Dear Parents and Friends of our School Community

At St Patrick’s, our goal is to maintain and develop relationships based on Gospel values and in the spirit of the motto; “Strength in Gentleness”. All students have the right to feel safe, secure and welcomed in their school learning environment.

The St Patrick’s community expects:

♦ students to show respect for each other, in words and actions
♦ friends and observers of victims and bullies to speak out against bullying, harassment and anti-social behaviour
♦ all acts of bullying, harassment and anti-social behaviour to be reported.

Bullying and harassment are any form of repeated behaviour directed towards a person that is unwanted and uninvited, which humiliates threatens and/or frightens a person and creates a risk to mental or physical health and safety. It includes contact that is direct, indirect, through a third party, by ‘phone, texting, in writing, by email, through social networking on the web, to individuals or to groups.

When bullying, harassment and anti-social behaviour are reported:

♦ The student/s will be listened to,
♦ The situation will be assessed,
♦ A negotiated plan of action will be developed, which may involve disciplinary action and/or counseling. The appropriate people will be contacted

There will be follow-up for an agreed amount of time. Disciplinary action will be taken if students continue to demonstrate bullying, harassing or anti-social behaviour. Please see further information inside this newsletter about the school’s strategies for combatting this ugly behaviour. Our focus must be on promoting healthy relationships.

Last Thursday, Mrs Moira Najdecki, the Director of Schools for the Diocese, visited St Patrick’s. After giving some positive feedback on what the school was currently undertaking, she was able to be present at the Secondary assembly to present the SRC members with their badges. Staff also received recognition for their commitment to Catholic Education., where there had been more than 20 years of service.

Thank you to the staff who went the extra mile in the last week with the Year 7 camp, the Secondary Swimming Carnival, the regional Primary Swimming Carnival, the Drama workshops… the list of extra commitment is long. We know that the students at St Patrick’s really are at a school with altitude.

Mrs Frances Robertson
Principal
From the AP’s Desk

Quick to judge?

What would you think if you were at the supermarket and saw a child thrashing around on the floor and screaming? What would you think of the child’s parents who were ignoring their son’s behavior and kept unloading the shopping trolley. I witnessed such a thing happen during the Christmas holidays in Sydney. Several people walked past and were commenting about the ‘terrible’ parenting that was occurring, to ignore a child who was obviously in distress.

I knew the parents and the child from a previous school. The little boy had autism and would regularly perform like this when he was in crowded and noisy places. The best way to try and modify this behaviour was to expose him to these sort of situations and ignore screams for attention. What looked to some like neglect was actually quite a courageous act.

Many of the teachers have been watching the ABC program Kids on Speed over the past few weeks, which has prompted some interesting discussions in the staffroom. For those who are not aware of this program it follows the journey of several families who have a child or children with challenging behaviours. Like the parents of the boy in the supermarket, the families on this program displayed great courage to expose their lives and parenting to a wider audience. Their story is one of inspiration, sacrifice and love.

I would urge all of you to have a look at the programs on iView or YouTube. Kids on Speed is a sobering reminder that ‘one size does not fit all’ when it comes to parenting and being a child trying to find your place in the world.

Mark Van Ommen
Assistant Principal

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Drama Workshops with Harry Laing

Harry was in school today for the first of two days of Drama workshops. He was working with the Elective Drama class throughout Tuesday and is looking forward to his first set of workshops with students in Years 3-6 on Wednesday.
Primary SRC members receive their badges

Congratulations to the Primary students who received their badges for membership to the Student Representative Council: Jack Buckley, Lilly Janota, Ivy McGufficke, Jorja White, Lochlan Giuliani, Emmilee Reid, Emily Smith, Joshua Sharkey.

They have committed to being good listeners to their peers and will be working with Mr Joyce to support school activities.

2014 National Day of Action against Bullying and Violence

Our school is taking a stand against bullying and violence in 2014

Our school has registered to be part of the 2014 National Day of Action against Bullying and Violence, being held nationwide on Friday, 21 March. This day is Australia’s key anti-bullying event for schools. It’s a day where school communities across Australia ‘take a stand together’ against bullying and violence.

