Dear Parents and Friends of our School Community

This week we join with the community to commemorate National Youth Week.

I am a fan of the writings of Michael McGirr, Dean of Faith and Mission at St Kevin’s College Melbourne. Recently in an open letter to a new teacher, he reminded us all that adolescence may look like chaos; but it’s not. “Think of adolescence as springtime, that wild season when the winds blow in four different direction on the same day and the weather runs hot and cold. This is the time of life that throws seeds in the air. Your job is to provide the soil in which some of those seeds can grow.”

Schools can’t operate in isolation or without support from parents. Together, we are growing good young people. At St Patrick’s, there is a wonderful partnership with our parents. Last Friday evening was just one example when the P&F ran the K-6 Dance Fever Disco. It was a very energetic show! Thank you to those who actively supported this event. Last night, the P&F meeting was held in the Primary Library at 7pm. Mr Van Ommen and I presented important information about the new building project for Secondary campus, the school’s Technology Plan for the future and the exciting new curriculum delivery for Years 7 and 8, which will start at the beginning of Term 2. More information will be given to the parents of these year groups next week. We are aiming to have lots of information about the school presented at each P&F meeting and this is a great way for you to be informed and actively contribute to your child’s education.

This Saturday we are also joining forces to have a working bee at school from 9am until 12pm. It’s time to tidy up gardens and buildings before the colder weather sets in. Please bring appropriate tools for weeding, pruning, sweeping and de-cobwebbing. We may even get to washing some windows. Many hands make light work, so students in the Secondary school are encouraged to support this work as part of their commitment to ‘school service’.

Please note that school finishes this term on Friday 11th April. Students return on Tuesday 29th April in their full winter uniforms. Once again, this year ANZAC Day falls during the holidays. The school’s commitment to this event will be outlined in the newsletter next week.

I am pleased to inform you that Mrs Jenni Wallis has accepted the position of Student Welfare Officer at St Patrick’s. Although the focus is on student well-being, she has a strong background as a psychologist, counsellor and teacher. This position is a Federal Government funded program until the end of the year. We thank Mr Kevin Dunne for his work in this area over the last two years.

Mrs Frances Robertson
Principal
From the AP’s Desk

Dear Students and Parents

During the last 10 weeks of term, many of our teachers and support staff have attended professional development. As professionals, we need to keep up to date with the latest research and ideas related to teaching. Consequently, this term staff have attended professional development on pedagogy (the science and art of teaching), spiritual formation, assessment, student wellbeing, Information Technology, school administration and support for students with a disability.

Thankfully, the Catholic Education Office runs a lot of our courses. This reduces our costs and usually means we only have to travel to Canberra, rather than Sydney. If a course is not offered at the CEO and the subject matter fits with a teacher’s Professional Learning Plan, the school covers half the costs, with teachers accepting the responsibility of the other half of the costs.

As a teacher, I always find it difficult to leave my classes, due to the amount of preparation that is required to leave meaningful work for the students. In fact it is often easier to remain at school because lesson preparation can take a huge amount of time. That our teachers have chosen to attend PD opportunities reflects an eagerness to improve their professional competency and knowledge, which will ultimately benefit all students. It also reflects many hours of work, at home or on the weekends, to ensure learning continues.

We are, after all, a place of learning.

Mark van Ommen
Assistant Principal

The coming events....

Have you also looked at the calendar on the school’s website?

Tuesday 8 April
Yr 7 - 10 Motivational Media 9am - 12pm

Wednesday 9 April
Visit to MacKillop by Year 10 Students 9 - 12
Parent Teacher Student interviews 4 - 7pm

Thursday 10 April
Yr 7 Boys’ group meeting - 9am
K - 10 Holy week Liturgy

Friday 11 April
Last Day of Term 1
K - 6 Easter Bonnet Parade 12pm - 1pm

Monday 28 April
Staff Professional Learning Day

Tuesday 29 April
Students return ready for Term 2
CCC Swimming
Yr 10 Fair Trading Talk

Wednesday 30 April
K-10 ANZAC Liturgy

Thursday 1 May
Interschools Gymkhana
P&F meeting 7pm

Friday 2 May
Interschools Gymkhana
K - 6 Athletics Carnival
Yr 10 Geography Excursion - Blue Lake

Are you interested in participating in the St Patrick’s ski and snowboarding team?? Watch this space in next week’s newsletter for more information.
Healthy Harold

I enjoyed The Life Education Van last week.

