Dear St Patrick’s Community

Peace Day 2016

On Tuesday our school joined Pope Francis and other religious leaders in praying for peace. The peace prayer of St Francis of Assisi was said by all classes. Mrs Stubbs also provided Gandhi’s peace prayer for the staff reflection this week.

The message from Pope Francis, St Francis and Gandhi is that peace begins with us; our words, actions and choices.

Thank you

Our school would not operate without the assistance of our relief teachers, support staff, office staff, cleaning staff, volunteers and groundsman. They may not always be visible but they are an integral part of the St Patrick's Parish School Community.

Letter to Secondary parents

On Tuesday a letter was emailed to all Secondary parents about cyber safety. The letter contained information to assist students and parents stay safe online and what to do if they feel something has been posted or requested that could cause harm to others. If any Primary parents would like a copy of the letter please email the office. Hardcopies are available on request.

Other events this week

Please look in the newsletter for reports on the range of other events that our students have participated in this last week.

All St Patrick’s staff wish our students and their families a safe and restful break.

God bless

Mr Mark van Ommen
Acting Principal

Important dates coming up

Friday 23 September
5L Assembly
7-10 Term Awards 11.30am Church
Term 3 ends

Monday 10 October
Staff Professional Development Day

Tuesday 11 October
All students return for Term 4
From the AP’s desk

This year the K-6 classes have been trialling some units from a new Social and Emotional Learning Program called ‘BOUNCE BACK!’ This program is based on years of solid research and comes highly recommended. The lessons have been conducted in class during PDH (Personal Development and Health) lessons. Each term, all students will complete lessons based on a particular theme.

Below is an overview of the program...

‘If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then ‘bounce back’. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family breakdowns, a step-family, the illness or death of a family member, or being bullied.

The BOUNCE BACK! Wellbeing and Resilience program teaches children the skills and attitudes to help them become more resilient. It uses literature as a starting point for discussions and follow-up activities. These ten coping statements are a core part of the program.

BOUNCE BACK! stands for:

B - Bad times don't last. Things always get better. Stay optimistic.
O - Other people can help if you talk to them. Get a reality check.
U - Unhelpful thinking makes you feel more upset. Think again.
N - Nobody is perfect — not you and not others.
C - Concentrate on the positives (no matter how small) and use laughter.
E - Everybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.
B - Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
A - Accept what can’t be changed (but try to change what you can change first).
C - Catastrophising exaggerates your worries. Don’t believe the worst possible picture.
K - Keep things in perspective. It’s only part of your life.

The program can help your child to get better at:

- Using helpful thinking when faced with a problem or a difficult situation
- Thinking more optimistically, i.e. expecting bad times to get better
- Understanding that everyone has setbacks and difficulties, not just them
- Talking to people they trust so they get a reality check on their thinking
- Being brave and facing their fears
- Managing strong emotions and turning a bad mood into a good mood
- Getting along with others and cooperating
- Setting goals, being resourceful and not easily giving up
- Being kind, fair, honest, friendly, responsible, and accepting of differences
- Respecting other people and not bullying others.
- You can help your child get the best out of their involvement with Bounce Back! if you reinforce the key messages they are learning.'

*Taken from Bounce Back – 2nd Edition*

**Steven Joyce**
Acting Assistant Principal

---

**CHILDREN’S LITURGY AT MASS**

During Saturday 6pm Mass on **October 8**, Mrs Stacey will be offering a special children’s’ liturgy. This is an opportunity for younger children from toddlers to Primary school children to participate in the liturgy of the word at their level.

This is usually offered on the first weekend of every month but has been moved in October to accommodate the school holidays.

We would love to have more children come and take part in this special offering for our young children.
World Day of Prayer

World Day of Prayer for Peace took place in Assisi on Tuesday 20 September 2016, thirty years after the first World Day of Prayer for Peace convened by Pope Saint John Paul II on 27 October 1986. Pope John Paul's initiative in gathering together other Christian leaders and leaders of other religions was without precedent. It was inspired by the world's need for peace - a need that has only become more urgent and more pressing with the passage of time.

As a school we were asked to join the Holy Father in Prayer for Peace mark this occasion. Year 5 attended our parish Mass to mark the Day of Prayer for Peace and all of our students joined in praying the prayer of St Francis of Assisi in class. You might like to join us in saying this with your family.

