Dear Parents and Friends of our School Community

Of all the photos that I took last week, this one resonates the most with me.

At the end of a swimming race, at the Primary carnival, one young man made particular effort to reach out to the fellow swimmers either side of him to congratulate them on a good swim. This gesture was genuine and for those of us who noticed, it was a moment to feel quiet pride. It was St Patrick’s spirit at its best.

As we listen to the national media this week, we must pause to reflect on the actions of some in the Catholic Church (and many other institutions) who have abused, assaulted and raped young children and vulnerable young adults. It is only this decade that these crimes, and their obscene cover-up, are being made accountable. Archbishop Prowse has asked for his letter of consolation to be included in this newsletter.

As a Catholic Community, we must reach out to those who have been victims of assault at the hands of religious people. Silence can never again be accepted as the modus operandi.

In this Archdiocese, Archbishop Prowse has set up the Institute of Professional Standards and Safeguarding. You can read more about the policies and procedures for child protection and prevention of harm on their website at http://cgcatholic.org.au/services-directory/professional-standards

It was impressive to see so many of our community present at the Primary swimming carnival last week. We are very appreciative of those who reached out to give a hand to help the carnival run smoothly.

At all levels, reaching out is what we do best.

Kind regards
Mrs Frances Robertson
Principal

Coming events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Thursday 16 February</td>
<td>Primary Southern Region Swimming Narooma</td>
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<td>Parish Pastoral Council meeting 6.30pm</td>
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<tr>
<td>Friday 17 February</td>
<td>Secondary swimming carnival</td>
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<tr>
<td>Sunday 19 February</td>
<td>Flowing Festival Jindabyne</td>
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<tr>
<td>Tuesday 21 February</td>
<td>Opening School Mass Year 3-10 at 11.45am</td>
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<tr>
<td>Wednesday 15 February</td>
<td>Kindergarten - rest/assessment day</td>
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From the AP’s Desk...

The following poem is thought provoking reflection on learning in a modern classroom:

A Child’s Plea (Original Author Unknown)

Today I did my math and science.  
I toasted bread, I halved and quartered, counted, measured, and used my eyes, ears and hands.  
I added and subtracted on the way.  
I used magnets, blocks and memory tray.  
I learned about a rainbow and how to weigh.  
So please don’t say -  
'ANYTHING IN YOUR BAG TODAY?'

You see. I’m sharing as I play, to learn to listen and speak clearly when I talk to wait my turn and when inside to walk.  
To put my words into a phrase, to find my name and write it down.  
To do it with a smile and not a frown, to put my pasting brush away. So please, don’t say -  
'WHAT? NOTHING IN YOUR BAG TODAY?'

I learned about a snail and a worm.

Remembered how to take my turn.  
Helped a friend when he was stuck.  
Learned that water runs off a duck.  
Looked at words from left to right.  
Agreed to differ, not to fight.  
So please don’t say -  
'DID YOU ONLY PLAY TODAY?'

Yes, I played the whole day through.  
I played to learn the things I do.  
I speak about a problem, find a clue and work out for myself just what to do.  
My teachers set the scene, and stay near-by to help me when I really try.  
They are there to pose the problems, and to help me think.  
I hope they will keep me floating and never let me sink.  
All of this is in my head and not in my bag. It makes me sad to hear you say -  
'HAVEN'T YOU DONE ANYTHING TODAY?'

When you attend your meeting today and do your work I will remember not to say to you -  
'WHAT NOTHING IN YOUR BAG? WHAT DID YOU DO?'

Steven Joyce  
Assistant Principal

There was lots of loving happening on St Valentine’s Day in Year 1.
Yesterday we had a café and parents came and grandparents came too. It was fun cleaning up and Talia and I cleaned up. by Abigail

Yesterday we had a café. It was fun. I served Table 6. I gave them apple juice, orange juice and 2 fruit sticks. It was fun. by Josie

Yesterday we had a café and we had apple juice. I liked serving my Mum and my little brother and serving Gabby L’s mum. by Anastasia

I showed the people where the tables were and I got the menus and I put down the menus. I had lots of fun. by Milla
Year 7 are learning how to safely work in a Science Laboratory.

