Dear St Patrick’s Community

This week’s staff prayer was from Mr Introna. A timely reminder of the need to slow down and spend time in the silence.

SILENCE
Lord, the noise of life is oppressing me,
The bother of life obstructing me,
The gossip of life overwhelming.
In the quietness of this hour, I ask you to close my ears
so I may listen to silence,
close my eyes
so I may see your presence,
close my mouth
so that your words may speak to me clearly.
Calm my body, cleanse my heart,
And rest my soul,
That in waiting on you, I may rest in you,
Peacefully, quietly, still.

MacKillop Feast day celebration
Last Friday, I had the pleasure of representing St Patrick's Cooma at the MacKillop Feast day Mass, held at the Tuggeranong Basketball stadium. The music, setting, words spoken and reverence shown by the over 2000 staff and students of St Mary MacKillop College created a wonderfully prayerful atmosphere. The celebration was another example of the uniqueness of the K-12 Catholic pathway we offer at St Patrick’s, Cooma.

Friday
You are welcome to join us for the K1D assembly at the Cooma Ex-services Club at 12:30pm. The grandparents and friends afternoon is mainly for the K-2 classes. If you have grandchild in 3-6 you are also welcome to tour their classroom during the afternoon session.

Kind regards

Mr Mark van Ommen
Acting Principal

Important dates coming up
Thursday 15 September
Primary Milo T20 Blast Cricket
Friday 16 September
K1D Assembly 12.30pm
Grandparents and Friends Day 12.30pm
Lambie Street Preschool Art Show
Saturday 17 & Sunday 18 September
Lambie Street Preschool Art Show
Monday 19 & Tuesday 20 September
Year 10 Senior First Aid course
Friday 23 September
5L Assembly
Term 3 ends
Monday 10 October
Staff Professional Development Day
Tuesday 11 October
All students return for Term 4

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 please contact Paul Mackay - Paul.Mackay@cg.catholic.edu.au or phone 64521721.
From the AP’s desk

Term Three in the Cooma Monaro region and our school can be hard. At this time of year winter tries so hard to stick around. It has been very cold, windy and wet. This makes it very hard to be outside. Instead, we shut the doors and windows to stay warm. The days are short and it gets dark very early. It does not help when there is a bad strain of flu in the area. In Year 6 alone, there were three weeks straight when I only had half of my class attending school (due to students being very sick). In all my 20 years a teacher, I have never seen a flu strike this hard! This can leave parents and their children feeling drained and tired.

Most families have had an extremely busy schedule, both during the week and on weekends (particularly with dance and sporting commitments...just to name a few). The snow is just up the road, yet it is a long and tiring day trip. Many families have to travel long distances to play sport. I recently heard of many community members needing to travel as far as Goulburn and Crookwell.

Needless to say, this time of year finds our community feeling...tired.

At times like this I look to the natural beauty our unique location. The low light on the Monaro and the clouds over the mountains lift my spirits. The longer days of spring and the promise of warm weather, outdoor BBQ’s and the Big Bash League are only a few weeks away.

Take care.

Steven Joyce
Acting Assistant Principal

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Dear K-6 Parents

It has been noticed that some students are not eating all of their food at the breaks and some students have mentioned that they have not had breakfast before coming to school. I encourage you to have a conversation with your children about their healthy food preferences, so that food is not thrown out or sent back home. Here is some information from the ‘Healthy Kids’ website:

‘Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive.’

As part of Life Education and the PDHPE syllabus, students learn about healthy eating. The poster attached in this newsletter may provide some inspiration for lunchboxes.


Thank you

Mary-Ann Fraser
Acting K-10 Coordinator
**Tips for Keeping Your Child Safe Online**

We all know the internet can be a wonderful resource, and our children are growing up in a world where internet use is commonplace. They know how to use the internet to research assignments, communicate with their teacher and classmates, and play interactive games. But, as adults, we know how dangerous the internet can be for our children and it is our responsibility as parents to help keep our children safe online, as well as educate them on the dangers that are hidden behind the screen.

**Talk with your child:** Your child’s best online protection is you. By talking to your children about potential online dangers and monitoring their computer use, you can help them surf the internet safely. Highlight the fact that the online world parallels the real world and that there are both safe and unsafe things out there. Also, discuss measures that can be used to protect us such as passwords, privacy settings, and internet security and how it is important for the child and their parents to know their child’s passwords, but for no one else to have this information.

