Mary Help of Christians

Dear Parents and Friends of St Patrick’s

O Mary, You love me with a Mother’s heart.
Just as you held your son Jesus in your arms you hold me in your care.
Help in my need;
Protect me day by day;
and through your Motherly intercession,
May I become ever more aware of the breath of God living within me.
Mary, Help of Christians, Pray for us. Amen

Schools provide so many services within the school community. One of those important services is a safe and healthy environment in which to learn and play.

While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun. By the age of 15 many children have developed irreversible skin damage from exposure to the sun. Sun exposure at this time of life also contributes significantly to the lifetime risk of skin cancer, including melanoma. Research indicates that a broad brimmed hat will reduce the amount of UVR reaching the face by 50 per cent. The neck and the ears are particularly susceptible.

A duty of care refers to the need to protect students against foreseeable harm. Sunburn is a foreseeable outcome of over-exposure to solar UV radiation. Legal action has occurred in some states because students were sunburnt during school events and excursions. Therefore, we must have sun-safe hats. The Cancer Council NSW defines three sun safe hat styles:

- **Broad-brimmed hat**: Brims at least 6cm for children.
- **Bucket hat**: Bucket hats have a deep crown and sit low on the head. The angled brim should be at least 5cm for children, and should shade the face, ears and back of the neck.
- **Legionnaire-style hat**: Legionnaire-style hats have a flap that covers the neck.

**Sun safe hats do not include**: baseball caps or sun visors. These hats do not protect the cheeks, ears or back of the neck and are not recommended by any health authorities for sun safety.

For this reason, St Patrick’s will be gradually phasing out the baseball caps. I have notified the suppliers and the new Kinder children (and those who need a new hat later this year) will be advised to purchase either a broad-brimmed or bucket style hat (with the school logo).

Encouraging children and young people to practise sun safety is a shared responsibility. It is crucial that parents and caregivers support the messages taught at school about sun safety.

Although it is not normally the season for talking about sun safety, I wish to give you plenty of notice of this change.

Kind regards

*Frances Robertson*

Principal
Dear students and parents

The THICK Blue line

The safety of our students is the responsibility of everyone at St Patrick’s. Our school site is unique in that students have to cross major roads to access their campus. That is why we have a morning crossing duty and why students in Primary congregate on the 3-6 playground before school. Our K-2 students are walked, by their teachers, across to their campus at 9:00am.

In the past few weeks, I have noticed cars dropping students off in no stopping zones, cars travelling well over 40km/hr and cars parked where they should not be.

Therefore I have asked the Police to have more of a presence around our school from 8:30-9:00 each morning. I don’t want parents to be booked, but our priority is to ensure all students can arrive at school safely.

Chewing Gum

Over the last week we have noticed an increase in chewing gum being left on carpets, stairs and the playground. It is almost impossible to remove, especially from carpets. Until students learn to place their used chewing gum in the bin, it will remain a banned item.

Please keep in your prayers Sabina Kovats and her family and Kevin Dunne and his family.

Mark Van Ommen
Assistant Principal

and coming events....

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

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

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

Tuesday 27 May
Yr 10 Exams
iRead workshop with Staff and Parents
Stage 3 TransGrid’s BeSafeKidz Program

Wednesday 28 May
Yr 10 Exams

Thursday 29 May
Yr 9 Parish Mass 10am
School Board Meeting 6.30pm

Friday 30 May
Secondary Nursing Home visit 2pm - 3pm

Tuesday 3 June
Yr 10 Sydney Trip

Father Paul’s Parish farewell will be after the 10am Sunday Mass on 29 June. The will be a special morning tea and everyone is welcome. Please set this date on your calendar.
Community Service

Captain Louise Nicholson from the Salvation Army came to talk to the Year 10 students about being part of the Red Shield Appeal this year. All students are encouraged to become door knockers on Saturday or Sunday this weekend by going to the Salvation Centre (on Mittagang Rd) at around 9am. This will contribute to their community service hours.

The Red Shield Appeal funds assist locally with special effort being given to those who come looking for winter work in the mountains. Support is also given to homeless people. The work of the Salvation Army is the work of Christ. Captain Nicholson was inspiring in her presentation to Year 10.

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/wstsd/

Cross Country Skiing

Recently an expression of interest for cross country skiing was sent home. If your child is interested in doing this style of skiing during the Primary Ski Program please return the form by Friday 23 May.

Dr Kaye Lowe Reading Workshop for Parents

Dr Kaye Lowe (Director of the U Can Read centre at the University of Canberra) is visiting our school again this year on Tuesday 27 May to train new reading tutors for our iREAD program and to run a refresher course for experienced tutors. The iREAD program is targeted at students in the middle years who struggle with the reading demands of school or who have lost interest in reading. Its aim is to surround students with a network of support that allows them to practise their skills in a relaxed environment and to enjoy reading.