Secondary Campus News

This last week we have chosen the House Leaders for the Secondary Campus. They form part of the overall Student Leadership Team. There are high expectations for them. House Leaders:

- Form the foundation of the Student Liturgical Committee and actively participate in school Liturgies
- Contribute to and support the Social Justice Team and are confidently able to organise fund-raising for school approved charities
- Demonstrate a commitment to their studies at the school and are involved in the life of the school
- Demonstrate an ability to work as part of the Leadership Team
- Follow the expectations, ethos and values of the school and are positive role models
- Are willing to support the decisions of school staff
- Are confidently able to organise House Teams for school sports carnivals and other cultural activities
- Foster House and school spirit at all times by involving all members of the House

We congratulate the following House Leaders:

**Terra:** Jeremy Campbell and Cheynae Hely

**Caelum:** Shaylee Strickland and Megan Schofield

**Ignis:** Bailey Rogers and Sam Sergo

**Aqua:** Maria Tarasyuk and Sean Dixon

Mrs Pam Fletcher
Secondary Coordinator
**School Camps and Excursion**

After some very fruitful conversations during recent Leadership Team meetings, we have given close consideration to:

- Yr 4 Site studies
- Yr 5 Birrigai trip
- Yr 6 Cooba camp
- Yr 7 Welcome retreat
- Yr 9 War memorial for History
- Yr 9 Outward bound style camp
- Yr 10 Bournda trip for Geography
- Stage 5 excursions for electives
- Yr 10 Sydney trip

The increasing cost (especially with smaller groups), the required links to syllabus, the CE regulations, the burden on staff (both those who go and those who pick up extra duties at school) and the occasional clash of dates means we have made the decision to:

1. Consider paying for staff to get their bus licence and being able to use the Community Bus
2. Consider combining opportunities for travelling together for parallel trips
3. **Invite a group of interested people (including support staff and parents) to give a forum style response to the challenges of camps and big excursions.**

This will take place on Thursday 23 February at 4-4.30pm in the Parish Centre.

Hopefully, we can make good plans for successfully taking learning beyond the walls of a classroom.

---

**CHILDREN’S LITURGY AT 10AM MASS ON SUNDAY**

Our church is trialling offering a children’s liturgy program during Sunday Mass at 10am every Sunday until Easter. This Liturgy is aimed at children from toddlers to Year 4 students.

The topics covered in the Liturgy mirror those covered in the Mass and are age appropriate in content. It usually involves a scripture reading and discussion of the ideas and art activities that extend the ideas covered.

Parents or older siblings are welcome to accompany their children to the special liturgy if they wish. Children then return to the main Church at the presentation of the gifts to be part of the remainder of the Mass.

If you have any questions about Children’s Liturgy or any other aspect of your child’s faith journey, please email them to rec.stpatscooma@cg.catholic.edu.au
This week, we recognised the importance of love in our lives with a special focus on this year’s theme of **Love Your Neighbour**. Each student was invited to contribute to an artwork of hands inside a heart shape. Older students worked with the younger ones in this artistic collaboration. These artworks will be displayed in each campus.

**Katrina Joyce**

**Wellbeing Support Person**
Year 7 STreEM course—what's it all about?

“From disaster and conflict to rebuilding sustainable community”

Teaching and Learning for the Future We Want

Year 7 STreEM Zombie Apocalypse Program (ZAP) is a brand new course that we have designed at St Patrick's to create engaging and meaningful experiences for students. The collaborative development of the program across school faculties (Science, Technology, Engineering, Mathematics, Religious Education) has led to an academically robust and unique course that will serve students well. This program is about inspiring young people to think about the world, their relationship to it, and their ability to justly and empathetically influence it in an entirely new way, through

**LAUNCH:**

- Learning and building awareness of problems
- Asking questions
- Understanding the problem/process
- Navigating through ideas and possibilities
- Creating possible solutions, individually and collaboratively
- Highlighting areas for feedback and making adjustments

It’s a blending of some traditional subjects into one whole new learning area. It’s designed to help students to think holistically and solve real life problems.

Want to know more? Ask a Year 7 student! They are planning our future!
Primary Swimming Carnival

Thank you to the twenty parents who came and assisted with the running of the carnival. Thank you to all those who came and supported with your presence.

Thank you to Mrs Moxon and Ms Daley who organised the carnival. It’s a massive job to get a carnival running smoothly. We appreciate their hard work and commitment.
The hot weather certainly made the swimming pool an attractive place to be on Friday 10 February at the Primary Swimming Carnival! Smiles, sunscreen and splashes were the order of the day, as Primary students participated with enthusiasm and effort across a range of different events. Houses were brightly decorated and students supported other students in their efforts to reach new personal achievements. House Leaders encouraged their House members to “have a go” and lead some impressive war cries, with Aqua taking a win with their impressive cheer. The day belonged to Aqua winning the carnival, followed by Ignis, Caelum and Terra.