Here is some information as well as some of our thoughts about smoking.

- ‘Today I learnt there are over 4000 chemicals in cigarettes, YUK! So think before you light it!’ Luca Henderson
- ‘A drug that makes cigarettes addictive is nicotine’. Julia Bottom
- ‘Do not smoke, it is bad for you.’ Arthur Bottom
- ‘Small, but deadly’. James Dyball
- ‘Don’t smoke, it is bad for you (but that doesn’t mean the people who smoke are bad)’. Aidan Childs
- ‘Never smoke is my advice.’ Cheyenne Connell
- ‘Did you know that 7.2 billion cigarettes are littered each year in Australia.’ Tristan Revelant
- ‘Today I learnt that smoking is much worse for you than I thought’. Hudson Laird
- ‘Today I learnt what drugs there are in cigarettes and how they affect your body. It was disgusting!’ Lisa Haylock
- ‘I learnt that tar and ammonia are in cigarettes. Say no to smokes!’. Jorja White
Non Uniform Day- Monday 7th April

Students are invited to wear non uniform clothing on Monday next week. The students will be asked to contribute a gold coin donation for Caritas and St Vincent de Paul, on this day. Again, this is a small action of support in giving to others.

Students are reminded when wearing non-uniform clothing that appropriate clothing for school should be worn. This means that all clothing items need to be Workplace, Health and Safety compliant, sun-safe and modest. (Footwear must be covered. Thongs and sandals, very short shorts or skirts, bare midriffs or T-shirts with offensive writing or images don’t have a place at St Patrick’s.)

Our support could help a program like the “Livelihood Program” pictured here.

Holy Week Liturgy- Monday 7th April

Students will also participate in an early Holy Week Prayer Service. This Liturgy will be held at 12.10 pm in St Patrick’s Church and parents are most welcome to attend.

Living the Sacred

Recently in Year 9/10 Religious Education classes students spent a short time trying to construct a bird nest out of twigs, grasses and assorted plant material. They soon discovered it was more difficult than it might appear. It was a pleasant reflective activity. Some students were keen for structured text books and writing, while others felt a sense of freedom to be creative. The purpose of such an activity was: to teach a sense of the sacred, to appreciate a sense of wonder and awe at nature and to experience a sense of simplicity. It is fine to speak of the simplicity valued by prophets and saints but to absorb simplicity and then reflect upon it, enriches learning and deepens understanding.

K-2 Handball Competition

Congratulations to the following winners of the Year 2 Handball Competition:

1st: Charlotte Dakin
Joshua Williams

2nd: Charlotte Geelan
Joseph Nichols

3rd: Erin Alexander
Ryder Cochran

A special thank you to Angus Wood and Tony Bitar for organising the competition and to the primary leaders for umpiring the games.
Bring History Alive in Year 10

Over the last two weeks, we have endeavoured to bring our History lessons out of the classroom and into the here and now, almost 100 years after the events actually happened. Year 10 have been studying the events of World War 1 and the creation of the ANZAC spirit. We were very lucky to have Angus Fergusson, from the Australian Light Horse Association, in school to demonstrate his considerable amount of battle kit for both the WW1 soldier and the horse. Students were introduced to the delights of ‘hard tack’ biscuits and corned beef.

On Thursday of last week, Year 10 travelled to the Australian War Memorial in Canberra where they took part in a full day immersion experience which included a guided tour of the memorial entitled ‘Voices of the Anzacs’. They experienced what the Australian Air Corps encountered with a panoramic film experience by renowned director, Peter Jackson and lived through life as ‘Bomber Command’, in an interactive light and sound show in the ANZAC Hall.