**Be Vigilant and Monitor Use:** Just as you would be vigilant if your child was approached by a stranger on the street, you need to be doing the same when they are online. Make sure your child is using the internet in a common area in your house and that they have your permission to access different sites. Communication with your child is key to ensuring they are open and honest with you about their internet use, and are also comfortable to talk to you if they chance upon anything inappropriate.

**Social Media Apps:** Most social media apps have a minimum download age of 13 years. This includes Facebook, Instagram and Snapchat. A minimum age law complies with the Children’s Online Privacy Protection Act of 1998 (COPPA) which prevents the collection and storage of personal information from a child under 13 years. If your child is accessing social media before the age of 13 they have an increased risk of exposure to the dangers of the internet, and as their parent you need to ensure basic child protection is in place for your child.

**Parental Controls:** Parental controls are available for most devices, either through pre-installed settings that can be activated yourself on a device, or via the installation of free or commercial software. Parental control tools help parents monitor and limit what their children do online. No tool is 100 per cent effective at blocking access to inappropriate content. Parental controls are a good tool to encourage communication with children about their online activities.

**Understand simple safety rules:** Make sure your child understands simple safety rules. If they know you don’t leave the front door open when you go out, or talk to strangers in the street, let alone met them at a secluded location, or give your personal information including phone numbers and home address to strangers in real life, then they need to know the same rules apply when they are online.

**Setting Boundaries also brings Freedom:** Enforcing boundaries and engaging in age appropriate open discussions about your child’s online activities will encourage your child to learn the benefits and realise the dangers of the internet. Boundaries are often seen as restrictive by children, but boundaries also bring freedom. They provide a clear understanding of what is safe and secure. Boundaries tell them where they are free to explore and roam.

**Protecting your privacy:** Discussing the use of social media is a good place to start when dealing with privacy protection. Children need to realise that anything posted on social media is there forever. So even if they think they have deleted a photo or message, it can still be found by tech savvy individuals. Children need to ensure they have updated their privacy setting and should be working on the principle “If you wouldn’t show Grandma that post, then it isn’t appropriate to share!”. Becoming “friends” with your child on social media can ensure you know who they are “friends” with and if these friends are real or not.

**Don’t share private photos:** Older children may find themselves in a situation where a peer (or someone posing as a peer) asks for private or nude photos. It is important to educate your child on the dangers of posting these types of photos. There is no circumstance where these types of photos should be shared. If a photo is shared, the child has lost control of the photo and it can be shared among other peers, or forwarded to highly inappropriate sites. Remember, once something is on the internet it is there forever and we need to ensure our children are safe.

**In summary:** Communicate with your child, no matter what their age, on how they can keep themselves safe online. Set boundaries and limit the amount of time they are online, and make sure they use devices where you can view their activity. Make sure your child follows age restrictions and if old enough to use social media, make sure you are “friends” online with them.

If your child is unhappy with your rules about online use, remind them of the following: “It is your device, you pay for it, and you cover the bills. You get to decide how it is used, by whom and why”. As a parent, you have every right and every responsibility to keep your child safe, in the real and online worlds.

Fresh Faced Friday

Ripping up negative comments and writing down positive comments was the order of the day for secondary students celebrating Fresh Faced Friday on 9 September 2016. Fresh Faced Friday is a national program which was developed by a group of young people involved in the ABC Heywire program. The aim of the day is to ensure young people devote their thinking to positive thoughts about themselves and their body image, and to banish negative thoughts from their minds.

St Patrick’s celebrated Fresh Faced Friday by wearing clothes that made us feel comfortable, going make-up and hair product free and by raising awareness of how we see, think, feel and talk about ourselves and our body image. There were many smiles and positivity on the playground, all topped off by a fun dance session! St Patrick’s students celebrated being who they want to be, judgement free and we all felt better for it. All money raised on the day has been donated to Beyond Blue, which provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

New Drama Boxes on the K-2 Campus

The K-2 students received 3 drama boxes this week. A big thank you to Joel Saville and Marlene Bottom for making these boxes for the K-2 students. You never know…maybe these boxes could inspire the next Cate Blanchett or Russell Crowe!
Primary Ski Program

*Belated Primary Ski Program comment.*

What a great 4 days of primary snowsports! We coped with clear, blue skies, fresh snow, snowballs, hot chocolate, a bit of wind, lost bags, the flu, broken down buses, chocolate frogs, cool instructors, dancing in our ski gear, singing on chair lifts and generally having a great time.