St Patrick’s is dedicated to creating supportive school environments, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

The National Day of Action is an initiative of all Australian education ministers and is coordinated by the Safe and Supportive School Communities (SSSC) Working Group, with representatives from all Australian educational authorities. The SSSC is also responsible for the Bullying. No Way! website which offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

Also available on the site is the Take a Stand iPhone app, to keep tips and advice on dealing with bullying close at hand, as well as The Allen Adventure iPad app, designed for children under 8 years.

You are able to download these free apps from the Student's section of www.bullyingnoway.gov.au

We will keep you informed about our plans and activities to celebrate the National Day of Action against Bullying and Violence on Friday, 21 March 2014.

Katie Hedgcock
School Counsellor

and coming events....

Thursday 27 February
Yr 5 Parish Mass - 10am
K-6 Parent Teacher Interviews

Friday 28 February
Yr 7-10 Archdiocesan Swimming Carnival
K-6 Parent Teacher Interviews

Wednesday 5 March
Ash Wednesday

Thursday 6 March
Primary Archdiocesan Swimming

Friday 7 March
World day of Prayer 10am Church

Monday 10 March
Catholic Schools Week

Wednesday 12 March
Yr 5-6 League Tag

Thursday 13 March
Yr 3 Parish Mass

Friday 14 March
Yr 7-10 Small Schools Gala Day
Southern Region Swimming Carnival – Primary

On Thursday 20 February, 26 students had an early morning start to travel to Narooma to compete in the Southern Region Swimming Carnival. Every student competed strongly and cheered our team on with enthusiasm. Congratulations to all students and thank you to parents who supported us on the day. The following students will now compete in the Archdiocesan Swimming Carnival at Narooma on Monday 3 March 2014:

Clara Thornton, Jack Kleven, Shelley Kleven, Tomas Carton, Isabelle Adams, Lucy Thornton, Anna Brayshaw, Hudson Laird, Sami Frazer, Hugo Steiner, Sophie Janota and Georgia Nowland.

Congratulations and good luck.

Mrs Moxon, Organiser

Swimming Carnival

On Friday, 21 February, we held our annual swimming carnival. It was a perfect day. A big CONGRATULATIONS to all students who attended on the day. Your outstanding participation in all events and great House spirit, particularly in the ‘salmon relay’ is to be commended. I would also like to congratulate some students for their enthusiasm and courage which was displayed in the water. Some students were not strong swimmers but they persevered, despite the odds. They tried hard, knowing in some cases that they were going to come last, yet they still gave it their best effort.

The Blue Ribbon Event was held again this year. This 50M Freestyle event is based on the six fastest times from all age groups for both boys and girls. Our winners for 2014 were Maai Johnson and Carson Barrett - CONGRATULATIONS!!

A special thank you to our House captains for their efforts with war cries, of which Caelum emerged the winner. Also for their efforts throughout the carnival, encouraging participation in events, fostering House spirit and cleaning up at the end of the day.

I would like to take this opportunity to thank the wonderful parents who assisted on the day to act as officials and the staff whose collective efforts contributed to the success of the carnival. Without your support, the carnival would not have run efficiently.

FINAL POINTSCORE

<table>
<thead>
<tr>
<th>Place</th>
<th>House</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Terra</td>
<td>1095</td>
</tr>
<tr>
<td>2nd</td>
<td>Aqua</td>
<td>673</td>
</tr>
<tr>
<td>3rd</td>
<td>Caelum</td>
<td>639</td>
</tr>
<tr>
<td>4th</td>
<td>Ignis</td>
<td>621</td>
</tr>
</tbody>
</table>

