Dear Parents and Friends of St Patrick’s

Last Sunday’s Gospel reading reminded us that our Lord is the good shepherd. A shepherd, in biblical days, most often cared for sheep that belonged to someone else. **This psalm, then, is a call to care for others, as God promises to care for us. As the Lord is our shepherd, we are called to be a shepherd to others.**

Rudyard Kipling, giving a commencement address at McGill University in Montreal, warned the students against an over-concern for money, power or popularity, and he said, ‘**Some day you will meet a man who cares for none of these things. Then you will know how poor you are.**’ This beautiful 23rd psalm reminds us that none of these things are what really give us life.

What a wonderful celebration the **Grandparents’ and Friends’ Day** was here at St Patrick’s last Friday. The photos inside speak volumes. Thanks to so many people who joined in the fun and a particular thank you to the teachers who opened their doors and were proud to show the good work being done in classrooms.

We are also very proud to show off some of the happenings of our school via our new **Facebook page**. You are invited to have a look and ‘like’ us. In the near future, this will be another form of communication with our families. The easiest way to access it is via https://www.facebook.com/StPatsCooma, or you can do a search through Facebook.

I really appreciate the work of the **members of the P&F who ran the Mothers’ Day stall on Friday**. Thank you to all those who contributed to the stall. The money raised (over $800) is going to buy equipment that will benefit the students this year.

This week, **students will be undertaking their NAPLAN**. I know that the teachers have prepared them well and I have reassured students that this is a time to ‘show off’ what they know and can do. They should not be worried, because we use the information from NAPLAN to provide direction for future learning in the classroom. NAPLAN is just one piece of information that helps us to do that.

We have undertaken the last of our local carnivals- the Secondary Athletics carnival. Again, it was well organized and very well supported by a band of parents helping with stop watches in hand. We appreciate that.

Yours in peace
**Frances Robertson**
Principal
From the AP’s Desk

In the next week or so, Snowsports letters will be distributed to students. We offer three Snowsports programs at St Patrick’s; K-2 (2 days at Thredboland), Years 3-6 (4 consecutive days at Smiggins) and Years 7-10 (up to 4 days at Perisher Valley). Each program is slightly different in the way students are organised into lessons and the amount of student independence allowed. The programs teach students new skills, safety on the snow, responsibility and something about themselves and each other. It is also a chance for teachers and parents to interact in a different environment, an unexpected benefit of the K-2 and 3-6 programs.

The cost of Snowsports is always a concern for us at St Patrick’s, as many of our students can only experience Snowsports through the school programs. This is because the resorts, hire outlets and National Parks give discounts to local schools. With cost in mind, we are looking to offer cross country skiing for the Years 3-6 and 7-10 students. Cross country skiing is as enjoyable as alpine, is easy to learn and allows our students to have a different snow experience. More details of this possibility will be communicated in the next few weeks.

Therefore, in our prayers this week please pray for snow. Not only does it provide our students with fun and a unique learning opportunity but a good deal of business in the area relies on the tourism generated by the ski industry.

Also please keep in your prayers those members of our school community who are sick, especially Mrs Sabina Kovats and Mrs Maree Dunne.

Mark Van Ommen

and coming events....

Thursday 15 May
NAPLAN

Friday 16 May
Yr4 Assembly 12pm-Exservices Club All Welcome
Oliver cast rehearsal 12.30 - 3.30pm

Monday 19 May
Primary Rugby Trials - Yass

Tuesday 20 May
Confirmation meeting - 6.30pm

Wednesday 21 May
Yr 3-10 Archdiocesan Cross Country
K-6 Dinosaur Petting Zoo

Thursday 22 May
2015-Yr 11 MHS Information evening - 7.30pm

Friday 23 May
Walk safely to school day
Harry Nichols shield (league) - 2pm

Monday 26 May
Yr 10 Exams
Yr K-8 Musica Viva

Tuesday 27 May
Yr 10 Exams
iRead workshop with Staff and Parents

Wednesday 28 May
Yr 10 Exams

Thursday 29 May
Yr 9 Parish Mass
School Board Meeting 6.30pm
Record of School Achievement for Year 10 (RoSA)

ROSA Tests – Year 10 – 12 students who may leave school before the end of the Year

Students intending to leave school can take optional online literacy and numeracy tests. The tests are for students who intend to leave school before completing their HSC. They are designed to show an overview of a student’s level of achievement in these areas. The results of these tests appear on a certificate that can be used when applying for a job.

If your child is contemplating leaving school, please ask them to give their name to their Year Coordinator or myself by next Friday 16 May.

The tests will take place between 22 and 28 May.

Please contact me if you need any further information about the ROSA Literacy and Numeracy tests.