Many students found the experience moving and memorable and have a keener understanding of the importance of history and the preservation of this for future generations. Many students took the opportunity to place poppies of remembrance against the names of relatives in the wall of remembrance or against soldiers who shared their surname or for unknown soldiers who had given their life in combat.

Experiences like this enrich and support the learning in the classroom and all students are to be commended on how they conducted themselves throughout the day. Indeed the education staff at the War Memorial remarked on how well behaved and polite our students were.

---

Students
Who
Achieve
Greatness

<table>
<thead>
<tr>
<th>Term 2 SWAG Values</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Courage</td>
</tr>
<tr>
<td>Week 2</td>
<td>Success</td>
</tr>
<tr>
<td>Week 3</td>
<td>Honesty</td>
</tr>
<tr>
<td>Week 4</td>
<td>Working Hard</td>
</tr>
<tr>
<td>Week 5</td>
<td>Determination</td>
</tr>
<tr>
<td>Week 6</td>
<td>Caring</td>
</tr>
<tr>
<td>Week 7</td>
<td>Responsible</td>
</tr>
<tr>
<td>Week 8</td>
<td>Excellence</td>
</tr>
<tr>
<td>Week 9</td>
<td>Friendship</td>
</tr>
</tbody>
</table>

Congratulations to Hamish Bottom, Thomas Fletcher, Jorja White, Cooper Kofler, Ethan Stacey, Mia-Jade Robson, Molly Nolan and Emelia Greville.
Healthy relationships

The Line helps young people to navigate those grey areas in relationships, in order to enjoy healthy and respectful relationships and recognise behaviour that ‘crosses the line’. The Line campaign is managed by the Department of Social Services and is an initiative under the National Plan to Reduce Violence against Women and their Children 2010 – 2022. http://www.theline.gov.au/

EnviroMentors’ Visit

On Friday 28 March, the K-2 students had the opportunity to participate in the EnviroMentors program. Students learnt what can and cannot be recycled, while gaining knowledge of local waste issues.

The K-2 students looked at the different bins that are used in our area. Through these fun learning activities, students had to find the appropriate bin to place waste items in and the environmental implications of littering.

K-6 Easter Bonnet Parade

On Friday 11 April at 12:00 pm, the K-6 students will be having their annual Easter Bonnet/Hat Parade. The parade will be on the K-2 Campus.

For students in Kindergarten and Year 1 and 2, please work together with your child to make an Easter Bonnet for them to wear. Students in Years 3-6 are encouraged to make the hat themselves. This, of course, is optional.

Students can make their hats from scratch or just decorate a hat that they already have. All students who participate will receive a ticket to go in a class Easter raffle. This will be drawn directly after the parade.

There will also be the opportunity to win the SRC Easter Egg Basket. Raffle tickets for the raffle will be 1 ticket for 50c or 3 tickets for $1.00. Tickets will be sold on both Campuses, every day from Week 10 and Week 11.

We would like to invite all parents and friends to come and watch the students show off their creative designs.
How is Your Lenten Commitment Going?

The colors of autumn remind us of change. It is an important reminder of changes we can make in our own lives.

At the beginning of Lent students participated in an Ash Wednesday Service in their classrooms. They were challenged to consider that Lent is a time to “take stock” of our lives and try to grow more deeply in God’s love and in love for one another. Lent is a time to recognise we do fail from time to time but to do the best we can by trying to live each day with greater kindness and care. This can done by: prayer, giving to others and doing actions that require that extra effort on our part.

So how is the Lenten Challenge going for you?

It is a challenge to grow more deeply in relationship with God but the dividend is exponential. Although Lent is passing it is never too late to renew or deepen this relationship and to continue on past Easter.

Why not ask your child how Lent is going. Share an ongoing commitment together. Adopt a special value and work on its practice: less TV, a prayer time together or a walk to appreciate the wonder and beauty of sunrise or sunset especially in this colorful time of autumn.