Congratulations to the following students who excelled in the pool and were awarded Age Champions for 2017:

<table>
<thead>
<tr>
<th>Age</th>
<th>Girl Champion</th>
<th>Boy Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 years</td>
<td>Ava Lawley</td>
<td></td>
</tr>
<tr>
<td>9 years</td>
<td>Tia Quodling</td>
<td>Marcus Thomson</td>
</tr>
<tr>
<td>10 years</td>
<td>Georgia Rumball</td>
<td>Ethan Stacey</td>
</tr>
<tr>
<td>11 years</td>
<td>Suki Blyth</td>
<td>Mitchell Reid</td>
</tr>
<tr>
<td>12 years</td>
<td>Clara Thornton</td>
<td>Jack Kleven</td>
</tr>
<tr>
<td>13 years</td>
<td></td>
<td>Cooper Kofler</td>
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</table>
Primary Swimming Carnival

A number of records were also broken on the day, with congratulations to:

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
<th>Previous Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snr Girls 200M</td>
<td>Clara Thornton</td>
<td>3.35.57</td>
<td>3.51.56 (2016)</td>
</tr>
<tr>
<td>Jnr Girls 200Im</td>
<td>Georgia Rumball</td>
<td>3.47.66</td>
<td>4.29.99 (2016)</td>
</tr>
<tr>
<td>12 yr Girls 30m Backstroke</td>
<td>Clara Thornton</td>
<td>42.93</td>
<td>43.25 (2006)</td>
</tr>
<tr>
<td>8 yr Girls 25m Freestyle</td>
<td>Mollie Sands</td>
<td>37.39</td>
<td></td>
</tr>
<tr>
<td>11 yr Boys 25m Freestyle</td>
<td>Gus Brabham</td>
<td>23.19</td>
<td>24.98 (2016)</td>
</tr>
<tr>
<td>12 yr Girls 25m Freestyle</td>
<td>Harriet Greville</td>
<td>19.15</td>
<td>24.51 (2016)</td>
</tr>
<tr>
<td>12 yr Girls 25m Backstroke</td>
<td>Lilli Jauncey</td>
<td>25.89</td>
<td>32.62 (2015)</td>
</tr>
<tr>
<td>12 yr Boys 25m Backstroke</td>
<td>Deizel Barrett</td>
<td>23.16</td>
<td>28.24 (2016)</td>
</tr>
<tr>
<td>11 yr Boys 25m Butterfly</td>
<td>Joshua Williams</td>
<td>34.00</td>
<td></td>
</tr>
<tr>
<td>12 yr Girls 25m Butterfly</td>
<td>Harriet Greville</td>
<td>23.34</td>
<td>27.47 (2016)</td>
</tr>
<tr>
<td>12 yr Boys 25m Butterfly</td>
<td>Keegan Thomson</td>
<td>29.38</td>
<td>35.09 (2016)</td>
</tr>
</tbody>
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The carnival would not have been possible without the wonderful dedication from staff who worked tirelessly leading up to the carnival and on the day, or the parent helpers who committed to the many jobs which made the carnival run smoothly. Our parent helpers were enthusiastic, encouraging of the students and dedicated to the task at hand and we greatly appreciated the time they gave.

We now wish many of our swimmers the best of luck as they travel to Narooma for the Primary Southern Region Swimming Carnival on Thursday 16 February.
A Letter of Consolation

8th February 2017

My Dear Brothers and Sisters in Christ,

This is a most difficult time for you and, as your shepherd, I wish to express and assure you of my solidarity with you and my prayers for you.

The Royal Commission into Institutional Responses to Child Sex Abuse has revealed deep wounds. Victims of child abuse by priests and religious have suffered enormously. Their wounds are deep and profound.

Let us pray for them. Let us pray that God will guide them to those persons who may help to heal their suffering. In particular, may Jesus, the Divine Physician, touch them and heal them. I feel deeply, too, for my brother priests who serve you in this your parish. Please support your priests, care for them, and pray for them in this fragile time.

I feel very much for each one of you. I thank you most sincerely that you have not walked away from the Church community. You have remained steadfast in the Faith.

In a few days I will appear before the Royal Commission and I ask for your prayers and blessings. Please remember me so that I may be an instrument of Truth, Justice and Healing at this critical moment in our Catholic history here in Australia.

