Dear Parents and Friends of St Patrick's Community

There's something special about the quality of sound when it snows. Those who have lived in these parts of the world know it well - an eerie, muted stillness that you hear from your bed, which betrays the season's first snowflakes before you fling open the curtains in excitement. Yes! I admit it, I was excited! I am grateful to the staff members who have organised our Snowsports program and can't wait to get involved, for the very first time.

On the first Sunday of the holidays we farewelled Father Paul Huthnance, after six years in this Parish. It was a large gathering after Sunday Mass and I appreciate that Mrs Lou Mackay and Mr Paul Mackay spoke on behalf of the school. Last Thursday we also farewelled our Youth Connections Support Worker, Karen Lonergan. Karen has been a wonderful support to many students in her quiet unassuming way. She has also run the Thursday afternoon homework club, run whole year groups sessions and generally been available for those in need of a friendly ear. We will miss her kind presence at St Patrick's.

We now have received confirmation that the memorial service for our staff member Sabina Kovats, who was born to eternal life on June 25, will be held in Jindabyne on Friday 1 August at 5pm. We are encouraging our students to attend and if there is a need, we will provide a bus for the journey up and back. St Patrick's considers it a privilege to be involved in this service. Can you please spread the word to former students and their families, as I am well aware that many may wish to attend.

Parent/Teacher/Student Conferences are fast approaching and are a valuable opportunity to touch base with your child’s teacher. It is important to remember that you both have a mutual interest - the welfare and education of your child. Parent Teacher Interviews provide opportunities to: share information about your child’s progress, interests and needs; foster positive and respectful relationships between home and school; improve communication with your child's teacher and let the teacher know if you would like to become involved in classroom activities.

Remember that Parent/Teacher/Student Conferences are only one of the many opportunities parents have to communicate with the classroom teacher. If you would like to meet with your child's teacher/s (outside of the usual P/T/S Conference process), please book an appointment through the office.

We have nearly finished the interview process for the 2015 Kindergarten children. We now begin interviewing the new Year 7, 2015 students. Please share the information that we are accepting enrolments now.

Kind regards

Frances Robertson
Principal
From the AP’s Desk

This is an exciting time for students who are looking to the future.

We are grateful to the St Mary MacKillop College staff who have been here in our Library for an information evening (last night) and available for interviews (today) as the **Year 10 students who are following the MacKillop pathway make their subject choices for 2015.** This also means that they need to be thinking, at least in part, about what they want to do when they leave school. Whilst nothing is ever set in concrete, these are big decisions. We have received compliments on the maturity of our students.

Our Year 6 students are also looking up the hill towards the Secondary campus and anticipating their future at St Patrick’s. It is important that we plan well for their transition to Year 7.

At the moment, to help us with planning, **we are inviting families from outside our school to apply for a place at St Patrick’s.** Therefore, the **new Year 7 2015 students** and their parents are invited to come to an Information Tour tonight or next Wednesday evening at 5.30pm starting at the Parish Centre. If you know families who might be interested, please let them know. We would certainly welcome any enquiries about future enrolments.

**For the current students in Year 6,** our transition program starts later this term. It will also include a chance to participate in a tour. There will be the SPOT Days in Term 4. Mrs Robertson will be informally interviewing the students to encourage them to actively reflect on their responsibilities as Secondary students. Mr Joyce has special rotation lessons planned for later this term and next term to help students practise reading and following a timetable. There has also been an additional opportunity for enrichment in Year 6 Numeracy with Mrs Kellie Summerville this term. There are other treats also planned and these will be revealed closer to the time.

Families of current Year 6 students do not need to re-apply for a place in Year 7. However, **we would appreciate knowing if anyone has alternative plans for Secondary schooling.** A note or a phone call to the office to inform us is sufficient at this stage. There will be paperwork to complete at a later date.

