'I am the resurrection and the life, says the Lord. ‘Whoever lives and believes in me shall never die.’

This year there will be a special Mass at St Patrick’s Catholic Church on Saturday at 12.15pm to commemorate all saints and martyrs, known and unknown, throughout Christian history. We can all draw inspiration from men and women of good will who have been outstanding Christians. Some even died for their faith. Then there will be the normal weekend Masses. All Soul’s Day is a Roman Catholic day of remembrance for friends and loved ones who have passed away. On Monday 3 November, there will be a Mass at 7.30am for those who wish to pray for those who have gone before us.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Last Friday, we especially remembered those who have brought colour to our lives. It became St Patrick’s first Colour Day. We commemorated the life and contribution of our former Visual Arts teacher, Sabina Kovats, and we took time to give thanks for all those people who have touched our lives. All money raised went to Relay for Life, a cause that was dear to Sabina. At this stage, we have close to $1,200 raised. The final tally will be made before 4 November, so if you are a family who wishes to contribute to Relay for Life as a commemoration of Sabina’s contribution to your child’s education or you would simply like to donate to a good cause, please send your $$ in an envelope to the office. Mrs Bev Clarke will arrange a receipt.

Thank you to all those who have given generously and helped to organise both the Colour Day and the St Patrick’s team for Relay for Life. It was a very affirming experience.

Frances Robertson
Principal
Vale Sabina Kovats. Thank you for the colour you brought to our lives!

Vale Sister Irene Barron CSB who was a much loved member of the Brigidine congregation who visited the sick and homebound in Cooma for many years. Her Mass of Christian Burial was held last Monday in Canberra and there will be a special memorial Mass in Cooma at a later date. Sr Irene was a direct connection to the Brigidine order and this is an important part of this school’s heritage.

and coming events....

Thursday 30 October  
Yr 7 SPOT Day  
Kinder Assembly 12pm  
P&F Board Meeting 6.30pm

Friday 31 October  
Stage 2 & 3 T20 Cricket at Nijong Oval 9.30am

Saturday 1 November  
P&F Catering for the Snowy Ride at Cooma Markets

Tuesday 4 November  
Kinder Start Day  
K-6 Beach to Bush Surf Safety 9am-11am  
First Communion practice 6pm

Saturday 8 November  
First Communion 6pm

Sunday 9 November  
First Communion 10am

Tuesday 11 November  
KinderStart Day  
Yr 7 SPOT Day

Friday 14 November  
Drama Performance Yr 9/10 & Drama Club 5.30pm

NEED HELPERS PLEASE

Saturday 1 November  
8am - 1pm  
P&F catering for The Snowy Ride Checkpoint and Cake Stall at Cooma Markets
A colourful celebration
A pat on the back.....

Congratulations to Ivy McGufficke in Year 5 for entering the colouring competition with Mitre 10 when The Block came to visit Cooma. She was rewarded with a substantial prize.

Netball Carnival

Head Lice....

These irritating pests are back at school!! Please check your child’s hair carefully for any signs of lice and treat accordingly. Any student with lice must remain away from school until after treatment has commenced. Anyone with hair on their head can ‘catch’ head lice by direct head-to-head contact with someone who already has head lice. Casual contact, such as merely brushing up against someone else’s hair, is not likely to give you head lice. Cleaning the home or bathing frequently does not prevent or get rid of head lice. Preventing head lice is best accomplished by properly treating those who already have head lice. If you or your child suffers from an itchy scalp, look carefully for head lice. Talk to a medical professional or pharmacist for suggestions on how to treat and eliminate head lice.

Student Artscape

Raglan Gallery’s “Student Artscape” exhibition commencing THIS SATURDAY 1 November to Sunday 30 December. The show will be opened by the renowned artist Imants Tillers at 2.00 pm. The Year 9 & 10 students have all been working hard for this exhibition and have produced a variety of high quality pieces for display. This is a great opportunity for families and the public to witness their amazing talents. We are looking forward to seeing you there.