AGE CHAMPIONS FOR 2014

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

- 12 yrs: Jasmin Pascoe, Rhys Freebody
- 13 yrs: Miranda McGufficke, Andrew Pearce
- 14 yrs: Jasmin Statham-Smith, Lachlan Marks
- 15 yrs: Maai Johnson, Carson Barrett
- 16 yrs: Jazmin Fely, Andrew Bartell

RECORDS BROKEN

Congratulations to the following students who broke a record on the day:

<table>
<thead>
<tr>
<th>EVENT</th>
<th>NAME</th>
<th>TIME 2014</th>
<th>PREVIOUS RECORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Blue Ribbon</td>
<td>Carson Barrett</td>
<td>32.82</td>
<td>33.93</td>
</tr>
<tr>
<td>Snr 100m Breast stroke</td>
<td>Maai Johnson</td>
<td>1.32.49</td>
<td>1.34.62</td>
</tr>
<tr>
<td>15yrs 50m Butterfly</td>
<td>Maai Johnson</td>
<td>36.34</td>
<td>38.05</td>
</tr>
</tbody>
</table>

Ms T Wawrzyniak - Carnival Organiser
G.A.T.E.W.A.Y.S - ‘Great Questions in Science’

On Thursday 3 April, Canberra Grammar School and G.A.T.E.W.A.Y.S are inviting young scientists in Years 1-3 to ‘Great Questions in Science’. There will be three workshops on the day.

‘Why Is My Head Spinning?’ - Have you every wondered why we feel dizzy when we spin? Have you ever wondered why our ears pop when we travel up a mountain? If these questions have your head in a spin this workshop is bound to provide the cure.

‘Why Do ‘Eye” Cry?’ - Why do we cry when we peel onions? Is it possible to cry in space? Is it true that we are the only species that cries when we are sad? This workshop has been designed to extent thinking and spark your imagination.

‘Why Does a Bee Buzz?’ - Why can’t we hear a giraffe grunt? Why can a lion roar but a puma can’t? How can an insect as small as a cicada make a noise as load as a lawnmower? In this workshop students will investigate animal behavior and communication through fun activities.

If you are interested in extending your child’s knowledge in Science, please collect an expression of interest form from Steven Joyce or at the office. The cost for the program is $95.00.

Canteen News

You may have noticed some changes with what is and is not available in the canteen. As we are working on making healthier choices in the canteen, the following are NO LONGER AVAILABLE~ Red liquorice, fruit sticks, cookies, pythons, chips, lemonade icy poles, frozen pizzas and Vanilla and Iced coffee full cream milk.

Items that ARE AVAILABLE ~ Freshly made sandwiches, wraps and rolls, homemade ham & cheese pizza pockets, popcorn, frozen Quelch sticks and fruit cups, frozen yoghurt and Light Chocolate, Strawberry and Banana Oak milk, juice and water. If you have any questions or thoughts please contact me through the school.

Thank you to these helpers:  
Thursday 27 February Kim Kleven
Friday 28 February Chris Haylock
Wednesday 5 March Linda Quodling

MEAL DEAL FRIDAY-Meal deals this week are;

· HOTDOG /DRINK and FROZEN FRUIT CUP (sauce is 20c extra) OR
· TUNA or VEGETABLE SUSHI/DRINK AND FRUIT CUP. Both meals are $5.00 each.

THIS IS THE ONLY CHOICE AVAILBLE TO BOTH PRIMARY AND INFANTS. SECONDARY ARE WELCOME TO ORDER ALSO!

Thank you for your ongoing support.

Carolyn Hely
Canteen Manager

Year 5 and 6 Police Visit

Last Thursday Years 5 and 6 had a visit from the police to talk about the importance of online safety and the effects of cyber bullying.
On Friday the 7 February Year 1 – 6 students attended the annual primary swimming carnival at Cooma swimming pool. We all walked to the pool after roll call and sat in our houses Aqua, Ingis, Caelum and Terra. As the day went by there were a lot of races, both 25m and 50 m events in all strokes, 100m freestyle and 200m IM. When the cheers came along, Caelum won but everyone was amazing. Congratulations to all the Houses, age champions and to all the children that made it on to compete at Narooma. Thank you to all the parents who helped make the day a wonderful success.