Thank you to all those people who helped make our snowsports program successful: our parents, instructors, teachers, bus drivers, ski hire establishments and our students. It was great to see students improving in cross country, alpine or snowboarding confidence, control, style and turns. Also congratulations to those students for improved organisational ability, positive attitudes, ability to adapt to change, a willingness to learn new skills and to help out when needed.

Lastly it was great to hear students commenting on how lucky we are to have this opportunity.

Here are some thoughts from our Primary Students:

- I loved how there was lots of snow – Evie Schulz
- I like how we got to ski with friends – Safia Nassar
- I liked when you had a stack, you were noticed and helped – Grace Clarke
- I liked it because you learnt something at the same time as having fun, and it was better than doing school work all day – Laura Dawson
- I liked going on the lifts together – Emily Revelant
- I liked skiing down a big hill – Summer Feeny-Marks
- I learnt to improve my balance and do more tricks – Mitch Reid
- I thought just being on the snow was fun – Abby Douch
- I liked the freedom our instructors gave us, by letting us choose the runs to ski on – Elle McGufficke
- It was really fun and we could have a laugh – Paris Vallianos, Tom Whyman, Thomas Croke
- Our instructors were really cool and made it more enjoyable – Patrick McLean, Wayne Watkins
- I liked spending time with my friends – Tia Quodling
- It was fun going on all the rides – Ada Hoctor
- It was fun going really fast and playing with your friends – Reece Coyne, Rhys Sands
- My nice instructors made it even it more enjoyable, because they were fun – Millie Blyton, Archie Blyton
- Everyone had a great attitude! – Sam Williams, Riley Brayshaw
- I liked skiing with my friends and seeing what they could do – Marcus Thomson
- I liked enjoying my coach and learning new skills – Lottie Walker-Broose
- I liked that I got to try something new – Kaitlin Stanger
Public Speaking

Southern Region Catholic Schools in the Archdiocesan Public Speaking Competition. Sienna Davies and Lottie Walker-Broose spoke magnificently and were given great feedback about their speeches. Tom Carton was the Archdiocesan winner in his age group.

Congratulations to all of these students!
**Judo Championships**

Over the weekend, three of our primary students competed in the Sydney International Judo Tournament, they were India Dyball, Jack Kleven and Shelley Kleven. Shelley finished 4th after her 2 bouts. India got a silver medal and was beaten in the gold medal bout by the Australian National Champion in her weight division. Jack also got a silver medal after 4 bouts and was also defeated by the National Champion in his weight division. Congratulations to all three students on their achievement, perseverance and improvement in the sport of Judo.

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**Canteen News**

Wow!! Happy 100th Birthday Roald Dahl!! What a great response we had for Roald Dahl's Revolting Recipes.

Thank you to everyone who helped out (especially Zoe Hoctor) on Tuesday morning as it was a very busy morning in the canteen.

This Friday is Grandparents and Friends day, so if you haven’t already please don’t forget to send your orders back in by Thursday morning at the latest. I really appreciate your help with this as it helps me to get the catering right.

Next week is the last week of school for term 3 so just a quick reminder that as the term winds down we may begin to run low on a few things. If we do run out of any items we will try to get you the next best thing. I promise no one will starve.

This week's Volunteers:

**Wednesday 14/09** Kim Kleven

**Mini Canteen** Gwenda Haley and Marjorie Revelant

**Friday 15/09** Nicole Withers

Rebecca Croke

Canteen Manger

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**Year 6 Musician Visit**

On Tuesday, Year 6 had a visit from local musician, Mikelangelo (main vocalist and guitar player of Mikelangelo and the Black Sea Gentleman). This was organised by Year 6 student, Alex Elgey, as part of his music assignment. The students were entertained with several songs about the local area of Cooma and the Alpine region. Please visit the school Facebook page to watch part of the performance. We look forward to any future visits by Mikelangelo!
Community News

**Community News**

**A special school holiday craft for 7yo & up**  
*Make your own colourful 3D kite*

**Cooma Library**  
**Thursday 6 October 2pm**  
Please book as places are limited  
6455 2730 or library@monaro.nsw.gov.au

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**Cooma Champs Tennis**

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**SCHOOL HOLIDAY TENNIS CAMPS**

9am – 4pm  
ROYAL TENNIS COURTS
2 Day Camp - $100.00  
Discounted to $80.00
Discount given if booking and payment received a week prior to camp commencing.