Rashida Nuridin, Art Teacher
Relay for Life – St Patrick’s Team

November – Month of Remembering

THEY HAVE GONE NO FURTHER FROM US THAN TO GOD, AND GOD IS VERY NEAR
All Saints’ and All Souls’ Days

All Saints Day is a special Church Feast Day to **remember** the saints in Christian history and to simply **pray** for one another. All Souls’ Day is traditionally a time for the Christian community to **remember** deceased family members and friends. All Saints and all Souls day **celebrates** then all those unknown, men and women who lived **quiet lives of goodness** and dedication. What is it that causes men and women to give their lives and commit themselves to God, many in un-noticed day by day dedication?

**God’s grace is ever present** ever inviting love. **The decision is ours.** Do we **choose** deep within the core of our being to love God, to be a disciple of Jesus and to pray for the gifts of the Holy Spirit? It is a day by day journey. Our lives are challenged in our world that overflows in social and original sin. We are surrounded by constant enticement to lead us from faith. We are **challenged** by our own human frailty and poor judgement.

We do admire those great men and women who are **recognised saints;** St Therese, St Patrick, St Brigid, St Francis and St Clare to name a few. These saints are inspirational. They lived out the teachings of Jesus and have inspired millions of people over hundreds of years. In their daily lives they displayed courage, perseverance, compassion, kindness, thoughtfulness, consideration, prayerfulness, gentleness, energy, reverence, honesty, truthfulness, integrity, faith, hope and love. In doing this they are a light to the world. They were able to live inspiring lives by **striving to do small things well,** by reflecting on even small failings and reaching out to do better day by day. Each of us has relatives that have passed away, relatives that we loved and admired because of their **saint like qualities.** Let us now remember them, give thanks for their lives and pray for one another that we may **follow in their footsteps of quiet grace and love.** The challenge is present to **make that deep commitment, to be a light to the world.**

Rite of Request for First Holy Communion

The Sacramental Program for First Eucharist – or Holy Communion - is well and truly underway. Starting off together in the Church for our first session of preparation, we looked at our communities - our families, our schools, our wider community, our sporting and social groups. This led naturally to our connection with the Parish.

As members of our Parish we are invited to participate fully in the Sacramental life of the Church, and so the faith journey which began at Baptism, continues through all the sacred moments of our lives. At Mass on the weekend, parents and children formally requested that they celebrate the Sacrament of the Eucharist for the first time. The requests indicate seriousness of intent as well as the opportunity for the Parish to remember these families in prayer. The Church is quite clear about the responsibility of parents to be the first educators in faith of their children. It is in the home where faith is nurtured and grown; and so it is fitting to come together as little groups of families in homes to continue the preparation. Please pray for our children and join us in the celebration of First Eucharist on Saturday 8 November at 6pm and Sunday 9 November at 10am in the Church.
New time for Storytime!
2pm at Cooma Library

Every month we have storytime at Cooma Library for pre-schoolers, toddlers & babies. Everyone is welcome to join in, tell a story or to just listen, enjoy, sing some songs or make some craft.

Our next storytime
Wednesday November 19th
2pm Cooma Library

4M Water Excursion

On Tuesday, Year 4 were invited to Centennial Park for the unveiling of Cooma-Monaro Shire Council’s new water feature the ‘Filtered Water Refill Station’. Year 4 along with students from other schools in the area received complimentary water bottles. Students joined in celebrating National Water Week by filling up their new drink bottles from the water station. Year 4 also received two Bottle Brush shrubs from the event to mark National Tree Day. Both shrubs will be planted in the Primary Campus next week.

Mary Hartley 4M Relief Teacher
Rugby Union

St Patrick's recently competed in a tri-schools rugby union day against Monaro High School and Jindabyne Central School. The school had four teams, one each in Year 3/4, Year 5/6, Year 7/8 and a Year 9/10 team.