**Three separate notes have been sent home today.** These relate to the Canteen (which will be closed for four days), Oliver! (with requests for assistance) and the memorial service for the recently deceased Ms Sabina Kovats (which requires a return slip if you are attending). Please check bags if you haven’t been presented with these notes by your child/ren.

Thank you to everyone for a positive start to Term 3. We look forward to seeing you at the Parent / Teacher /Student Conferences. The reminder on how to book on-line is enclosed in this newsletter.

and coming events....

<table>
<thead>
<tr>
<th>Wednesday 23 July</th>
<th>Friday 25 July</th>
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<tbody>
<tr>
<td>Yr 7 enrolment information tour at 5.30pm at Parish Centre</td>
<td>K-2 Wombat Stew performance</td>
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<td>MacKillop Yr 11 2015 interviews held at St Patrick’s Library</td>
<td>NAIDOC Mass in Canberra</td>
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<tr>
<th>Thursday 24 July</th>
<th>Tuesday 29 July</th>
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<tr>
<td>Yr 7-10 Snowsports</td>
<td>Kindergarten visit to Lambie St Preschool</td>
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<td>Primary Southern Region athletics</td>
<td>Oliver rehearsal 12pm</td>
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<td>Secondary Archdiocesan Netball</td>
<td>Yr 7-10 Parent/Teacher/Student conferences</td>
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<tr>
<td>Yr 6 Representatives visit to Cooma North Pre-school</td>
<td>Reconciliation meeting 6.30pm</td>
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<td>P&amp;F Meeting 7pm</td>
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<th>Wednesday 30 July</th>
<th>Thursday 31 July</th>
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<tr>
<td>Yr 7-10 Snowsports</td>
<td>Southern Region Interschools Alpine</td>
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<tr>
<td>Southern Region Interschools Alpine</td>
<td>Yr 3-6 Snowsports</td>
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<td>Yr 10 Careers Expo</td>
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### Parish Home-based Sacramental Program for Reconciliation (confession)

Children who are in Year 3 are invited to take part in the Parish Home-Based Sacramental Program for Reconciliation (Confession). The first meeting for both parent(s) and child(ren) will be on Tuesday 29th July at 6.30pm in the Church. For further enquiries, please contact Lou Mackay, care of the Parish Office (62522062) or phone 64521721.

### Canteen News

I would like to take this opportunity to thank, from the bottom of my heart, all the many amazing parent volunteers and students who have helped me since I began in January 2011. You have all contributed in so many ways and made my job here so enjoyable. I am leaving with many happy memories, a lot more knowledge and experience and some wonderful friendships. Although I am sad to leave, I am very excited about my change of career. My last day is Wednesday 23 July.

Again thank you for continued support.

Kind regards

Carolyn Hely
An important message from the Year 10 Leadership Team

Would you like to support our attempts at raising funds for the Vinnies Winter Appeal? It’s easy.

You can help by sponsoring a member of the Year 10 team. We will be ‘roughing it’ for about 9 hours (with breakfast at 5am!). So you can make a donation for the whole project or sponsor the Yr 10 student per hour.

Who? Year 10 students

When? Friday 1 August, starting at 9pm and finishing at 6am

Where? At St Patricks, where we will discover if there really are ghosts in the building!

And?

Students in each Primary class and each Secondary Homeroom are also being challenged to contribute to buy a good quality blanket. If everyone donates a little, the blankets can be bought and then donated to those who need them most. Parents are also welcome to contribute.

If you have a blanket that you don’t need, there will be a drop off box in the school foyer. We would love to fill it! All blankets will go to St Vinnies.
Thank you from Year 10 Leadership Team

To Parents, Students and local businesses

Thank you so much for your helping hand for the Mad Hatters’ Tea Party that we recently held at St Patrick’s School. Every little bit helped and we had an incredibly successful day, raising over $1650 for the support of YouCan.

The good news is that YouCan has begun the building of the first specifically designed facility for young people with cancer in Sydney. And together we have helped!