When we reach out to our Loving God the welcome is with open arms of grace and blessing.

Canteen News

As I am preparing for the end of term, some items may not be available next week, so a delicious alternative will be given. The new menu will begin in Term 2. Thank you for your patience with this.

Thank you to these volunteers
Thursday 3 April: Kim Kleven
Friday 4 April: Grant Pascoe
Wednesday 9 April: Linda Quodling
Thursday 10 April: Rebecca Hain
Friday 11 April: Nat Reid

MEAL DEAL FRIDAY
• New MINI SUSHI TWIN PACK (tuna or chicken) with a DRINK and FRUIT CUP for $5.00 (PLEASE PREORDER THIS CHOICE BY THURSDAY, thank you)

OR
• DELICIOUS SMALL CHICKEN AND SALAD WRAP/ YUMMY BUTTERED HOT CROSS BUN and FRUIT CUP for $5.00

Thank you for your continued support.

Carolyn Hely
Canteen Manager
Cool Carrots!

The 2014 Primary Environmental group has overwhelmingly voted to be called the ‘Cool Carrots’. Plenty of great preparation has been done getting seed beds ready for the winter crop. We would like to thank these people for their generous donations of manure, seedlings, gloves, gardening forks and spades and crop rotation information; the Silich, Knott, Kleven, Sizmur and Inskip families. Update so far: all garden beds have been dug up, raised and fertilized with local manure.

Writing Workshop

Because we were unable to reach the minimum number of placements in the NAPLAN Writing Workshop on offer, we have had to cancel the workshop that was to have taken place on Wednesday 2 April. Parents who had enrolled their child in the workshop are being refunded the total cost of the workshop as a cash refund. We will look for other opportunities later in the year.

Motivational Media

As part of our pastoral care program, all of our secondary students will be attending Motivational Media on Tuesday 8 April. This is a high tech presentation designed to promote positive values in the areas of self respect, personal responsibility and human relations. Presented on three giant screens and three synchronized DVD and data projectors, an exciting blend of images and special effects will challenge students to critically reflect on their own values and attitudes and how these values and attitudes affect our society. Past experiences of Motivational Media ensures a very worthwhile and appreciated opportunity.
Seasons for Growth: A grief education program

Loss and grief are issues which affect all of us at some stage in our lives. Learning to deal effectively with these issues is central to personal wellbeing and happiness. Unresolved grief can also affect a student's learning.

*Seasons for Growth* is an Australian education program which supports participants who have experienced change in their family because of a significant loss such as death, separation or divorce. It explores issues such as change, loss, managing feelings, coping strategies and support networks.

Our school will be offering *Seasons for Growth* again this year. It will run for 8 weekly sessions of about 40-50 minutes and conclude with a celebration session. Later on, two further sessions will build on earlier learning.

If you think your son or daughter could benefit from *Seasons for Growth* we encourage you to talk to your child about this. We are confident that *Seasons for Growth* will be a valuable learning experience for those who request to be involved.

If you are interested in your child participating in this program, please email the school with the following details:

**Your name:**

**Contact email:**

**Contact phone:**

**Your child's name:**

I have discussed this with my child (YES | NO)

Pastoral Care for Year 7 boys

On Thursday 10 April, all Year 7 boys will be having a Pastoral Care session in the morning. This will involve 3 presenters – Tony Nassar, Karen Lonergan from Youth Connections and Senior Constable Rebecca Lanyon – who will be discussing issues such as good relationships, respectful attitudes and supportive behaviours. Our special thanks go to Karen for her organisation of this important opportunity.

School Fees Assistance

Application Forms for assistance with School Fees for the period of Term 2 2014 to Term 1 2015 are now available at the school office. A new application must be submitted each year and this must be accompanied by copies of at least two current, relevant pieces of documentation. Please note that assistance is limited and applications must be lodged by Friday 11 April 2014. No late applications will be accepted. If further information is required, please contact Mrs Frances Robertson on 6452 1721.