Our Year 9/10 team lost against Monaro 29-10, whilst our Year 7/8 team combined with JCS to play 15-a-side. Unfortunately both times they played Monaro they suffered losses. St Pat's then played JCS in a 7’s game and beat Jindabyne 25-20.

Our primary teams both played a game against JCS, with our Year 3/4 team winning 20-15 and our Year 5/6 team winning 27-10.

Students who excelled in offense and defense and made major contributions to their team’s performance were Toby Inskip and Remi Brademanne (Year 3/4), Jake Quolding and Josh Sharkey (Year 5/6), James Cahill and Joel Saville (Year 7/8) and Damien Hayden and Will Shingles (Year 9/10).

Thank you to the staff at Brumbies Rugby for officiating on the day, Monaro High for their organisation and to the many parents who came along to support their children. A big thank you to Mr Mike Introna for his help on the day as well.

Mr Lawley
How screen time affects your child’s sleep...

When children don’t get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

“The main effect of overusing media devices is that it can decrease the total amount of sleep kids get,” says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.

- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.

- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a ‘bed time’ for media devices** - this should happen two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.

- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.

- **No media devices in the bedroom** - kids may kick back at first, even tantrum, but you will soon see the rewards of setting and sticking to this tough rule.

- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.

- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.
Canteen News

Thank you to all of the families who ordered their reusable lunch bags - as soon as they arrive I will get them out to you. I’ve ordered some extras, and have also ordered some waterproof drawstring bags which will be perfect for swimming lessons - I will put more info in next week’s newsletter about ordering them.

This week's canteen volunteers are:

Wednesday 29/10/14: Volunteer needed

Thursday 30/10/14: Jackie Bitar

Friday 31/10/14: Morning: Marjorie Revelant, Afternoon: Kathleen Bowerman

This Friday we are trying something new! The meal deal will be:

**Sweet Chilli Chicken Wrap + Drink = $6**

The wrap will be made from school canteen approved Sweet Chilli Chicken Strips served with light mayo, lettuce, grated carrot and cucumber. If these are a hit with the students, I’ll put them on the menu permanently.

A reminder that chicken nuggets are only available as the "Chicken Nugget Snack" now, and please limit your children’s party pie orders to no more than four. Try matching party pies with a healthy option from the menu such as a slinky apple or fresh vegie sticks.

Please don't hesitate to contact me at the school if you have any feedback or would like to come and help!

Caroline Blyton
Canteen Manager
[caroline.blyton@cg.catholic.edu.au](mailto:caroline.blyton@cg.catholic.edu.au)
Camp Cooba Recount by Georgia Nowland 6J

The car slipped in beside the monster bus that was taking me to camp. I stumbled out of the car, still half asleep. Mum helped me drag my overflowing bags up to the gates. I took a deep breath, said my goodbyes and made a beeline for my friends. After being squished between every student in stage 3, I went up to the classroom for the roll. Everywhere I turned, there was excited chatter. We were finally loaded onto the massive buses before setting off. The trip was extra loud, everyone speaking at once. I sat back and thought of the days to come.

I was suddenly jolted out of my day dreaming state when the bus slowed to a stop. I peered out of the window to be greeted by the instructor’s bright faces beaming up at me. I hurried my friends along, busting to get outside. Everyone unloaded the luggage before starting morning tea. The instructors took us up to the Zumba Room to explain the day’s timetable. We were dismissed to our cabins before being called to start our activities.

Our instructor, Chris, walked us up to the Big Swing. The haul team lined up, the first person put on their harness and the ladder team stood ready. Slowly, one by one, everyone went up and swung back down. It was now my turn. I strapped on the too tight, full-body harness and clipped myself on. I stuck up my thumb and started to rise. After what seemed like hours, there was a jolt and I reached the top. Before I was ready, the onlookers began the countdown. 5, 4, 3, 2, 1! I pulled a little red pin and screamed, as gravity pulled me back to earth.