The final point score:

Aqua – 466  Congratulations Aqua!
Caelum- 399
Ignis-384
Terra-349

AGE CHAMPIONS FOR 2014

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 yrs</td>
<td>Clara Thornton</td>
<td>Jack Kleven</td>
</tr>
<tr>
<td>10 yrs</td>
<td>Shelley Kleven</td>
<td>Tomas Carton</td>
</tr>
<tr>
<td>11 yrs</td>
<td>Lucy Thornton</td>
<td>Hudson Laird</td>
</tr>
<tr>
<td>12 yrs</td>
<td>Sophie Janota</td>
<td>Hugo Steiner</td>
</tr>
<tr>
<td>13 yrs</td>
<td></td>
<td>Connor Inskip</td>
</tr>
</tbody>
</table>

By Anna Brayshaw and Connor Inskip

Homework Group

Homework and assessments can build up and sometimes, a little bit of support and a regular routine can make all the difference. Every Thursday afternoon, from 3.30pm - 4.30pm, a homework support group is offered in the Secondary Library. Afternoon tea is provided. Karen Lonergan (from Youth Connections) and Lou Mackay will be in attendance. Access to computers is available. Parents are required to collect their children at 4.30pm. All are welcome.

What’s on for Primary Sport?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 February</td>
<td>Cooma Netball Gala Day</td>
</tr>
<tr>
<td>3 March</td>
<td>Archdiocesan Swimming Narooma</td>
</tr>
<tr>
<td>12 March</td>
<td>League Tag 3-6</td>
</tr>
<tr>
<td>25 March</td>
<td>Auskick Gala Day</td>
</tr>
<tr>
<td>28 March</td>
<td>NSW CPS Swimming</td>
</tr>
<tr>
<td>31 March</td>
<td>Primary Winter Trials-Netball, Football and Rugby</td>
</tr>
<tr>
<td>4 April</td>
<td>Cross Country Lions park Cooma</td>
</tr>
<tr>
<td>2 May</td>
<td>Athletics Carnival</td>
</tr>
<tr>
<td>9 May</td>
<td>Harry Nichols Shield</td>
</tr>
<tr>
<td>19 May</td>
<td>Primary Rugby Union Trials</td>
</tr>
<tr>
<td>21 May</td>
<td>Cross Country Trials Mt. Stromlo</td>
</tr>
<tr>
<td>10 June</td>
<td>Sullivan Shield</td>
</tr>
<tr>
<td>13 June</td>
<td>NSW CPS &amp; CCS Cross Country</td>
</tr>
<tr>
<td>24 July</td>
<td>Southern Region Athletics Bega</td>
</tr>
<tr>
<td>7 August</td>
<td>Archdiocesan Athletics Bruce</td>
</tr>
</tbody>
</table>

Reminder.. Next week the newsletter will be coming to you in living colour via your email. Some printed copies can be picked up from the Office, the Primary Library and the Church.
Last week, our Year 7 students went to Kianinny, near Tathra. Along with our Year 10 student executive and three teachers, they were challenged for three days with lots of physical activity in the beautiful surrounds of the south coastal region. Canoeing, raft building, swimming, team rescue, low rope challenges were all part of each day. The nights saw them trekking through the bush with an environmental scientist and participating in games and group sessions and evening prayer. Getting to know each other in the very early days of Year 7 is vital for establishing friendships and widening the circle to more inclusive participation, cooperation and sense of belonging in the environment of secondary school.

Judging by the feedback, most students got to know others better, were able to widen the friendship group more and learnt to appreciate each other on a deeper level. Our Year 7 students are to be congratulated for the way they got in and got involved. Beware of (tall) stories which they have come back with – they seem to be growing by the day!
Secondary Swimming Carnival
Raising kids to be lifelong learners

The world has changed dramatically since we went to school. The pace of change is now so fast that what may have been in vogue just a few years ago is totally outmoded today.

