the club cars. This will be followed by a motorkhana event, where participants will learn some car control and get to experience how a car reacts at low speeds.

Motorkhana is a fabulous low cost form of motor sport, often providing someone with their first taste of motor sport in a standard road car, but also catering to the most skilled and experienced of drivers in highly modified or purpose built Motorkhana specials. Motorkhana is designed to test the acceleration, braking and general manoeuvrability of a vehicle and the skill and judgement of the driver. A motorkhana involves manoeuvring through tight and twisty tests marked by flags or cones.

DETAILS

**Date:** Sunday 23 October 2016

**Location:** ‘Longhouse’, 28 Polo Flat Road, 11 Bolaro Street, Cooma NSW

Participants may supply their own vehicles, which are required to meet basic safety standards, or may use one of the several club cars that will be made available.

The second event (of the Junior Development Program) will be a Hillclimb at Mt Gladstone in Cooma on the morning of Saturday 26 November, where participants will experience car control at higher speeds in a safe controlled environment with an instructor in the car with them until they feel confident enough to have a solo run.

**Entry fee for both events is $30, for which attendees will receive a CAMS L2SJ licence, allowing them to enter any similar events in the following 12 months.**


For more detail and entry forms, see CMHAC website [http://www.coomacarclub.com.au/](http://www.coomacarclub.com.au/) See also Cooma Car Club Facebook Page

**For further general information, please contact:** Ian Hampton Cooma Monaro Historic Automobile Club Inc. 0400 528 115

**For specific information about the junior driver development program, please contact:** Julian Besestri 0418 251 465
Community News

Karate
Footy is over Summer is coming now is the time to join
No contracts: pay as you go
Family specials
Children who train in karate are less likely to be bullied and school work and class behaviour can improve
classes continue during school holidays

- Build confidence
- Improve Fitness
- Gain self discipline
- Learn self defence

Cooma classes in:
Cooma North
Primary School

Classes: all around Canberra, Goulburn, Queanbeyan, Yass
contact Wendy 0406 375 091
wendy.gkr@gmail.com

Cooma District Junior Rugby League Inc

COOMA COLTS
Junior LEAGUETAG Competition
2016/2017
Proudly Sponsored By
FORTITUDE physiotherapy

Term 4 2016 & Term 1 2017
For Boys & Girls from Kindy to Year 8

Rego Afternoon
Thursday, 20th October 2016 from 5-6pm
Cooma Showground

LEAGUETAG is similar to rugby league, but instead of tackling each player wears a velcro belt with bands attached, which the opponent tries to pull off to effect a “tag”.

Registered children will be placed into teams of similar ages. No need to organise a team.

Thursday afternoon: 4.30 pm-5.30 pm at Cooma Showground
Starting from Thursday 27th October 2016 – $25 per person per season.
Please wear shorts with no pockets, school shirt & shoes (sneakers/boots if you have them) & water bottle.

Cooma Little Theatre
Presents
Sleeping Beauty
(a pantomime)
By Bob Hammond

Directed By
Jayne Morgan & Neil Pernest doesn’t
COOMA LITTLE THEATRE
28-29 Oct 04-05 Nov
11-12 Nov
7:00 PM
1:00 PM
(Matinees 5th & 12th Nov)

Choreography By
Family Entertainment
Book Online at CNT.ORG.AU
OR TICKETS FROM
COOMA VISITORS CENTRE
Ph 6455 1742

Movie Night
Cooma Twin Cinema
Thursday, 27th of October
Movie starts at 7:00 pm
Arrival time from 6:30 pm

Doctor Strange

Tickets $20 includes drink and movie snack

Tickets available at the Cooma Visitors’ Centre, at the door or by contacting our Facebook page

All funds raised go towards Cooma Interact Clubs ‘farmers in need’ project.
There's more to explore at the Canyon of Savings.

Congratulations to all School Banking participants who have qualified for the Term 3 Prize Lights and Grand Prize competitions by displaying consistent savings behaviour. Will your child be the one to meet Robert and Bindi Irwin on a VIP visit to Australia Zoo? The Grand Prize winner will be posted at commmbank.com.au/schoolbanking on 17 October. The Prize Lights winners will be posted on commmbank.com.au/prizelights from 19 October.

Remember, there are more rewards before our Outback adventure is over. School Banking is releasing two Term 4 reward items that are sure to keep students saving. After completing 10 deposits, your child can redeem a Bush Fly Fan or a Wriggly Glow Worm.

Add to your child's financial literacy
While School Banking aims to make money skills more fun and engaging for your child, you can further fuel that interest at home. For example, have you explained the difference between needs and wants? A simple way to demonstrate this is to get them to help write your shopping list, placing the "needs" and the "wants" into separate columns. Then let your child find each item at the shops and tick it off their list, to reinforce the idea.

That's one of many educational tips you'll find in three new videos we've added to The Beanstalk. These short videos cover easy ways to help teach smart money management to your kids. To watch them, and to discover other insightful articles and activities, go to commmbank.com.au/beanstalk

Activity: Outback checklist
As the Dollarmites prepare for their trip home through the Outback, they need to buy supplies for the road. Can your child help them work out what will be essential and what are treats they can do without? All they have to do is organise these items into "needs" and "wants". Then add up the price tags of the wants to figure out how much the Dollarmites would save by only buying the needs.

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Commonwealth Bank of Australia ABN 48 123 133 124
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2016 MELBOURNE CUP

invite you to........

MELBOURNE CUP LUNCH

Tuesday 1st November 2016
@ The Atrium Restaurant
Time 12.30pm
Price $60

Ticket includes
3 course lunch,
complimentary glass of champagne on arrival;
watch the big race and
a complimentary shuttle bus to and from Cooma.

• Prizes for the best dressed and hat
• Sweeps run on the day

TICKETS ON SALE AT THE FABRIC SALON, COOMA