School Fee Information Update

Due to the increased cost of printing and postage, it is now necessary to email all family school fee invoices and reminders.

From Term 2, fee invoices will be sent to the email address that has been provided to the school. If you wish your statement to be sent to an alternative address please notify the office on 6452 1721 or by emailing office.stpatscooma@cg.catholic.edu.au. For those families without email addresses, statements will continue to be posted.

For families who receive a Centrelink payment, a Centrepay facility has been established so school fee payments can be debited directly from your payment. Please see the office if you require further details.
Parents, families and even our students may ask the question: **What is the role of our School Board? How does the School Board interact with our parish, local community and our school?**

The School Board as a representative group derived from the broader school community, provides the Principal an interactive sounding board in order to assist with the making of key decisions relating to the school’s approach to education. This includes curriculum, finances, philosophy, strategic planning and facilities.

These representatives have professional skills in specific areas, and working together in collaboration with members of St Patrick's leadership team, aim to achieve the best possible outcomes for our school across many aspects of education, pastoral and school life. Some of these areas may include: finances, governance, building projects, staffing, students’ welfare and learning, promoting our school, along with the involvement in our parish, parental and local communities, dealing with other schools within our region and the ongoing and evolving relationship we have developed between St Patrick’s Parish School and St Mary MacKillop College.

Some of the Board’s objectives are in an advising or a decision making capacity. This is along with:

- providing an enhanced level of advice and support to the Principal and Assistant Principal, particularly in the areas of positioning, promoting and growing the school;
- confirming the school’s approach to executive governance in many aspects of school life: ie, debating, confirming and implementing either the current Board and P&F model, or the new "School Council" model; and,
- enhancing the Board’s role, function and profile with our school and local communities.

Our parish derives from our Parish Pastoral Council (PPC). This group is made up of members of our parish parental community including Principal of St Patrick’s Parish School along with our Parish Priest, Father Paul Huthnance. Information between our School Board and Parish Pastoral Council is disseminated between the two forums after every meeting. This allows for collaboration, improvements and communication to exist between the two.

Our Board meets between 6-8 times a year and has a close affiliation with the Catholic Education Office and Catholic Education Commission in Canberra.

Many of our board members work and have key roles within our school and local community, thus enabling them to bring an enhanced level of knowledge and expertise to the educational table and our school community in general.

I would encourage and welcome any of our new or existing families or students to speak to any Board member or a member of the School Leadership Team if you wish to find out more about our School Board or P&F forums.

Our 2014 School Board comprises of the following: Frances Robertson (Principal), Mark van Ommen (Assistant Principal), Father Paul Huthnance (Parish Priest), Erika Statham (Chairperson), Kaye Pearce (Secretary), Bernie Sullivan (dual role as member of St Mary MacKillop College Board), Mark Herbert (Community Representative), Karen McGufficke (P&F President), Richard Clarke, Ruby Curtis and Simon White (all Parent Representatives).

_Erika Statham – Chairperson_
_Saint Patrick’s Parish School Board_

**P&F Report**

Last Friday the **Primary Disco** was well supported with over 110 children dancing the night away. A big thank you to the many parents and staff who attended and assisted in supervision, serving the canteen and cleaning up at the end of the evening. Thank you also to Marjorie and Kaydee for all their preparation prior to the event.

It is great to see parents attending the meetings and last night’s meeting was interesting and informative.

**The Second Hand Uniform Shop** will be open from 9am until 10am this Saturday. Everyone is welcome to come and access is via the laneway at the back of Infants playground. Donations are also welcome. Prices are very reasonable (only 50c to $10). Perhaps it is time to organise the winter uniform (or the spare uniform for the days when the weather is wet).
10 ways children draw parents into sibling conflict

Sibling fighting is common but not inevitable. Parents can become embroiled in sibling fighting by responding to some of the games children play.