My prayer for you is St. Paul’s prayer. May you feel and know the consolation of the Lord in these days:

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our sufferings, so that we may be able to comfort those who are suffering, with the comfort with which we ourselves are comforted by God (2Cor 1:3-4)

Archbishop Christopher Prowse
Catholic Archbishop of Canberra and Goulburn
Canteen News

Happy Valentines Day Everyone. I hope it was a day filled with love and kindness for all.

Wednesday is Mini Canteen day. In the spirit of Valentine's day, we will be offering a treat of white chocolate dipped strawberries and Frozen Fruit Salad, as well as our other usual items. Items range between 50c and $2 so please don’t forget a little change for your child so that they can be involved.

After last week’s heatwave, our freezer and fridge are a little depleted. New stock is arriving in the next day or two but we will substitute as closely as possible.

We also have fresh fruit salads available for $3 for a cup or $5 for a tub

This week we also have Homemade Hamburgers for $5 as well as Chicken Caesar Salads.

Thank you to all our seasoned volunteers and a big welcome to the new ones. I greatly appreciate all the time and effort you all give to the school’s canteen.

Rebecca Croke
Canteen Manager

Nutrition Snippet

The simplest way
…to get kids eating more fruit and veg.

Learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer.

Cancer Council NSW’s Eat It To Beat It program hosts free Fruit & Veg Sense workshops at schools across NSW.

In these 90-minute workshops we give you simple tips and ideas on:
- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

Ask your school to register via eatittobeatit.com.au.
For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Hot weather = hats, lots of water, frozen drinks, sunscreen (and sometimes a run under the sprinkler that Mrs Robertson is holding!).
Community Council News

St Patrick’s Parish School, Cooma

Community Council Cooma Show Committee

This is one of our major school fundraisers for 2017 as we cater at the Cooma Show on Saturday, 11 March 2017

Which includes breakfast, lunch and providing morning tea for the Cooma Show Committee, we hope to conclude the day around 4:00 pm.

This is a great way for all our Parents and Year 10 students to come together on the day and mingle as the money raised from this event will go towards the new recreational areas being developed within our Secondary Campus at St Patricks.

MALE HELPERS are needed to transport items to the Cooma Showground and return to the Parents’ shed. We need HELPERS to clean on the Friday, 10 March 2017 at 9:00 am at the Cooma Showground.

Any bakers amongst us are needed to bake scones, slices and iced cupcakes. Donations of bacon and eggs are required for the morning’s hearty breakfast.

These sweet treats can be delivered to the Cooma Showground on the morning of the event.

Name: ___________________ Baking/Donating ___________________

Would HELPERS nominate their preferred time on the roster?

Email the completed flyer to office@stpatcooma@gcatholic.edu.au or directly deliver the flyer to the Office Staff at St Patrick’s Parish School by Friday, 3 March 2017

(Many hands make light work)

COOMA SHOW ROSTER

<table>
<thead>
<tr>
<th>Set-up Team</th>
<th>7-9 am</th>
<th>9-10 am</th>
<th>10-12 pm</th>
<th>12-2 pm</th>
<th>2-4 pm</th>
<th>Pack up Teams</th>
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Name: ___________________ Contacts: ___________________

Email: ___________________
Here are some thoughts from our Stage 3 leaders when we had lunch with our buddies on Tuesday:

"I had fun." - Luke Stanger

"I was excited to spend more time with my buddy." - Luke Fely

"It was great to get to know my buddy better." - Harvey McLean, Lilly Janota, Abby Douch

"I enjoyed making my buddy feel welcome." - Will Dodd

"It was nice to see my buddy." - Sarah Bodycott

"It was enjoyable hanging out with my buddy." - Tom Russell

"I really enjoyed spending time with my buddy." - Lilli Jauncey Talon Kelly

"I had a laugh with my buddy." - Cooper Inskip    "I like seeing their happy faces." - Natalie Revelant

"I enjoyed playing with my buddy." - Eric Henderson  "I liked seeing my buddy laugh and smile." - Cooper Kofler
Tribute to Kosciuszko: A Friend of Humanity

Kosciuszko Bicentenary International Competition
Press Release No 1

A wonderful opportunity for Lovers of Liberty and Equal Rights to participate in the 2017 Australian Celebrations of the Polish Parliament Proclaimed and UNESCO sanctioned "KOSCIUSZKO BICENTENNIAL", honouring the 200th Anniversary of Thaddeus Kosciuszko’s passing.