The world has changed dramatically since we went to school. The pace of change is now so fast that what may have been in vogue just a few years ago is totally outmoded today.

Technology is one area that constantly changes and renews. It was only a few ago that CDs replaced cassettes. Now I drive a car with an iPod adapter but no CD player. CDs are so 2009! Let’s not even talk about vinyl records.

Advances in technology mean that we constantly need to change our skills and knowledge, both at home and at work, to avoid being left behind. The new social divide is not so much between rich and poor, but between those who can adapt to change and those who can’t. Adapting to change requires you to be constantly learning.

Modern education is no longer about preparing kids to get a job. As the world now expects and rewards continuous learners, today’s schools try their best to help kids see themselves as lifelong learners who are able to easily adapt to change.

Kids are natural copycats
As you well know, kids learn what they live. If you want your kids to value learning then you need to go first. Kids need to see that that their parents value learning, not just by giving it lip-service, but by embracing change and being active learners themselves.

There are plenty of ways you can show kids that you are a constant learner. Challenging yourself in the kitchen, using new social media, and researching holidays online are simple ways to show kids that you embrace change and that you are willing to learn new skills and knowledge.

Kids learn in different ways
It also helps to talk with kids about different ways of learning and different ways of being smart. The modern education scene is familiar with the concept of multiple intelligences and different ways of learning. It really helps if you know your preferred style and where you are smart, so you can help your kids to do the same. For instance, I’m a practical learner who learns best by doing rather than being shown. I can be given instructions to work out something technical, but I won’t learn it until I try it a few times. I also know that I do my best problem solving when I have a pen in my hand or I’m in front of a keyboard.

My son, on the other hand, is a very different learner. He is very visual and loves to learn by using charts and other prompts. He’s also at his problem-solving best in a physical environment such as a kitchen or in the great outdoors. He does his most creative thinking when he’s on the move rather than in front of a keyboard. This sort of self-knowledge about learning preferences aids more effective learning.

Mistakes are part of learning
It also helps if you can reinforce to kids that mistakes are part of learning. In fact, most kids fail their way to success. That’s how they learned to walk, talk and play with each other. Your attitude to errors will affect your children’s view of themselves as learners. If you overreact when kids don’t get things right then kids will, in all likelihood, cease taking risks for fear of making mistakes. However, if you see mistakes as learning opportunities, or simply the first step to getting things right, then kids are more likely to develop a healthy attitude to learning, and realise that really effective learning takes time, effort and energy.

As parents we need to nurture questioning, curiosity and problem-solving in our kids so they hook into the concept of being continuous learners. The world we are preparing them for demands nothing less!
BULLYING

Bullying is many different things. Anyone can be bullied – it’s a lot more common than people think and can happen at school, at home, on the sporting field or at work. If you are being bullied, it’s important to remember that you are not to blame or responsible for someone picking on you, and that there are steps you can take to solve the problem.

WHAT IS BULLYING?

Bullying isn’t a one-off incident – like a friend being in a bad mood one day, calling you names and then apologising later. It’s when name-calling or threats go on for some time that it becomes bullying.

In reality, just about anything can be used as a reason for bullying. People are often bullied because they are seen as being ‘different’— often because of the way they look, or the clothes they wear or even the way they behave.

There are many ways that someone can be bullied. Verbal bullying includes name calling or put downs, threats, teasing, including sexual harassment and innuendo (this can also be done through email or sms). Physical bullying includes being punched, tripped, kicked or having your belongings stolen or damaged. It might also include sexual abuse. Social bullying, where you are left out, ignored or have rumours spread about you, is also very common. Psychological bullying is often less obvious or direct than other forms of bullying. You might be given dirty looks or stalked, or made to feel intimidated or manipulated.

Cyberbullying is a form of bullying which is carried out through an Internet service such as email, chat room, discussion group, online social networking, instant messaging or web pages. It can also including bullying through mobile phone technologies such as SMS.