You are invited to attend a parent workshop with Dr Kaye Lowe to learn more about how you can support and encourage your child. Parents and carers of children of any age would benefit from Dr Lowe’s practical advice and simple tips for helping children to love reading.

WHERE St Patrick’s Secondary Library (enter through the side gate near the school bus drop off area)

WHEN Tuesday 27 May TIME 6.00 -8.00pm

RSVP to sue.stubbs@cg.catholic.edu.au or phone the school and leave a message.
A Visit from St Patrick’s College Launceston

Thank you to the College Band from St Patrick’s College Launceston for their visit to our school. It was a fabulous performance, with music from Shrek, Michael Jackson and superheroes themes. Batman and Superman even made an appearance! The students learnt about different instruments and were encouraged to dance and clap along. Congratulations to these students and their conductor Fiona Mowett.
ENSW State Interschools’ Championships

After such great results at SMIEC, a couple of us are now considering attending the 2014 ENSW State Interschools’ Championships to be held at Sydney International Equestrian Centre (SIEC).

This event is targeted at the higher levels of certain disciplines, including dressage, ODE, combined training, showing and working hunter classes. Turnout will be expected to be of the highest standard, as will personal and horse conduct.


Please note that riders wishing to attend this event ARE REQUIRED to be Junior Competitive Members of EA. Again, riders will need to consider their own insurance cover as St Patrick’s Parish School can’t offer riders any insurance cover. EA membership does offer riders coverage which individual families may or may not decide is personally appropriate.

Contact kdouch@bigpond.net.au for further information.

P&F News

A big thank you to everyone who donated gifts to the Mother’s Day Stall and to Nat Reid, Trish Geelan, Leanne Nowland, Michelle McGufficke, Marjorie Revelant and Karen McGufficke who assisted in setting up and selling on the day. The P&F raised $835 from the event.

Would you like to become more involved in our wonderful school? The P&F are looking at forming a Fundraising Committee to run some small fundraising activities over the next 2 terms. If you are interested in joining please contact Karen McGufficke on 0417 496708 or mkmcgufficke@bigpond.com. More information about our upcoming fundraisers in next week’s newsletter.

Canteen News

Volunteers

Thursday 22 May - Kathy Venables
Friday 23 May - Anna Holgate
Wednesday 28 May - Marjorie Revelant

FRIDAY MEAL DEAL
BUMPER CHICKEN and SALAD BURGER with SWEET CHILLI MAYO and FRUIT CUP FOR $5.00. Drinks are $2.00 extra.

OR
TUNA or VEGETABLE SUSHI with DRINK for $5.00. THESE ARE THE ONLY CHOICES AVAILABLE TO PRIMARY AND INFANTS ON FRIDAY.

SUSHI is available Wednesday, Thursday and Friday ONLY. Tuna & Mayo or Vegetable with Avocado are $3.00 and Smoked Salmon or Chicken Teriyaki are $3.50.

The canteen will now have fresh seasonal fruit available, starting at 50c.

Thank you for your continued support.

Carolyn Hely
Canteen Manager
Year 6—Public Speaking

The Year 6 students are currently working on their public speaking skills in preparation for the Southern Region Public Speaking Competition which will be held in September.

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Students Who Achieve Greatness
Year 4 Assembly

I loved my Year 4 assembly. Mrs Moser is such an amazing teacher and it was a chance to show the great work we’ve done. Hopefully you enjoyed it!

by Molly Brabham
Primary Merit Awards

KO - Tommy Miners, Cameron Fletcher

KG - Riley Mills, Charlie Fletcher, Mollie Sands

Yr 1 - Esther Robinson, Reece Coyne, Emily Revelant, Tom Whyman

Yr 2 - Darcy Brown, Kate Carton, Joshua Williams

Yr 3 - Cooper Inskip, Clara Thornton, Lilly Janota, Luke Fely

Yr 4 - Molly Brabham, Koby Grech, Shelley Kleven, Samuel Williams

Yr 5 - Hudson Laird, James Dyball, Aliyah Bartlett, Ivy McGufficke

Yr 6 - Irelend Ward, Sophie Janota, Colin Kingston, Hugo Steiner
Healthy food ideas for class parties

From birthday parties to holiday celebrations, there are many celebrations in schools and preschools. Along with the fun, usually comes food. At just one celebration children can have pizza, sugary juice or soft drinks, lollies, chips cake and ice-cream. Offering so many treats so often can contribute to unhealthy eating habits. However, with a few easy changes, parents and teachers can shift the focus for school parties from unhealthy food to healthy fun. Here are a few ideas.