With appreciation

from the Year 10 students at St Patrick’s School Cooma

Parent/Teacher/Student Conferences

Thank you to the parents who have made their online bookings for the Secondary (29-7-14) and Infants/Primary (5-8-14) P/T/S Conferences. These are from 4pm until 7pm in the Ex-Services Club.

Because of the limited time after Snowsports, the Year 4 and Year 5 teachers (who are supervising Snowsports) will hold their P/T/S Conferences on Thursday 7-8-14. The online booking schedule will relate to the Thursday, not the Tuesday.

Following the detailed reports that arrived home at the end of the last term, the purpose of these conferences is primarily to set goals for the coming term. Therefore, five minutes has been allocated for each appointment. This ensures that everyone has the chance to meet the teacher. (Where there is a class of 30 students, this means a total of at least 150 minutes – two and a half hours – quite a long time of talking after teaching all day.)

The partnership between the student, parents and the teacher is enhanced if the student is also present. We encourage the Secondary students to bring their student planner and record the goals set.

If there is a clash of events or if parents feel that they have other matters that they wish to discuss, a separate time that is mutually agreeable needs to be set aside. This can be arranged with the teacher or booked through the Office.

Being located at the Club means that it is warmer and much more secure for everyone. It also allows parents to move quickly between conferences with teachers if they have more than one child.

If any parent is uncertain about the online booking system, there is an opportunity available after school in the Primary Library on Thursday 24-7-14 from 3.30 until 4.30pm, where Ms Lovat will demonstrate. The office staff will also take a phone call and place the booking for you.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the website, and using the event code.

This is a change for some people and after we have trialled it, we will review the process.
What is ‘KIDS MATTER’?
It is not just another program run by the school. It is a strategic preventative mental health initiative developed by the Department of Health & Department of Education designed to support student wellbeing at school and to build resilience. It is a whole school approach to student wellbeing that infiltrates many levels within the school system. One of these many levels involves YOU the parent. Kids Matter is strategic in that it allows each school to identify their needs and build on their strengths. It brings together and works with all of the key people in a child's life: their family, their peers, school staff and other members of the school community.

Why do we need KIDS MATTER?
Successful schools start with healthy minds and research shows that ALL students benefit from Kids Matter, regardless of their circumstances. It focuses on key protective factors that strengthen children’s capacity for wellbeing. With all the challenges of living in the 21st century I am sure you would agree that enhancing our children’s resilience has to be one of our number one priorities as parents. Stay tuned for next week’s newsletter where we take a look at one of the protective factors involved in children’s wellbeing – a sense of belonging & connectedness.

Reading Eggspress
Here is one more chance to order a subscription for Reading Eggs and Reading Express for your child. Reading Eggs and Reading Eggspress make learning to read interesting and engaging for kids, with great online reading games and activities. If you are interested in having this resource for your child, please send in a note to school in an envelope indicating your child’s name and class with $20 enclosed by Friday 25 July. The subscription will be valid until 28 June, 2015.
Parent /Teacher /Student Conferences

Dear Parents

Parent/Teacher/Student conferences will be held at **4.00pm – 7.00pm** on **Tuesday 29 July** for Secondary and at **4.00pm – 7.00pm on Tuesday 5 August** for Primary.

You can now book interviews at times that suit **YOUR FAMILY BEST**.

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

**BOOKINGS CLOSE Tuesday 29 July at 12pm** for Secondary and **Tuesday 5 August at 12pm** for Primary.

Enter the school event code.
Then follow the 3 simple steps.

When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.

You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until bookings close.

For parents who don't have access to the internet at home, at work, at a friend's house or on their phones, the school office can be contacted on 64521721 for your child's interviews to be placed within the online booking system.

Interviews are strictly 5 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 64521721

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.

[www.stpatscooma.nsw.edu.au](http://www.stpatscooma.nsw.edu.au)
Want to ski or snowboard for St Patrick’s Cooma this winter?

