Empower is an important word. When we help young people to find their best self, we empower them. We enable them. We invest in them. That is exactly what members of our community did this week when they stopped their normal work day and came to school to spend time with the Year 9 students for their Reflection Day.

There were some very deep conversations and a little soul searching, along with liberal doses of laughter.

Our Well-being Support Person, Pip Daley, organised a wonderful experience for the students and she was supported by Mr van Ommen. See the report inside this newsletter.

Thank you to the parents who joined us for the Transition to Primary School meeting last week. There was good sharing of ideas as to how we can continue to improve this phase of schooling. If you weren’t able to make it, we can send you a copy of the power point that shows the topics covered.

Transition continues to be a focus for us. The Kindergarten 2017 have completed their KinderStart Days, and Year 6 have just had their second day experiencing high school activities. This week the Year 10 students will travel to MacKillop College again for further orientation into Year 11.

Thank you to Mr Joyce for the organisation of the swimming program. There is quite a bit of juggling to do. For the students who are not part of that program, Mrs Kelly has designed a movement and investigation program. Good learning can happen wherever the students are.

On this Thursday evening at 5.45pm, all members of the school and Parish community are invited to join us for an open Community Council meeting. Come and join us for a cuppa and a chat about what’s coming up and anything that you wish to share. The gathering is in the Parish Centre. Everyone is welcome.

Kind regards

Frances Robertson
Principal

SPECIAL DATES TO REMEMBER

Thursday 24 November
K-6 Swimming program
Orientation Day at St Mary MacKillop College for 2017 Year 11
Yr 7 & 9 Basketball Community Council meeting - open to all

Monday 28 November
Yr 10 RFS Cadetship
K-6 Swimming Program

Tuesday 29 November
Year 9 visit to Australian War Memorial

Wednesday 30 November
MacKillop visit - Elite Sports Program
From the AP’s Desk

School sores and head lice

There have been recent reported cases of school sores (impetigo) and head lice. As soon as we are informed of any possible contagious disease, we ascertain the risk to our school community. Advice on common diseases can be found at this location [http://www.health.nsw.gov.au/Infectious/factsheets/Pages/childhood.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/childhood.aspx). This information is read along with guidelines from Catholic Education and the NSW Department of Education and Communities to develop an appropriate community response.

I would like to stress that health information can change. Information to the community and the quarantine of students is not always the same as it has been in the past.

K-6 Swimming program

The K-6 swimming program began this week. This provides all Primary students the opportunity to develop water safety and swimming skills in a group setting. Thank you to Michelle’s Swimming School and the Cooma Festival Swimming Pool for accommodating our students.

Building opening

I would like to commend the Secondary students who worked so enthusiastically in preparing our grounds for the opening of the Design Building last week. In particular, Bailey Rogers, James Hayden and Clayton Miners who cleaned up all the hard surfaces.

I would also like to acknowledge Mr Southwell. He quietly goes about his work to ensure our school is safe and that our facilities are the best they can be. We are very blessed to have someone with such knowledge and skill in maintenance at St Patrick’s.

Mark van Ommen
Assistant Principal

Kinderstart Parent workshop on reading

Any parent who missed this workshop is welcome to contact Mary-Ann Fraser for information or a copy of the presentation.
Year 9 Reflection and Personal Development Day

Last Thursday, Year 9 participated in a reflection and personal development day. The aim of the program was to explore concepts prevalent in the teenage world, but also to help empower students as they move into adulthood.

The year group was by divided by gender, with Pip Daley, Wellbeing Support Person, facilitating the “Gorgeous Girls” program and Mark van Ommen, Assistant Principal, facilitating the “Man Up” Program. Both programs were conducted at school.

Students were encouraged to come to school out of uniform and to feel as comfortable as possible on the day. They were also encouraged to allow each other to have a voice, to be open minded, and to understand that each participant was bringing different life experiences and life challenges to the program.