**Peace Prayer to St Francis of Assisi**

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

Amen

---

**School Fees**

Please contact the School office by email office.stpatscooma@cg.catholic.edu.au if you did not receive your school fees and we will update our records.
NSW Geography Competition

Twenty two of our Year Ten students recently tested their geographical skills and knowledge against students from all around NSW in the 2016 NSW Geography Competition. The results give us an external benchmark as to how our students are going in certain aspects of Geography. Receiving Credit certificates were Alexei Shatrov and Charlotte Mitchie. Distinction awards were given to the students in the top 15% of the state and were received by Matthew McDonald, Neeve Creely and Josh McConkey. Students who performed in the top 10% of the state received High Distinction awards and these were Sean McDonald, Caitlin Hain, Daniel Wallis, Chris McDonald, Thomas Hain and Damian Fletcher.

Pam Fletcher

Southern Region Public Speaking Final

On Monday 12 September, three of our St Patrick's students travelled to St Bernard's School, Batemans Bay, to compete in the Southern Region Public Speaking Final.

Charlotte Walker-Broose and Sienna Davies from Year Four were speaking with the topic "My Dream Job". I had the topic of "My Ancestral History Includes...".

The quality of the speeches was very high and the results were very close. Charlotte and Sienna did not get a place but they received participation certificates and had a great learning experience! I was fortunate to achieve 1st place in the Year Six Division.

Overall, the day was a great experience for all the students that competed.

Written by Tomas Carton

Uniform Shop

The Uniform shop will be open this coming Thursday from 2.30pm to 4pm. Unable to make it then? Please email Melinda at melinda.barrett@cg.catholic.edu.au to discuss another time. The uniform shop is volunteer lead & requires someone who would be happy to organise it. It's a utilised service of the school and a great fundraiser too. For further details, have a chat to Melinda or give me a call on 0418 928 907.

Thanks!

Lucinda
Grandparents’ and Friends' Day

There was a great turnout on the K-2 campus for the annual Grandparents’ and Friends' Day. Grandparents and friends were able to watch the K1D assembly, have lunch with their families and participate in activities in classrooms.

Grandparents’ and friends’, you are such an important part of our community. Thank you for sharing your time, love and wealth of knowledge with our students. In particular thank you to those who travelled great distances to share the day with us.

Email Addresses

If you think the school could have an email address that should not be used for correspondence please notify the office so we can update our records on 64521 721 or office.stpatscooma@cg.catholic.edu.au
Canteen News
LAST WEEK OF TERM!!! Thank you to everyone who made last week's Roald Dahl Day and Grandparents' and Friends' day such a success. Life in the canteen was very busy and thankfully we all survived.

Big thank you to Zoe Hoctor and Nicole Withers for volunteering their time on those 2 days and keeping me sane.

This week's canteen special is by popular demand Homemade Hamburgers $5.00.
Fresh homemade beef patties on a fresh roll with salads, cheese and your choice of sauce.

As it is the last week of term tomorrow for mini canteen I will be making Mini Hotdogs $2.00 and Homemade Hommus with dippers $1.00 as well as our usual items. So please don't forget to send your children with a little money so that they may participate during 2nd break.

This week's volunteers are:

Wed 21/09 Zoe Hoctor       Mini Canteen: Gwen Haley and Zoe Hoctor
Thurs 22/09 Brett Dawson
Friday 23/09 Nicole Withers

I hope everyone has a wonderful school holidays and I look forward to seeing everyone safely back at school next term.

Rebecca Croke
Canteen Manger

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.
First Aid
Year 10 Students participated in a two day First Aid course this week which they all passed with flying colours.

Year 10 Volunteers
Some Secondary Students volunteered their time at The Lambie Street Preschool Art Show.
Community News

A special school holiday craft for 8yo & up
Make your own colourful 3D kite
Cooma Library
Thursday 6 October 2pm
Please book as places are limited
6455 1730 or library@monaro.nsw.gov.au

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 6452 1730 or library@monaro.nsw.gov.au

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

MOVIES @ YOUR LIBRARY

SCHOOL HOLIDAYS
RETRO FILMS AT COOMA LIBRARY!
MONDAY 26TH SEPTEMBER
10.30am The Goonies (PG) an 80s Classic!
2pm The Silver Brumby (PG) not the animation
TUESDAY 4TH OCTOBER
10.30am Holiday Havoc With Mr Bean (G)
2pm Jungle Book (PG)
FREE POPCORN

MT GLADSTONE MOUNTAIN BIKE RACE
Cooma, NSW 2630
All Ages 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 prizes for the top 3 of each individual race.
EMAIL
heilwer88@gmail.com or snowymoutainbikerace2016@gmail.com
If you have any questions about this event
Like the Snowy Mountains MTB Club page on Facebook for Maps and Times.
MyWall.com

Cooma Champs Tennis

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.