After that thrilling activity, Chris walked us back to the hotel for lunch. My friends and I sat down in the 30 degree heat and began eating. Again, we were called into our groups to begin. A different instructor, Hannah, dragged us along a track, up a hill to a gate. When we went inside, there were heaps of different rope activities, waiting to be completed. Every challenge was timed. We had 2 minutes planning before the first course began. It was in the shape of an L, with a knee-high wire across it. The last pole had a long rope attached. After some disagreements, we wrapped the rope around the L shape at head height. The aim of the course was to get everyone across the wire in 5 minutes. We eventually got everyone across in the given time.

We slowly trudged to the next mini challenge. Why was it so hot? There were 10 tyres, from smallest to largest, hanging from chains. The aim of the obstacle was for the first person to hop onto the first tyre, be pushed and jumped to the next tyre. The person has to make it from the first to the tenth tyre, without touching the ground. We, unsurprisingly, weren’t great at that! After 2 more stressful, mind bending obstacles, we ambled back to our cabins.

After the glorious rest, we trudged to our next activity. FREE TIME! We went back to our cabins to set up for the days ahead. TV full blast and clothes scattered all over the room! Once we had finished, we began to explore. First, we grabbed our cash and sped to the souvenir shop. After dinner, St Pat’s and Charles Conder, the other school staying at Cooba, went into the Zumba Room for a games night.

When we went back to our rooms, everyone was gamed out. I talked for hours after that, never even thinking about sleep. The next morning I had a mammoth breakfast to keep me fuelled for the day’s challenges. We started with team manoeuvres, an activity including walkie talkies. It was hard in the heat, but one of the most fun things I have done in my experience of life so far.

We went back for morning tea and then another activity. This time mountain biking! I slid onto the hard, plastic seat and sped off. After that tiring session, it was time for lunch. We had some amazingly delicious hamburgers. Next challenge, buggies! I shoved on my oversized, bulky helmet and bounced into the seat. I clipped on my strappy seat belt and started the huge monster. After a few laps full of surprises, it started pouring! We drove the buggies into the shed, packed up and ran back for free time. After chilling out and watching numerous big bang theory episodes, it was dinner time.

DISCO TIME! After a quick meeting in the Zumba Room, the party/disco began! The pumping music was way too loud, the little room was way overcrowded and everyone was screaming! The perfect disco! After a night of all emotions (mainly only happiness), it was time to hit the sack - after a few more hours of talking and getting in trouble for being way too loud! We woke up with a massive party headache, our heads pounding. Oh well, time for breakfast!

We had got up early that morning, despite all our pain. We slowly began turning down the TV and repacking our clothes. Oh, the sorrow. We went downstairs for breakfast and to put our bags away. We went to our groups, but before the instructors took us away, they explained our second last activity...the Gladiator course! Full of mud, murky water, frogs, tadpoles and much, much, more.
We went and did a walk-through of the course before beginning. It started with the mini sack race, then the chain bridge, onto the climbing wall, then the slides with murky water, crawling with unknown creatures waiting at the bottom. We then ran down a track to the walkers, before heading to more slides. We kept running till we reached the big slide, the last challenge. We climbed up the monstrous stairs before jumping onto mats and being pushed off the edge. Picture this, sliding at the speed of lighting, water flinging up in your face, mat sliding out from beneath you, doing several 360’s before splashing face first into disgusting water. Wow!

After drying off and getting changed, it was finally time for our last activity. Everyone walked up the track and through the gate to bush games. We played the twig game, and everyone was split into 2 teams. One team would hide 2 toothpicks anywhere in their clothing. The second team would try to pull of their tags and search them. The first team was to try and get the toothpicks from one end of the paddock to the other without the second team finding them.