Healthy Party Snacks

Serve snacks with fun plates, napkins, cups or straws or have a tasting party where children can vote for their favourite healthy snack. Try some of the following:

- Fruit smoothies
- Fruit Kebabs made with a variety of fruits
- Seedless watermelon
- Melon balls
- Rockmelon ‘smiles’
- Pineapple with crushed mint
- Strawberries
- Grapes and cherries
- Orange quarters – try them frozen in summer
- Frozen fruit blocks
- Fruit in Jelly
- Apple slinkies
- Little pizzas
- Cheese cubes
- Low fat yogurt parfaits with fruit and muesli topping
- Low fat popcorn
- Trail mix (dried fruit, whole grain low sugar cereals, sunflower and sesame seeds etc) Parents can bring in ingredients and kids could make their own

- Vegie strips with low fat dip or salsa
- Little sandwiches
- Spiral sandwiches
- Raisin bread
- Slices of un-iced fruit bun
- Un-iced fruit scroll
- Apricot fruit loaf
- Pikelets
- Carrot cake (un-iced)
- Rice crackers
- Date scones
- Sweet or savoury un-iced muffins (not chocolate)
Assorted healthy eating messages ......

Ideas for healthier classroom celebrations

Here are some ideas of ways to celebrate birthdays and other events without food:

- Ways to celebrate a birthday and recognise a child on their special day
  - Make a sign, sash, crown, button or badge for the birthday child
  - Let the birthday child be the teachers assistant for the day – they can do special tasks like make deliveries to the office
  - Let the birthday child choose and activity or game
  - Allow the student to pick a book and ask a parent to come in and read it
  - Play an indoor game of the students choice
- Have a scavenger hunt for items or information in the classroom or around the school. Have children search for items related to a party theme
- Provide ‘free choice’ activity time at the end of the day
- Provide extra recess time
- Celebrate creatively by setting up craft stations and playing music in the background. As parents to provide any special supplies
- Plan special party games
- Have a dance party
- Read a children’s book related to a party theme
- Allow children a trip to a treasure box (parents can supply it with books, notepads, coloured pencils etc)
- Allow students to pick a book of their choice and ask a parent to come in and read it

This resource was developed by NSW North Coast Health Promotion
Seasons for Growth Program

Change and loss are issues that affect all of us at various stages of our lives. ‘Seasons for Growth’ is an 8 week educational program for young people aged 6-18 years.

The main aim of this program is the promotion of social and emotional wellbeing of young people who have experienced major change or significant loss in their lives due to death of a loved one or family breakdown.

‘Seasons for Growth’ is not counselling. It focuses on issues such as self-esteem, managing feelings, problem solving, decision making, support networks and effective communication.

If you would like more information about this valuable educational experience please contact our new Student Wellbeing Coordinator, Jenny Wallis on 0437565984
MEDIA STATEMENT

13 May 2014

Catholic Education Response to 2014-15 Federal Budget

The National Catholic Education Commission (NCEC) has expressed strong concerns with the Government’s decision to use the Consumer Price Index (CPI) as the basis for school funding indexation after 2017.

Catholic education welcomes the funding certainty for Catholic schools confirmed in the 2014-15 Federal Budget through to the end of the 2017 school year. This funding certainty will help systems and schools to plan for the next three years and assist school and system leaders to focus on the learning needs of students.

In the context of the Government’s priority to reduce spending in many policy areas and reduce the budget deficit, the commitment to fully fund the Australian Education Act arrangements from 2014 to 2017 for all schools in all states and territories is welcome.

However, based on recent experience, the school funding assumptions contained in the Federal Budget for 2018 and beyond will not meet the needs of schools and students.

In the last decade the CPI has averaged less than 3%. This contrasts with school funding increases reflecting real costs in schools of almost 5.5%.

NCEC Executive Director, Ross Fox, said that limiting the rate of school funding increases to the CPI will likely mean funding would not keep up with school costs.

“School funding must keep up with real school costs. For the last ten years CPI has been around half the rate of school cost increases including teacher salaries and access to technologies that support learning.

“Using CPI after 2017 is likely to increase school fees, and strain the needs-based funding approach of Catholic education,” said Mr Fox. “If funding fails to keep pace with true costs, the fee increases needed to cover the shortfall could put a Catholic education out of reach for some families.”

Catholic education welcomes the capital funding in the Budget for non-government schools. This is important funding that will help build new schools and expand school facilities in growing areas.
What’s On ……

Would like to invite you all to a fully supervised disco to help raise funds for a Josh Alford

Who has qualified to go to the Commonwealth Games this year in Glasgow. We are raising money to help make sure both his Mum and Dad can join him

Date: 30 May 2014

Venue: Cooma Ex-Services Club Vale St COOMA

Time: 6:00 – 8:00pm

Cost: $5 per child

Ages 6 – 16

Dress Up (if you wish): Sports

Snacks and Drinks will be available