Stephanie Lovat
Curriculum Coordinator

School Banking

Many families are supporting their children’s financial literacy by encouraging them to regularly save small amounts. These are the first steps in some life-long money management skills.

We are very appreciative of the voluntary work undertaken by Mrs Heise in collecting and delivering the school banking every week. In fact, she has been doing this for 9 years!

What some people may not realise is that this program of school banking also benefits the school. Deposits in the Youth Saver accounts with the school bank between now and July have possible prizes and rewards attached to them. The school receives a commission for every deposit and $5 for every new account opened.

All parents are encouraged to consider ways to help their children learn about money and this is just one way. If you are interested then check out this website.


Teachers learning from teachers

The most powerful learning can often come from working with our colleagues.

This week, Mrs Emma Grant, from Lumen Christi Catholic College in Pambula, joined the Kindergarten classrooms to share her expertise and learn from our practices.

This is part of a bigger St Patrick’s project, aimed at supporting and enriching all Kinder teachers’ practice in the classroom. Mrs Grant was very impressed and will continue to work with our teachers via teleconferencing over the year.

In the coming weeks, Ms Lovat and Mrs Introna will be visiting St Bede’s at Braidwood for the same purpose.
Mothers’ Day Stall

Interschools Snowsports Information Session

On Tuesday 20 May the school will be holding an information session for any interested parents or carers about the 2014 Interschools Snowsports Championships. It will be held in the secondary library from 6 to 6.30pm. Attendance is not compulsory for your child/children to participate. All notes and information will be sent home with interested students on Wednesday 21 May.

Mr Lawley
Sports Coordinator
Secondary Athletics Carnival
Secondary Athletics Carnival Report

On Wednesday, 7 May 2014, we held our annual athletics carnival at Snowy Oval. The weather was lovely, making for a perfect day. A huge CONGRATULATIONS to all students who attended on the day. Your outstanding participation in all events and great house spirit is to be commended.

A special thank you to House captains for their efforts with war cries, of which Aqua emerged the winner. Also, thanks for their efforts with relay organisation, encouraging participation and at the end of the carnival with clean up and packing up of equipment.

I would like to take this opportunity to thank all the staff and the wonderful parents who assisted on the day to act as officials: Erika Statham, Ruby Curtis, Pauline Bartell, Kate Russell, Eve Rees and Sally Connolly. Thank you to Carolyn Hely and the ladies in the canteen who kept student’s energy levels at their peak throughout the day! The collective efforts of staff, parents and students contributed to the success of the carnival. Without your support, the carnival would not have run efficiently.

FINAL POINTSCORE

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1st</td>
<td>Aqua</td>
<td>865 points</td>
</tr>
<tr>
<td>2nd</td>
<td>Caelum</td>
<td>778 points</td>
</tr>
<tr>
<td>3rd</td>
<td>Ignis</td>
<td>748 points</td>
</tr>
<tr>
<td>4th</td>
<td>Terra</td>
<td>586 points</td>
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AGE CHAMPIONS FOR 2014

Congratulations to the following students who have excelled in athletics and are age champions for 2014:

<table>
<thead>
<tr>
<th>Age</th>
<th>Girl</th>
<th>Boy</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 yrs</td>
<td>Jasmin Pascoe</td>
<td>Russell Haylock</td>
</tr>
<tr>
<td>13 yrs</td>
<td>Gabrielle Steiner</td>
<td>Bailey Rogers</td>
</tr>
<tr>
<td>14 yrs</td>
<td>Abby MacNab</td>
<td>Luke Day</td>
</tr>
<tr>
<td>15 yrs</td>
<td>Annagh Weston</td>
<td>Patrick Connolly</td>
</tr>
<tr>
<td>16 yrs</td>
<td>Jazmin Fely</td>
<td>Damien Hayden</td>
</tr>
</tbody>
</table>

RECORDS BROKEN

Congratulations to the following students who broke records on the day:

**GIRLS**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>NAME</th>
<th>TIME/DISTANCE 2014</th>
<th>PREVIOUS RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 yr Discus</td>
<td>Emily Pearce</td>
<td>20.71m</td>
<td>19.98m (2004)</td>
</tr>
<tr>
<td>Jnr Girls Relay</td>
<td>Terra</td>
<td>1.03.84</td>
<td>1.04.19 (2013)</td>
</tr>
</tbody>
</table>

**BOYS**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>NAME</th>
<th>TIME/DISTANCE 2014</th>
<th>PREVIOUS RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 yr Javelin</td>
<td>Matthew Chelin</td>
<td>27.40m</td>
<td>25.50m (2009)</td>
</tr>
<tr>
<td>13 yr 800m</td>
<td>Remy Oldrey</td>
<td>2.53.89</td>
<td>3.01.38</td>
</tr>
</tbody>
</table>

Ms T Wawrzyniak
(Carnival Organisor)
Canteen News

A special acknowledgement and thank you to all the parent helpers who assisted last week with the Athletics and Grandparents' and Friends' Day. Such events run so much smoother with your enthusiastic help!