Both programs were supported by a number of presenters, including Nikki, Mel and Cathy from “The Hub” and Sam, a White Ribbon Ambassador. In addition, a community panel provided the students with an insight into the lives and experiences of members of the broader community, and we had great pleasure in welcoming Jade Roach, Kristy Nicholls, Jane Cay, Sara Feeny-Marks, Robert Coyte, Sam Stevenson, Johnny Nassar, Richard Mack, Mark Williams and Kevin Dunne to St Patrick’s for an afternoon of questioning! Each of the panellists were generous, not only with their time, but also with their openness and honesty in speaking with the students.

The “Gorgeous Girls” program focused on healthy relationships and the importance of positive relationships, maintaining friendships, personal boundaries, positive self-image, the media and photoshopping, self-belief, positive affirmations and removing masks.

The “Man Up” program focused on male identity and masculinity, positive role models, gender stereotypes, self-belief, males and emotions, power of conversation, looking out for your mates, getting help when needed, healthy relationships, male empowerment and respect.

All students completed the day with a rejuvenating yoga session conducted by the very talented Lisa Haines, one of the Learning Support Assistants at the school.

For the girls, perhaps the most empowering part of the program was our final activity, where we linked our little fingers to make a circle and made public “pinkie promises” about how we would strive to improve one component of our lives. The knowledge gained and the concepts we explored during the program were all present in our circle of promise.

From all accounts, the day was a very enjoyable experience for the students.
Year 9 Reflection and Personal Development Day
Community Council of St Patrick’s Parish School, Cooma

Cooma Races - Sundowner Cup 2016

Saturday 3 December 2016

One of Cooma’s Social Highlights of the Year!

St Patrick’s Parish School is once again running the catering for this event.

We need our families to assist on the roster during the day.
You will receive a FREE PASS to the Sundowner Cup. You may pick up your FREE PASS from the School Office on Friday morning 2 December 2016 from 10.00 am onwards.

Please indicate your preferred times on the roster below along with your contact details, as the completed roster needs to be emailed out to HELPERS the Tuesday prior to this event.

* Come along and join in with the festivities on the day. *

(Please indicate your preference of times below with a tick)

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Please RSVP your completed flyer to the School Office directly or via email to: 
stopatoffice@catholic.edu.au by Monday 28 November 2016

Name: ___________________________ Mobile: ___________________________

Email: ___________________________

Friday 2 December 2016

We need 4-5 HELPERS on Friday, 2 December 2016 to assist with preparing and cleaning at the Cooma Race Course in the morning from 10.00 am - 12.00 noon.

Contact: Erika Statham (0400 787398) or Marjorie Revelant (0418 485229) if you can volunteer your time.

(Please indicate your preference of times below with your name and contact please)

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Student Leadership for 2017

This is an important part of the year for Year 9. We begin to consider the options for leadership at St Patrick’s and plan for the transition to Year 10 and all the privileges that this entails.

The nomination form for leadership positions have been distributed to the students.

The timeline is:

- 2017 Leadership Nominations close Thursday 24 November, 2pm
- 2017 Leadership speeches & voting Period 5 Thursday 1 December, 2pm
- 2017 Student Leadership interviews Period 5 Friday 2 December
- 2017 House Leader nominations close Tuesday 6 December, 2pm
- House Meeting for House Leadership speeches and voting Wednesday 7 December

All students considering a leadership position are welcome to seek assistance from their Homeroom teacher or Mrs Stacey in completing the form and preparing speeches. A high standard is expected.

Although students and staff vote, this is to assist in short-listing the applicants for interviews with the Principal and members of the Leadership Team. The decision as to who can best fill the positions is decided after the interviews.

School Leaders should:

- Demonstrate a commitment to their studies at the school
- Form the foundation of the Student Liturgical Committee and actively participate in school and Parish Liturgies
- Be involved in the life of the school
- Be positive role models in what they do and say
- Follow the expectations, ethos and values of the school, including attendance and uniform
- Be willing to support the decisions of school staff
- Be confidently able to represent the school at official functions
- Provide practical support and welcome for visitors and new members of the school
- Actively participate in school and community service activities whenever possible
- Contribute to and support the school's Social Justice Team and be confidently able to organise fund-raising for school approved charities

We look forward to seeing students step into the roles and make the most of all opportunities in 2017.