Kosciuszko Heritage Inc (Sydney) together with The Kosciuszko Mound Committee (Krakow), The Kosciuszko Foundation (New York) and The Polish Kosciuszko Foundation (Warsaw), in honour of A Friend of Humanity announces an international competition in music, literature and graphic arts.

More than AUD $10,000 in prize money is on offer!

MUSIC competition for previously unpublished songs or musical compositions (e.g. elegies, hymns, ballads, melo对他们ations, raps or satires) in English or Polish.

GRAPHIC ARTS competition for original portraits, paintings, genre scenes, sketches, cartoons, caricatures, collages, memes, logos and posters – all in digital form.

LITERATURE competition for original stories and poems in English or Polish, of 1000 words or less.

A Fantastic Chance to apply and express Your Creative Abilities at an International Level

The competition opens on February 4, 2017 (Kosciuszko’s birthday) and will close on July, 31, 2017. The results will be revealed in Sydney on October 3, 2017, during a gala event.

The competition is open to individuals in two age categories: adults; and high school students (aged 12 to 18).

Each entrant may submit up to 3 works, each with a separate Entry Form, under the condition that they depict 3 different episodes of Kosciuszko’s life.

A recommended bibliography, topical iconography along with a list of suggested topics and links to competition background notes, are available on the official website www.kosciuszkoheritage.com/200/en_competition.html
Year 4’s Garden Produce Market

Thank you to everyone who contributed to our produce market by donating goods or making purchases.

A special thank you to Monaro High School Agriculture Department for donating sunflowers and fresh veggies.

Last year, our funds went toward building new garden beds on the bottom playground. This year, we hope to build up the soil structure of the garden bed near the side gate. We also hope to purchase a soil testing kit to incorporate aspects of Science. Half the proceeds from the Secondary Agriculture class’s produce will be given to the Garden Group.

Gardens matter!

A special thank you goes to Mrs Moser and the team of parents who continue to seek ways to make the school a more inviting place. Some other parents are looking at restoring the Infants ‘sensory garden. Would you like to be involved? Let Mrs Robertson know.

The Diocesan Swimming team for Primary are competing in Narooma. We wish them well.
Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online process for you to submit school travel applications.

This means we will be able to process your applications online, making it easier and faster for parents, guardians and students to apply for school travel.

Applications for school travel in 2017 are now open, including for travel to Mascot and Green Square station and for private ferries. Parents, guardians and students are encouraged to apply as soon as they are able via:

Applications for 2017 school travel are now open via www.transportnsw.info/school-students

A new application is required when:
- applying for a School Opal card or travel pass for the first time,
- enrolling in Kindergarten, or
- requesting an additional entitlement as a result of a shared parental responsibility situation.

You will need to do an update application if the student has a current school travel pass and:
- is progressing from Year 2 to Year 3,
- is progressing from Year 6 to Year 7, or
- changes address, or
- changes school or campus.

Already have a School Opal card or travel pass?
- When you’ve updated, and you are eligible for free school travel next year, Transport for NSW will send you an email confirmation once your application has been processed. For travel in rural or regional NSW, we’ll also inform your nominated transport operator(s).
- If you already have a School Opal card that does not need updating, or you’ve successfully re-applied, the Opal card will automatically be updated for travel next year. Do not throw it out as you’ll be able to use it when the school year starts in 2017.
- If you currently have a printed travel pass provided by your transport operator, a new pass will be ready at the beginning of the new school year.
Tuning Into Teens

A free six session parenting program for parents of adolescents aged 12-18.

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behavioral problems in your teen?
- Teach your teen to deal with conflict?

Tuning into Teens shows you how to help your teen develop emotional intelligence. Adolescents with higher emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure.
- Have greater success with making friends and are more able to manage conflict with peers.
- Are able to cope when upset or angry.
- Have more stable and satisfying relationships with adults.
- Have greater career success - Emotional Intelligence may be a better predictor of academic and career success than IQ.

Where: Cooma Public School, Commissioner Street, Cooma – Old School House: Conference Room.

When: Every Thursday from 11am - 1:30 pm starting 2 March, 2017 finishing 6th April, 2017. Light refreshments provided.

Contact: Registration and further information:
PJ Ward (Cooma) 0408295869, pjward@barnardos.org.au
Debra Vido (Queanbeyan) Southern NSW Children’s family Centre 0421618338, dvido@barnardos.org.au