VOLUNTEERS
Thursday 15 May-Caroline Blyton
Friday 16 May-Kathleen Bowerman
Wednesday 21 May-Linda Quodling

FRIDAY MEAL DEAL-NACHOS with a FROZEN FRUIT CUP for $5.00, NO DRINK INCLUDED PLEASE ADD $2.00 extra OR TUNA OR VEGETABLE SUSHI with a DRINK for $5.00.

These meals are also available to Secondary students. Please ensure you put in a lunch order to avoid disappointment. Some items may be temporarily unavailable. An alternative will be given as replacement. Should you have any queries, thoughts or suggestions or you would like to volunteer please contact me through the school.

Thank you for your continued support.

Carolyn Hely
Canteen Manager

Tennis teams

What’s On ……

National Walk Safely to School Day

National Walk Safely to School Day is on Friday 23 May. We would like to encourage as many parents, carers and children to walk to school on this day.

An alternative is to meet at Centennial Park anywhere between 8:30am – 8:45am and walk with a school group.

Students who participate in the walk to school will be given a sticker.

If you would like more information about this event, please go to the following website: http://www.walk.com.au/wstd/
2013-2014 Family Energy Rebate

DON'T MISS THE DEADLINE!
Apply before 5pm Friday 13 June 2014

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:
• A $125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
• A $137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?
To be eligible you MUST:
• Be eligible for Family Tax Benefit A or B during 2012-2013 and have received a relevant payment; and
• Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE
• ONLINE – it takes a few minutes to submit and processing starts immediately.
• PAPER – download a form from the website, complete and submit by email, fax or post.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au

ST PATRICK'S PARISH SCHOOL A SCHOOL WITH ALTITUDE
Cross Country

The Southern Region Cross Country was held in Cobargo on Thursday 8 May 2014. It was warm and sunny and 45 students competed with enthusiasm. Students all gave their best effort on the day. One highlight was the 8/9 Girls 2 kilometre race where we finished 1st, 2nd and 3rd. Congratulations to the following students who will now compete in Canberra in the Archdiocesan trials.

Results

8/9 girls
1st Clara Thornton
2nd Natalie Revelant
3rd Olave Wilkinson

10yr girls
3rd Madeline Stott

11yr girl
2nd Lucy Thornton

12yr Girl
3rd Anna Connolly

8/9 boys
4th Jack Buckley
6th Eric Henderson

10yr boys
6th Lachlan Hemphill

Glenyce Moxon
Organiser
Grandparents’, Great-grandparents’ and Friends’ Day
Grandparents’, Great-grandparents’ and Friends’ Day
Assorted healthy eating messages ......

Prevention and Population Health Branch, Department of Health

Getting children aged 5 to 12 years to eat more fruit and vegetables
An Evidence Summary
February 2010

This document summarises current evidence on increasing fruit and vegetable consumption by children aged 5 to 12 years, with implications for policy, practice and research.

1 Why change is needed

- The proportion of children aged from 5 to 12 years eating the recommended amount of fruit and particularly vegetables is currently low and reduces with age. This is of significant concern. (See pie charts.)
- Increasing fruit and vegetable consumption as a part of a healthy diet (combined with physical activity) can contribute to population wide reductions in chronic disease.³
- The effects of inadequate fruit and vegetable consumption accounts for 3.3% of the total Victorian disease burden.⁴
- Children meeting recommended fruit and vegetable consumption (as part of a healthy diet) can result in healthy growth and protection from chronic disease later in life.⁵

Are children eating enough fruit and vegetables? Red means no!

(Based on minimum recommended consumption). Adapted from the Australian National Children’s Nutrition and Physical Activity Survey 2007.⁶

4–8 years

- Eating enough fruit 93%
- Not eating enough fruit 7%
- Not eating enough vegetables 22%

9–13 years

- Eating enough fruit 96%
- Not eating enough fruit 10%
- Eating enough vegetables 14%
- Not eating enough vegetables 26%

14–16 years

- Eating enough fruit 76%
- Not eating enough fruit 24%
- Eating enough vegetables 53%
- Not eating enough vegetables 42%
2 The evidence

The evidence from systematic reviews indicates that fruit and vegetable consumption by children (including the 5 to 12 years age group) can be increased and that positive outcomes can be achieved using a variety of interventions.4,9

There are, however, significant gaps in the research findings and it’s difficult to provide detailed analysis or identify any one type of intervention as the most effective.9 The evidence is limited to describing key themes and approaches with successful outcomes, as described below.