After that last fun game, it was time to leave. We loaded the bags and ourselves onto the same enormous buses that took us to Cooba. Everyone watched out the window as the camp faded more into the distance. It was a very quiet trip, everyone resting. I sat back and thought about the memories that will stay with me forever.
## Examination Timetable for Secondary

### Year 10 Exams

**Week 6**

<table>
<thead>
<tr>
<th>Period</th>
<th>Monday 10.11.14</th>
<th>Tuesday 11.11.14</th>
<th>Wednesday 12.11.14</th>
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<tbody>
<tr>
<td>1</td>
<td>Maths 1.5 hr</td>
<td>Science 1.5 hr</td>
<td>History 1 hr</td>
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<tr>
<td>2</td>
<td>Maths</td>
<td>Science</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>Geography 1 hr</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>5</td>
<td>IST PASS</td>
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<td></td>
</tr>
<tr>
<td>6</td>
<td>IST PASS</td>
<td></td>
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**Other:**

- RE 3.11.14 period 4
- Drama – 4.11.14 period 3
- English 5.11.14 Period 5
- PDHPE 13.11.14 Period 5
- Ag: 14.11.14 period 3

### Year 9 Exams

**Week 7**

<table>
<thead>
<tr>
<th>Period</th>
<th>Monday 17.11.14</th>
<th>Tuesday 18.11.14</th>
<th>Wednesday 19.11.14</th>
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<tbody>
<tr>
<td>1</td>
<td>Science 1.5 hrs</td>
<td>Maths 9.1 1.5hr</td>
<td>Geography 1 hr</td>
</tr>
<tr>
<td>2</td>
<td>Science</td>
<td>Maths 9.1</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>History 1 hr</td>
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</table>

**Other:**

- RE 4.11.14 Period 5
- Drama – 4.11.14 period 3
- English 9.1- 11.11.14 Period 1
- PDHPE: 11.11.14 Period 3 and 4
- Ag: 14.11.14 period 3

### Year 8 Exams in class

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Period</th>
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<tbody>
<tr>
<td>English 8.1</td>
<td>6. Nov</td>
<td>4</td>
</tr>
<tr>
<td>RE - both classes</td>
<td>7th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Geography</td>
<td>10th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Maths - Knott</td>
<td>13th Nov</td>
<td>5</td>
</tr>
<tr>
<td>Science - both classes</td>
<td>18th Nov</td>
<td>5</td>
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### Year 7 Exams in Class

<table>
<thead>
<tr>
<th>Subject</th>
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<th>Period</th>
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</thead>
<tbody>
<tr>
<td>English Mrs Mackay</td>
<td>3.11.14</td>
<td>5</td>
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<tr>
<td>English Mrs Stubbs</td>
<td>4.11.14</td>
<td>4</td>
</tr>
<tr>
<td>RE 7.2</td>
<td>6.11.14</td>
<td>4</td>
</tr>
<tr>
<td>RE 7.1</td>
<td>7.11.14</td>
<td>4</td>
</tr>
<tr>
<td>Science - both classes</td>
<td>10.11.14</td>
<td>2</td>
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Important message from the P&F

The Snowy Ride checkpoint will be at Centennial Park Cooma on Saturday 1 November 2014.

St Patrick’s Parish School P&F will be doing the catering for this event and need your help!
A BBQ will be offered on the day, as well as a cake stall.

We need helpers to assist with set up, cooking the BBQ and serving. Also helpers will be needed on the cake stall, which will be a separate stall at the Rotary Markets.

Help is required from 8.00am until finish around 2.00pm - So if you are around, a couple hours of your time would be appreciated.

Please return the section below indicating times you can assist to the school by Friday 31 October 2014

Or you can advise
Karen McGufficke 0417 496708
mkmcgufficke@bigpond.com

P&F BBQ Saturday 1 November 2014 Assistance Reply

<table>
<thead>
<tr>
<th>Name:</th>
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<tbody>
<tr>
<td>Time Available:</td>
<td></td>
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<td>Mobile Number:</td>
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<tr>
<td>Email Address:</td>
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</table>

| Donation of | Cupcakes, Slice, Muffins for the cakes stall
These can be brought in on the day or contact Marjorie Revelant P&F Catering Coordinator 0418 485 229 to arrange collection from you.