Please call Tom: 0404838049

Awesome prizes to be won!
Lessons available during the school term in Cooma each weekday afternoon and Sat morning. We would love to hear from you!

Tom Pidcock: Accredited Appraiser / Tennis Australia Club Professional / Active After School Accredited

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**COOMA LIBRARY**

**School holiday Craft**

**Wednesday 28th September 10.30am**  
Make a dog puppet

**Wednesday 5th October 10.30am**  
Make a recycled-paper butterfly

Please book as places are limited
Cooma Library 6455 1730 or library@monaro.nsw.gov.au

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**Michelle’s Swim School**

**Term 4 Swimming Lessons**

Bookings are now being taken for term 4 summer swimming lessons.

At the Cooma Hospital Hydro Pool and at the Cooma Swim Centre.

Classes are available for all levels from infants to adults.

Squad bookings also need to be made now.

For bookings and information call Michelle in 6452 4289 or 0414 880 783

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**MT GLADSTONE MOUNTAIN BIKE RACE**

Cooma, NSW 2649

All Abilities welcome

6th of November 2016

3km Race - $5

7km Race - $10

14km Race - $15

2km Super D Race - $15

**INSURANCE COST**

$15 for 18 and under

$25 for 19 and over

**RACE INFORMATION**

It is compulsory for all riders to wear a helmet when riding. There will be friendly officials in areas of the track to guide/help you if you crash or don’t know where to go. You can register on the day. (If you have a MTBA race membership card, you only have to pay the entry fee for each race you enter). There will be PHAB’s trophy for the top 3 of each individual race.

**EMAIL**

haliewella@gmail.com or snowymountainmtbclub@gmail.com

If you have any questions about this event, like the Snowy Mountains MTB Club page on Facebook for Maps and Times.
Cooma Athletics Club
Come & Try Day
Saturday 17th September 2016
10am to 1pm
Snowy Oval, Cooma North

All Welcome
Bring your family, come & try track and field events,
have some fun, learn new skills!

Canteen available

Season starts Saturday 8 October 2016

Yoga for Teenagers
13-17 yrs

Techniques taught for study, relaxation, self esteem,
anxiety, better sleep and of course maintaining flexibility
and health.

YOGA engages the heart, mind and body through its
unique blend of physical yoga, social skills and mental
awareness. It helps all children develop emotional
intelligence, communication skills, trust and empathy.
A fun class for boys and girls—skills they will learn to help
them for the rest of their lives.

Now more than ever, we all need to learn how to pace
ourselves, to know how to slow down and to find the quiet
that exists within ourselves.

Contact LISA on 0438 555 847
to secure your spot for
Term 4, 2016
Facebook: Children's Cooma Yoga

TAKING BOOKINGS FOR TERM 4 NOW
LIMITED PLACES AVAILABLE

Cooma Lambie Street Preschool presents
“Welcome back to Preschool”
Art Show
16th, 17th and 18th September 2016
Please join us in celebrating our local children and their creativity

Opening Night
Friday 16th September 2016
6:30pm
Wine, Canapes & live music
Art Sales and Live Auction
Adults only event
Tickets $20 per person
Tickets available for purchase from the preschool

Art Exhibition
Saturday 17th & Sunday 18th September 2016
10am to 3pm
Entry by gold coin donation
Art Sales
Cake Stall (Saturday only)
Sausage Sizzle (Saturday only)

Thank you for supporting Early Childhood Education and your local Preschool

The simplest way
…to get a vitamin D dose in winter.

Did you know that we need some sun exposure to make
vitamin D for healthy bones and muscles?

In NSW, UV levels are at their lowest in June and July. In the
north and far west, most people need 20-25 minutes of sun
exposure during mid-morning or mid-afternoon, and in the south
30-40 minutes in the middle of the day.

This will keep your vitamin D levels topped up during winter.
Braise the chill and roll up your sleeves to get some sunlight on
your forearms as well as your hands!

But don’t risk damaging your skin.
UV levels can change from day to
day. When UV levels are 3 and
above, use sun protection. People
who use sunscreen regularly
when UV levels are 3 and above
do not have lower vitamin D levels
than people who don’t.

Check UV levels for your local area
on the free SunSmart App
for smart phones; download it
from the App Store or Google
Play.

To help keep your kids safe, check your schools
SunSmart status by heading to
www.sunsmartnsw.com.au

Cancer Council
NSW

SunSmart

SunSmart