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 PIERCE : ACCREDITED ATPS / TENNIS AUSTRALIA CLUB PROFESSIONAL / ACTIVE AFTER SCHOOL ACCREDITED
The first Junior cricket registration afternoon is at Nijong Oval, Cooma this Friday 4pm-6pm. Registration cost for Junior Hardball cricket is $60 per child, T20 Blast $99 and In2cricket $75. For the super keen kids wanting to play T20 blast and hardball cricket the cost will be $120.

The hardball cricket season will get underway on Friday 14 October with a skills day, last registrations and BBQ at Nijong oval to welcome the season in. As per last season hardball cricket will be played on Friday afternoons however if we do have a large increase in playing numbers we may have to hold 1 or 2 matches each week on a Saturday morning. A draw will be available once all kids are registered and teams set. Hopefully we will have all teams sorted by Monday 17 October.

T20 blast and In2cricket gets underway on Tuesday 8 November. Online registrations are now open for T20 Blast and In2cricket at:

For any further questions please call Ben Hearn on 0416 258 422 or Lisa Phillips 0447 543 118
The Duck Race

Rotary Club of Cooma Inc
From Massie Street Causeway
Sunday, 16 October 2016 at 1pm

Proceeds will be notified by phone

TICKETS - $5 each
Available at -
Rotary Markets - Sundays, 18 Sept & 16 Oct
Cooma Visitors Centre - Sharp St, Cooma

PRIZES
1st PRIZE - $500 - Cooma Gift Card
2nd PRIZE - $200 - 6 x 30 mins Coaching Course - Cooma Country Club
3rd PRIZE - $100 - Cooma Gift Card - Cooma Sand & Cement Pty Ltd
4th PRIZE - $50 - Cooma Marketing Consultants Pty Ltd
5th PRIZE - $40 - Snowy Hydro South Care Helicopter Toy
6th PRIZE - $30 - Voucher Mt. Augustus Jacobs @ The Bowling
7th PRIZE - $30 - Voucher P D Murphy Cafe

THIS IS STRICTLY A DRUG & ALCOHOL FREE EVENT
FRIDAY NIGHT LIVE 7TH OCT
© THE HUB YOUTH CENTRE
39 - 41 VALE ST, COOMA
FREE ENTRY. ALL AGES. LIVE MUSIC
SUPPORT LOCAL YOUNG MUSICIANS WITH PERFORMANCES BY:
SHELBY GRACE | ISOLATED NETWORK
CRAYSHA COOTE | LAILA BRADSHAW
& MORE

Cooma Youth Hub
SEPTEMBER / OCTOBER 2016 SCHOOL HOLIDAY PROGRAM

Tuesday 27th
‘CRAFTernoon’ 11AM - 4PM - Learn Origami, Make a Scrapbook, Paint,
Draw and sketch your own creation!

Wednesday 28th
‘Skate Park Event’ 11AM @ the Cooma Skate Park - Do you even shred bro? Music, prize packs and FREE BBQ!!

Pool & Darts Comp 3PM - 7PM @ The Hub (up to 24 year olds)

Thursday 29th
‘Spray Painting Workshop’ 11AM - 3PM

Wheat Pasting Workshop 2PM - 4PM

Friday 30th
‘Games & Pizza’ 11AM - 4PM - Kick it old school with board games and
cake, or game console on the PC’s, X-box or Wii.

Tuesday 5th
‘Pop Up Cinema’ - Grab some popcorn, and get around the big screen!
11AM - The Jungle Book (PG)
2PM - Teenage Mutant Ninja Turtles 2 - Out of the Shadows (PG)

Wednesday 6th
‘Drop In Day’ 1PM - 4PM - Jump on the x-box, ride the bocceballs, have a
game of pool or just chill out.

Pool & Darts Comp 3PM - 7PM @ The Hub (up to 24 year olds)

Thursday 6th
‘Single Wine Ave’ 11AM - 4PM - come in and channel your Inner Van through
‘Live Music Gig’ 4PM - 6PM - Live tunes, good vibes, free food, Buy tuned

For more info contact Melissa Salus 0418800733 or email info@yh.com.au

SEARCH: Cooma Youth Hub
St Patrick’s School staff would like to wish all our families a safe and restful school holidays.