Thank you for offering your time and assistance for this fundraising event, if you have any questions please contact Melinda Barrett 0439 413700, Karen McGufficke 0417 496708 or Marjorie Revelant P&F Catering Coordinator 0418 485 229
We Journey on in Faith

“The souls of the just are in the hand of God” and they Journey on in Faith.
-excerpt from Wisdom 3:1, All Souls Liturgy

Can you look in your cupboards?
The Committee members of the mCc are seeking donations of preloved novels/quality books, handbags, hats & fascinators, so if you have any you would like to donate please leave them at the office or contact Karen McGufficke at kmcgufficke@boyceca.com.

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

<table>
<thead>
<tr>
<th>TIME &amp; DATE:</th>
<th>VENUE:</th>
<th>BOOK NOW ON:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.00 – 8.00pm Tuesday 18 November 2014</td>
<td>St Patrick’s Parish School Murray St, Cooma</td>
<td>02 4221 2592 Donna Jordan</td>
</tr>
</tbody>
</table>

Helping learner drivers become safe drivers
Children's mental health

All parents want their children to be happy and successful but at some time most parents wonder whether their children are happy and doing what is expected for their age. Most children at times misbehave or are unhappy, but these times usually pass. Sometimes a child's behaviour can be unusual or seem different from other children of the same age. A child may be distressed or behaving unusually or differently from how he has in the past. These changes may be gradual or they may happen quite suddenly. Either way they are signs that your child is needing understanding and help.

Children's feelings and behaviour

Generally speaking it is likely that children and young people are developing well when they enjoy:
• play and leisure activities
• being with others in the family
• being with friends and other children and young people of their age.

Everyone feels sad, angry, afraid or upset sometimes, especially when things have gone very wrong for them. Not every one will respond to the same event in the same way. Some children may want to talk a lot about something they have found distressing, others may keep their feelings more to themselves. Most children show feelings in the way they act; their behaviour will tell you how they are feeling. It is important to try to understand what the behaviour means. If you notice your child being sad or angry much of the time, this is when she most needs your help.

Some children cope better than others with stress or things that upset or frighten them. The support and understanding they have from people around them is extremely important in helping children cope with problems.

Children can have problems with behaviour and with feelings at different times in their lives. These problems happen more often than most people might think. Children are most at risk of serious problems between the age of 12 and 16 years, although it can happen earlier. Problems can become worse over time if the child or adolescent does not get any help.

Problems to take notice of

Problems with behaviour

Behaviour problems are usually easily seen. They include ongoing aggression and bullying, refusal to cooperate or do what they are asked, and being cruel to animals when they are old enough to understand not to do this.

Problems with feelings

Problems with feelings are often not as easy to see as problems with behaviour. They include ongoing anxiety (or worry), depression, phobias (ongoing fear of a particular thing for example spiders, or burglars) and eating disorders such as bulimia and anorexia nervosa.

Problems with thinking

These are much less common and affect only about one person in a hundred. They usually don't happen until late adolescence. These problems include illnesses such as schizophrenia.

Suicidal behaviour

Nine out of ten adolescents who commit suicide have some signs of problems, usually depression or anxiety. If you have a teenager who seems depressed or who has ongoing behaviour or mood changes it is important to talk to someone about it.

What causes behaviour, feeling or thinking problems?

There can be many things involved such as:
• family history (genes)
• school or learning problems
• problems with friends
• emotional, physical, sexual abuse or chronic neglect
• death or loss of someone very close
• serious illness or physical injuries
• family break-up, separation and divorce
• violence
• unemployment
• homelessness
What parents should look out for

Generally, a problem shows when children or young people have ongoing distress or when they have difficulties with coping, getting on with others, or keeping an interest in what they are doing.