WHO CAN COMPETE?

Competitors from all ability levels are encouraged to enter, with an emphasis on fun and participation in the initial regional championships. As the competitions move into the State and then the National event, the level of competition and the degree of difficulty increases.

Interschools is a team-based competition for students attending the same school, although individuals can enter when insufficient competitors are not available to form a team (except for the Cross Country Relay which is a team only event).

Teams and Individuals compete in their school divisions: Division 1 Years 11 & 12, Division 2 Years 9 & 10, Division 3 Years 7 & 8, Division 4 Years 5 & 6, Division 5 Year 4 and below.

Competitors can compete up a division to make a team. However, a primary school competitor cannot race in a secondary division. Females can compete in a male team.

The top 3 teams and individuals are awarded in each event, except the Cross Country Relay where only the teams are recognised. The top 5 teams and top 10 individuals from an event are considered for an invitation to the next competition round.

To achieve a team score, teams need to include:

- 3-4 competitors for Alpine. Fastest 3 times in each run needed to achieve team result.
- 2-3 competitors for Skiercross, Freestyle Moguls, Snowboard Giant Slalom and Snowboard Cross. Fastest times/scores in each run needed to achieve team result.
- 3 competitors for the Cross Country Freestyle and Relay. Aggregate of 3 team member finishes used for Freestyle team place.

WHAT ARE THE ENTRY FEES?

Race entry fees are $40 per race, per competitor. There is a once only annual registration fee of $30 that is due at the Regional Championships. The fee includes event insurance, administration costs and non-voting membership of NSW Snowsports.

For all Information click on http://nswinterschools.com.au/about-interschools; dates, locations, entry details and more….
### Important dates

#### 2014 NSW/ACT/QLD Interschools Event Dates & Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Competition</th>
<th>Disciplines</th>
<th>Divisions</th>
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</thead>
<tbody>
<tr>
<td>Thu 3 Jul</td>
<td>Perisher</td>
<td>Subaru QLD Ski &amp; Snowboard Interschools Champs</td>
<td>Alpine &amp; Snowboard GS</td>
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<tr>
<td>Tue 1 Jul</td>
<td>Thredbo</td>
<td>Knox-Pymble Championships</td>
<td>Alpine &amp; Snowboard GS</td>
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<tr>
<td>Wed 2 Jul</td>
<td>Thredbo</td>
<td>Travelplan Ski Northern NSW Interschools Champs</td>
<td>Snowboard GS, Snowboard X, Moguls</td>
<td>All, All, 5, 4</td>
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<tr>
<td>Thu 3 Jul</td>
<td>Thredbo</td>
<td>Travelplan Ski Northern NSW Interschools Champs</td>
<td>Alpine, Skier X, Moguls</td>
<td>5, 4, 3, 2, 1</td>
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<tr>
<td>Fri 4 Jul</td>
<td>Thredbo</td>
<td>Travelplan Ski Northern NSW Interschools Champs</td>
<td>Alpine, Skier X,</td>
<td>4, 3, 5, 2</td>
</tr>
<tr>
<td>Sat 5 Jul</td>
<td>Thredbo</td>
<td>Travelplan Ski Northern NSW Interschools Champs</td>
<td>Alpine, Skier X</td>
<td>2, 1, 3</td>
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Training opportunities

- School Skiing & Snowboarding program


Risk Management Policy


Previous achievements from St Patrick’s Snowsports team

What next? Confirm the date for an information evening for interested students and their parents.
Guidelines Evidence Summary

A summary of the new guidelines and changes from the existing guidelines is provided below. Each of the revised guidelines is supported by a rigorous evidence review process and has been considered through a stakeholder and expert consensus process. Further information is available at [www.health.gov.au](http://www.health.gov.au).

The revised guidelines provide greater consistency with international evidence and guidelines.