Mrs Pam Fletcher

Secondary Coordinator
Former students gather
It is wonderful to hear that St Patrick’s schooling still brings people together. Former students, Simone Salvestro, Julie Sukkar, Amber Skurr, Suzy Dunne and Jess Douglas got together in Canberra recently to share happy experiences.

Hot! Hot! Hot!
I hope everyone is enjoying our sudden summer warmth.

This week to welcome the heat I have **CHICKEN VIETNAMESE RICE PAPER ROLLS** for just **$6.50**
These are a great idea for lunch when it is hot as they are light and refreshing and come with a hoisin dipping sauce.

**Mini Canteen** will be as usual this week. Items will be between 50c and $2. So please don’t forget to send your kids with a little change.

This week’s volunteers are:

- Wednesday 23/11 - Kim Kleven
- Thursday 24/11 - Kelly Gill
- Friday 25/11 - Nicole Withers

As always a huge thank you to all my volunteers. You are all awesome!

**Rebecca Croke**  
**Canteen Manager**

**Coming Soon**

The Parish of St Patrick’s is busily preparing for the Advent season leading up to Christmas. There will be a special Children’s Liturgy each Sunday during December at the 10 am Mass.

What a lovely way to prepare for Christmas!
Weekend Gardening Group

On Saturday, a group of parents and children worked to build some new vegetable garden beds, weed, mulch and cut up broken branches.

A special thank you is extended to: Darcy and Howard Brown, Simon Buckley, Greg Williams, Sara Souter, Hemphill family, Kath Freihaut, Joe and Nell Wilkinson, Kyle Ilitch, Annie Ford and Anna and Troy Nammensma.

We enjoyed productive work and good company. Thank you also to families who have contributed in other ways to our garden group throughout the year. Now it is growing season we should be able to plant with the aim of enjoying our produce in the near future.
Year 5L were invited to Camp Cooba as part of the local Greening Australia Project, entitled ‘Monaro Tree Dieback’ project. This community service opportunity linked with this term’s Religious Education unit which focused on caring for our environment.

This unit also encourages us to be stewards of the earth, being responsible and sustainable citizens and it was a wonderful opportunity for the students to put this into action.

We thank Upper Snowy Landcare Officer, Lauren, and Greening Australia Project Officer, Nicki, for giving us this opportunity.

We look forward to seeing our plants grow over the years on our annual visits to Cooba.
Year 5 learnt about life in Australia in the 1800s, in the classroom and on the gold fields.
Library Fines? Turn it into ‘Food for Fines’

Monaro Regional Libraries have invited Library patrons to support local charities’ Christmas Hamper Appeals by participating in a ‘Food For Fines’ campaign.

The campaign has been running since 1 October 2016 and will end on 30 November 2016.

If patrons have overdue library items, we invite them to bring non-perishable foods to Library staff, and we will delete their late fees. Donated goods are being donated to local charities.

Patrons can bring late items and non-perishable food goods to Cooma or Bombala Libraries, the Mobile Library or to the Snowy Mts Neighbourhood Centre until 30 November 2016.

For more information please reply to this email library@monaro.nsw.gov.au or phone Cooma Library on 6455 1730.
INSIDE STORY HEADLINE

K-2 Parents
Sundowner Cup - Cooma Races
Saturday 3 December 2016
(Cooma Racecourse)

WE NEED YOUR HELP PLEASE!

Please contact via email:
Lucinda George: Lumargeo@yahoo.com or Erika Statham: SalemCharming@gmail.com
Cooma North Preschool is now taking enrolments for the 2017 school year. In accordance with the Start Strong Package we are extending our operating hours from 8.30am to 4pm during NSW school terms, and reducing daily fees.

Cooma North Preschool is a not for profit, community based preschool that has been providing quality early childhood education to the community for almost 65 years.

For an enrolment pack or further information, please contact the preschool on 64521198

or email coomanthpreschool@bigpond.com