Signs in pre-school children and toddlers:
- Not playing
- Not starting to talk or not talking after your child has learned to talk.
- Harming themselves
- Going backwards in their learning, for example, toilet training.
- Not growing and putting on weight.
- Being over friendly with everyone, treating strangers the same as family.
- Not relating to others, acting as if people were not there.
- Not seeming to be attached to parents.
- Doing the same play or activity over and over again.

Signs in primary school age children:
- Constant crying and clinginess.
- Excessive anxiety about being left alone.
- Ongoing sleep problems.
- Hyperactivity; constant movement beyond regular playing.
- Persistent nightmares.
- Marked fall in school performance.
- Unexplained laughing or crying.
- Soiling or wetting pants.
- Ongoing disobedience or aggression.
- Being so afraid as to be unable to do usual activities.
- Daydreaming so much that it interferes with usual activities.
- Frequent temper tantrums.
- Cruelty to pets.
- Lighting fires.

Signs in older primary school age children and teenagers:
- Becoming a loner.
- Marked change in school performance.
- Abuse of alcohol and/or drugs.
- Changes in sleeping and/or eating habits.
- Avoiding school, stealing, vandalism.
- Great fear of becoming obese when there are no physical signs of being overweight.
- Constant worrying.
- Feeling or seeing things that are not there.
- Depression, unhappiness and being irritable, poor appetite, sleeping difficulties and thinking about death.
- Frequent outbursts of anger.

If your child has any of the above signs, or if you are worried about other behaviours or feelings, it is important to get advice from someone who works with children and young people.

What parents can do
- Stay in touch with your child. Be aware of and attend to any changes in your child's feelings or behaviour.
- Some time each day with your child is important.
- Take an active interest in what your child enjoys and what he is doing at school.
- Encourage your child to talk about what is happening in his life.
- Model appropriate behaviour in your own relationship with others.
- Spend time with your child in family activities both with fun time as well as chores.
- Try not to involve your child in adult problems.
- Don't compare your child with others.
- Notice the things that your child is good at and tell him.
- Encourage children's friendships.
- Let your child know that you love him in as many ways as you can – make sure he feels loved and lovable.
- Your child's emotional health is as important as his physical health.

Want more information?

Contact your local doctor.
Child and Adolescent Mental Health Service (CAMHS) 6205 1469 or 1800 629 354.
Child and Youth Health www.cyh.com
Parenting SA www.parenting.sa.gov.au
Monaro Committee for Cancer Research invites you to

THE GARDEN PARTY

Enjoy a gourmet champagne lunch

Local boutique shopping stalls

11.30 AM - 3.30 PM Saturday 8 November 2014

Coolringdon Parkland Gardens - Kosciuszko Road, Cooma

Wander through the parklands and discover unique shopping stalls, take a garden tour, relax with friends and support a great community cause.

Limited tickets | $60 | MCCR.org.au

South East Printing - Cooma | Little Outlaws - Jindabyne | Lou Lou's - Bombala
REGISTER NOW - Town Challenge

Shed some kilos, walk more, sit less, eat more veggies and be part of the Cooma Get Healthy Challenge. Cooma is competing against 4 other towns in the NSW Healthy Town Challenge to win $5,000 towards the development of a new children’s playground and walking track in Cooma.

Participants receive FREE access to a range of activities including:
- Green Gym Exercise & Nutrition Sessions
- Hula hooping classes
- GoGo dancing
- Workshops on how to build a vege garden
- Foodcents Supermarket tours
- 10,000 steps challenge
- Heart Foundation Walking Groups
- HEAL programs
- Upload photos on Facebook - Cooma Get Healthy NSW Town challenge

Register via the Get Healthy Service between 1st – 15th November 2014 by calling 1300 808 258 or send an email to natalia.copp@gsahs.health.nsw.gov.au for more information.

*Must be 16+ to register and live in postcode 2630