Sometimes parents get drawn into sibling disputes when they don’t involve them. Parents become embroiled in the conflict and help create the problem rather than solve it.

Children usually become quite adept at drawing their parents into disputes between siblings. Parents need to be aware of the following ten common ways children involve parents in their sibling disputes:

1. Beware the teller of tales because they can draw you into disputes you don’t need to be in.

Tell Tale children” tend to involve parents in fights and disputes when they don’t need to be. Tales also invite parents to take sides, which may mean a fight stops momentarily. However it will begin again at another time as there may be lingering resentment about you taking sides.

2. Beware the blame gamers for it is never, ever their fault!

Some children will blame other siblings for wrong-doing but will rarely see their side in a dispute. It usually takes two or three to tango so make sure you point out their place in the dispute.

3. Beware the tantrum-throwers as they divert attention away from themselves.

Kids who throw a ‘wobbly’ when a sibling even looks at them in the wrong way have discovered a great way to keep mum or dad busy with them.

4. Beware of children’s tears as they can make us feel pity rather than look at the whole story.

A child who comes to you with tears in her eyes and a tale of woe sure knows how to get their parents on side. Tears usually gain sympathy but sometimes the person who cries loudest is the child who caused the dispute in the first place.

5. Beware of children who say that they couldn’t help hitting, hurting or misbehaving.

Children always have a choice. They just choose the easy way or a way that suits them a lot of the time.

6. Beware of the child who is always, always the victim.

Sometimes they revel in this role.

Some children, particularly youngest kids, love to play the victim in fights and arguments with their siblings. “He always picks on me” is their catchcry. Don’t give these children too much attention and give them some options about how they can keep away from their siblings if things look likely to “cut up rough”.

7. Beware of the child who acts like the deputy sheriff, always giving orders and bossing others around. They can make life unpleasant at home.

First born boys can sometimes act like a parent’s deputy and believe it is their job to keep peace on the family range’. They often use methods more akin to the ‘wild west’ than those they would learn in a negotiation skills workshop. Aggression and power is their preferred methodology. Keep a firm eye on these kids and don’t put them in charge of the ‘beggary range’ too often.

8. Beware the donkey who whines and whinges about his siblings “Hee Hawways picks on me!”

Give them some ideas about how to deal with their siblings and refuse to draw by incessant whining. Like water torture, whining wears a person down after a while.

9. Beware children who bring home poor attitudes and behaviours that they learned at school or pre school.

You can tell sometimes what is happening in the schoolyard as children can bring home poor conflict resolution skills that they see in the schoolyard. “We treat each other well in this family” is the message!

10. Beware of the home environment that uses power to resolve disputes and conflict.

Children will often reflect the ways that the significant adults in their family resolve conflict so make sure you use the same methods to sort out issues and disagreements with your partner that you want your children to adopt. Children tend to live what they see so make sure they see conciliation and compromise rather than bullying and power. It helps if they see assertiveness rather than aggression. And make sure they see you looking at both sides of the picture rather than your side all the time in disputes.

Published by Michael Grose Presentations. All rights reserved.

For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

While you are there subscribe to Happy Kids, Michael’s hugely popular email newsletter.
Red Cross
Seeking
Humanity
Workshop
Cooma

Vulnerability in Forced Migration

Join us for a free interactive workshop on asylum seeker and refugee issues. The workshop will be relevant for community members interested in working with refugees and asylum seekers or learning more about their unique challenges of living in the community.

The workshop will focus on humanity in forced migration, exploring the diversity of experience of asylum seekers and refugees. The workshop will also discuss ways community members can support refugees and asylum seekers and give a comprehensive overview of Red Cross’ work in migration support in the ACT and South East NSW.

Saturday April 5
11am—2pm

Monaro Family Support Service
158 Sharp St
Cooma NSW
Light refreshments will be provided

RSVP by Tuesday 1 April to
kmaclennan@redcross.org.au

Red Cross thanks the Monaro Refugee Support Group and Monaro Family Support Service for their support of this event.