Being bullied can lead to stress, intimidation and even physical injury. People who are bullied often feel that they are all alone and think there is nothing they can do to solve the problem. Ongoing bullying is of great concern. It can lower a person’s self-esteem and lead to feelings of sadness, depression, anger and confusion. If you are being bullied it is vital to keep reminding yourself that it’s not your fault and that there is something you can do about the problem.

TAKING ACTION AGAINST BULLYING

There are many different things you might be able to do if you are being bullied. Depending on how bad the bullying is (and as long as you aren’t feeling unsafe or physically threatened), you might decide to try and work it out yourself first. Here are some tips that may be helpful, especially for verbal bullying.

• Ignore the bully (including mobile phone or email bullying) – Bullies are looking for a reaction and often lose interest if they don’t get one.

• Stay with others – Stick to areas where you feel safe and hang out with people you trust. Bullies won’t normally pick on you as much when there are other people around.

• Stay positive and be confident – Try to think of all the things you do well. Bullies usually pick on people that they think are weaker than they are, so it may help if you stand up to them.

• Keep out of their way – It might be possible for you to avoid the bully, for example by travelling a different way to school, or avoiding the places that they hang out.

• Don’t reply to bullying messages – It’ll only get worse if you do. By replying the bully gets what he or she wants. Often if you don’t reply the bully will leave you alone.

• Ask for help – If the bullying doesn’t stop you might find it helpful to ask someone else for advice. You should also report it to someone in charge – either at school or at work.

Visit: www.youthbeyondblue.com
Info line: 1300 22 4636
beyondblue: the national depression initiative
WHY DO PEOPLE BULLY OTHERS?

A bully can be an individual, or a group of people. It can either be someone your own age or older, including friends, your boyfriend or girlfriend, brother or sister, or an extended family member. A bully can also be an older person, or someone in a position of power such as a teacher, parent or boss.

Often a bully has low self-esteem and may even have been bullied in the past themselves. They may use bullying as a way of making themselves feel more powerful. Bullies can be motivated by jealousy and some bullies do not understand the amount of hurt they are causing. If you are being bullied, it may help to remember that bullies are often not as tough as they make out.

GETTING HELP

Try and remember that no matter how hard you try, the bully might not be willing to change their behaviour. This is when talking to someone else can be really helpful. This may seem scary at first, however, telling someone can lighten your load and help you to work out how to solve the problem and stop being bullied. Talking to someone is particularly important if you feel unsafe or frightened, or if you don’t have many friends. Asking for help or talking to someone about it is not being weak or ‘giving in’. In fact it can take a lot of strength and courage. While it might seem like ‘dodging’, it’s important to tell someone in charge about what is happening. School authorities want to know about bullying so they can take action and try to stop bullying across the school.

There are many people who can support you, including friends, older brothers and sisters, teachers, family, counsellors or parents. Teachers and counsellors are specially trained and it’s their job to help.

Whoever you talk to, it should be someone you know well and trust; they will give you much-needed support and will often have suggestions you hadn’t considered for dealing with the situation. If you are seeing a counsellor and feel you might get too nervous to speak, write down what you’d like to say on paper or in an email. You might feel more comfortable talking a friend with you.

Sometimes it’s easier to talk to someone you don’t know and that’s where services like Kids Help Line and Lifeline are useful (see contact details opposite).

The best place to start is to talk to people you trust – friends, family and teachers – about what is happening to you and to discuss with them some ways of dealing with the problem.

KEY POINTS TO REMEMBER

- Everyone has the right to live, work, study and play in an environment free from bullying, harassment, discrimination and violence. No one deserves or asks to be bullied.
- Dealing with the feelings that come from being bullied can be hard and seeking help is one way to help you to overcome them. By identifying these feelings you may be able to find ways to get bullying to stop.
- Avoiding or ignoring a bully, reporting bullying, or asking for help, is not giving in to bullying, but is about looking after yourself and making sure you are happier and more comfortable.
- If you don’t feel as if you are believed or taken seriously, or if no action is taken, it doesn’t mean that your feelings aren’t valid or the bullying should continue. It’s important you tell someone else and continue to do so until you are helped.