Physical Activity Guidelines for Children (5-12 years) and Young People (13-17 years)

For health benefits, children aged 5-12 years / young people aged 13-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity every day.

- This guideline is consistent with the existing guideline.

Children / Young people’s physical activity should include a variety of aerobic activities, including some vigorous-intensity activity.

- This is a new guideline.

- A range of activities are preferred for children and young people. This also takes into consideration the many different contexts in which physical activity could and should take place and that different types of physical activity provide different health benefits.

- There is evidence that vigorous physical activity provides health benefits (e.g. musculoskeletal and cardiorespiratory health benefits) and that these benefits may be additional to the benefits found for lower intensity activity.

* This statement was correct at the time of publication in February 2014.
On at least three days per week, children / young people should engage in activities that strengthen muscle and bone.

- This is a new guideline.
- Based on evidence used by the Canadian, United States and World Health Organization (WHO) guidelines.

More activity – up to several hours per day – is associated with additional health benefits.
- This guideline includes new detail to further expand upon an existing guideline in relation to doing more activity to achieve greater health benefits.
- This concept is well supported by the evidence.
- In practical terms, up to several hours should be interpreted as up to three hours per day.

Sedentary Behaviour Guidelines for Children (5-12 years) and Young People (13-17 years)

To reduce health risks, children aged 5-12 years / young people aged 13-17 years, should minimise the time they spend being sedentary every day.

- This is a new guideline.
- This new guideline is consistent with and expands upon the existing guideline relating to limiting screen-time (which is retained in the revised guidelines – see below).
- Consistent with the Canadian and United Kingdom sedentary behaviour guidelines*.
- Consistent with the new evidence included as part of this review, which outlines that overall health risk can be reduced through minimising sedentary time.

* This statement was correct at the time of publication in February 2014.
To achieve this: Limit electronic media for entertainment (e.g., television, seated electronic games and computer use) to no more than two hours a day; lower levels are associated with reduced health risks.

- This sub-guideline is consistent with the existing guideline.

To achieve this: Break up long periods of sitting as often as possible.

- This is a new sub-guideline.
- The evidence used to inform the Canadian Sedentary Behaviour Guidelines was used to inform this sub-guideline*.

* This statement was correct at the time of publication in February 2014.

Physical Activity Guidelines for Adults (18-64 years)

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

- This is a new guideline.
- Evidence suggests that there is a greater rate of risk reduction at the lower end of the activity scale, and that significant public health benefits can be achieved by persuading adults who do no moderate or vigorous intensity activity to do some.
  - In addition, there is no obvious lower threshold, indicating the some activity is better than none.
- The health benefits of physical activity are continuous, beginning with any increment in activity above zero.
Accumulate 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.

- This is a new guideline.
- No definitive optimal amount of physical activity is available, but substantial health benefits are gained from an overall volume or amount of activity ranging from about 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity activity each week, or various combinations of moderate and vigorous activity.
  - Activity at the lower end of scale (i.e. 150min of moderate / 75min of vigorous) provides considerable health benefits, including reduced risk of CVD, type 2 diabetes, psychosocial and musculoskeletal problems.
  - Activity at the upper end of the scale (i.e. 300min of moderate / 150min of vigorous) is required for the prevention of unhealthy weight gain and some cancers.

Be active on most, preferably all, days every week.

- This guideline is consistent with the existing guideline.

Do muscle strengthening activities on at least 2 days each week.

- This is a new guideline.
- Resistance training is important for maintaining strength, and also for the prevention of falls, as well as to reduce risk factors for CVD and type 2 diabetes.

Sedentary Behaviour Guideline for Adults (18-64 years)

Minimise the amount of time spent in prolonged sitting. Break up long periods of sitting as often as possible.

- This is a new guideline.
- This is important as people may meet the physical activity guidelines, and yet sit for many hours each day, with adverse metabolic effects over time resulting in poorer health outcomes.