2.1 Home

- For most children the majority of food (by energy/portion) is consumed at home.1
- Levels of fruit and vegetable consumption by children are higher when parents regularly eat fruit and vegetables and they are available and accessible at home.10-11
- Television viewing and exposure to television advertisements are associated with lower intakes of fruit and vegetables.12

2.2 Schools

Evidence indicates that multi-component approaches at schools are more likely to be successful.4,9,13 Single-component interventions (for example, classroom activities or single-session interventions) are not effective.4,9

Multi-component approaches include:

- school policy
- curriculum activities
- classroom practices (for example, fruit and vegetable breaks)
- canteen services
- media activities
- parent resources
- mailings14-17

To increase the chance of success, school-based interventions should:

a. Increase availability of fruit and vegetables.7,18,19,20,21 Fruit and vegetables can be made available in the school environment in a variety of ways, including fruit and vegetable breaks (for example, fruit and vegetables provided from homes), school gardening activities, cooking or tasting programs, free or subsidised programs, and through the canteen.

b. Give clear messages on fruit and vegetable intake and include behavioural goals.9 Children should be taught specific behaviour changes (for example, increase fruit and vegetable intake) rather than nutritional knowledge.19,20

c. Actively involve parents in primary school interventions.8 Parents setting a good example (by word and deed) are consistently and positively associated with children’s fruit and vegetable consumption.18

- Home-based activities should aim at increasing availability and accessibility of fruit and vegetables at home.19
- School programs should include parental involvement and link to activities at home.12
- Parents should be asked to participate in cooperation with teachers and health promotion practitioners.18
- Successful programs use newsletters and other resources to maximise parental understanding of the fruit and vegetable program.5

d. Provide longer and more intense interventions.

Interventions that are run over longer periods of time are more likely to be successful.

- Higher intensity interventions (including components at classroom, school and community levels) achieved the greatest increase in fruit and vegetable consumption.21
- Reviews provided varying recommendations for program duration, ranging from at least eight to ten weeks14 to greater than 12 months.7

2.3 Listening to children

Interventions that consider children’s views and experiences can achieve greater effect.13 The systematic review found that:

- Children do not see it as their role to be interested in health.
- Children do not see messages about future health as personally relevant or enticing.
- Fruit, vegetables and confectionery have very different meanings for children than they do for adults.
- Children actively seek ways to exercise their own food choices.
- Children value eating as a social occasion.
- Children see the contradiction between what is promoted in theory and what adults provide in practice.

2.4 Supportive environments

Achieving substantive changes to nutritional outcomes requires population-wide action supported with state and national policy and environmental approaches.22

It is important that supportive environments for fruit and vegetable consumption are generated for children.22

Community wide activities have been shown to enhance the outcomes of school based programs.22

A large scale, community wide campaign including mass media, public relation events, information and community activities has been shown to be effective in increasing adult fruit and vegetable consumption.24
Healthy eating programs for children aged 5 to 12 years need to incorporate increasing fruit and vegetable consumption.

Programs to increase fruit and vegetable consumption for children aged 5 to 12 years need to be multi-dimensional and include:

- promotion of both vegetables and fruit
- a whole-school service approach with healthy messages that are clear and consistent across all activities
- links to overall healthy eating and nutrition policy in schools, including out-of-school care program policy (examples in Victoria are Kids 'Go for your life' with partner programs including the Fruit and Veg Program)
- curriculum or classroom activities (such as fruit and vegetable breaks, school garden activities and cooking)

- access to and practical hands-on experiences with both fruit and vegetables with clear, consistent messages about 'how to' and 'how much'
- parent involvement and provision of family, home and community-based activities
- evaluation to guide future investment (including process, impact and outcomes and impact on health inequalities).

State-wide policies and actions need to:

- adopt a comprehensive healthy eating strategy that incorporates fruit and vegetable promotion and provides for:
  - access to healthy foods
  - a secure and sustainable supply of healthy foods
  - a culture that supports the consumption of healthy foods

- provide evidence-based resources, training and support for schools, health promotion services and other organisations (examples in Victoria are Kids 'Go for your life' with partner programs including the Fruit and Veg Program)

- encourage schools, health promotion services and other organisations to explore broader ways of reaching parents and carers

- examine the impact of fruit and vegetable programs on health inequalities and ensure that findings are reflected in ongoing program development

- prioritise funding to schools and communities in areas of greatest disadvantage or at increased risk of low fruit and vegetable consumption

- monitor fruit and vegetable consumption

- evaluate all fruit and vegetable programs.