MORE INFORMATION AND SUPPORT

You can speak to trained counsellors by phoning these 24-hour telephone counselling services:

Lifeline 13 11 14 (cost of a local call)
Kids Help Line 1800 55 1800 (reocur)

Information and support is also available from the following websites:

 beyondblue www.beyondblue.com.au or www.beyondblue.org.au
Information on depression, anxiety and how to help a friend

headspace www.headspace.org.au Information, support and help near you
ReachOut www.reachout.com Information and support for young people going through tough times

National Centre Against Bullying www.ncab.org.au Information and research for schools about bullying
National LGBT Health Alliance www.lgbthealth.org.au Information and support for lesbian, gay, bisexual, transgender and other sexuality, sex and gender diverse people (LGBT)
The websites below can help you to find health services in your area. They list services that are either free of charge or low cost:

Kids Help Line www.kidshelp.com.au
Lifeline Service Finder www.lifeline.org.au/service_finder

If you or a friend want to communicate with someone via email or online, Kids Help Line offers confidential, non-judgemental, emotional support 24 hours a day, 7 days a week.

SOURCES This fact sheet is based on the following sources:

beyondblue www.beyondblue.com.au
ReachOut.com www.reachout.com (see fact sheet on cyberbullying)

Visit: www.youthbeyondblue.com
Info line: 1300 22 4636
beyondblue: the national depression initiative
It's Cooma Showtime again!  
Saturday 8 March 2014

The Cooma Show catering is a major P&F fundraiser for the school to provide equipment for the education of our children. Once again we are asking for donations of food and a little of your time at the show to help make the day a success.

This is a fun day doing something for your school, getting to know or catch up with other parents from K-10 and our local community.

Please return this form to school no later than Friday 28 Feb 2014

<table>
<thead>
<tr>
<th>DONATIONS REQUESTED</th>
<th>NAME ITEMS AND THE AMOUNT THAT YOU CAN DONATE FOR THE SHOW</th>
<th>DELIVERY DETAILS – TICK AS APPROPRIATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slices/scones/biscuits/patty cakes, Slices, biscuits</td>
<td></td>
<td>☑ To school Friday 7 March by 2 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>☑ Deliver showground on Saturday</td>
</tr>
<tr>
<td>Donations of dry coleslaw—please state amount.</td>
<td></td>
<td>☑ To school Friday 7 March by 2 pm</td>
</tr>
<tr>
<td>Donations of eggs, cooked chickens (Sat) &amp; lettuce.</td>
<td></td>
<td>☑ Deliver showground on Saturday</td>
</tr>
<tr>
<td>Donations of cash – please state amount.</td>
<td></td>
<td>☑ To school by Friday 7 March 2 pm</td>
</tr>
<tr>
<td>Nominate a time to work at the showground on Saturday between 8.00am and 7.00pm</td>
<td>From: ____________</td>
<td>☑ Deliver showground on Saturday</td>
</tr>
<tr>
<td>Help with cleaning of the kitchen at the showground and transport of goods from P&amp;F shed on Friday 7th between 9.30am -11.00am</td>
<td>To: ____________</td>
<td>☑ To school by Friday 7 March 2 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>☑ Please contact Karen McGufficke 0417 496708</td>
</tr>
</tbody>
</table>

NAME: _______________________________ PHONE: _________________

EMAIL: _______________________________

Please note that children are not permitted in the kitchen or the BBQ area.

Please direct any queries to the coordinators:
Tammy Byrne 0428 645323               coldfact@bigpond.com
Or Karen McGufficke 0417 496708      mkmcgufficke@bigpond.com

If you are working for us at the show you are still required to pay entry into the show.
An option is to join the P&A Association for $20.00 as a family and this gives you entry to the show on Saturday and car parking in the showground. www.coomashow.com.au