This week's Sunday reading is a powerful reminder of just how much we, as individuals, can contribute to our own and others' happiness. Jesus Christ gave us the eight Beatitudes in the Sermon on the Mount, recorded for all posterity in the Gospel of Matthew. This message of Jesus is one of humility, charity, and brotherly love. He teaches transformation of the inner person and presents to us the Beatitudes in a positive sense. Jesus didn't praise the heroes and those with impeccable credentials; he called everyone and reminded us that we are all blessed.

The final countdown to the St Patrick's Bazaar Fair is this week. There is so much to do and yet we are very hopeful of a truly successful gathering at Centennial Park on Saturday 7 November. Because we are a small community, we have welcomed others to join us and, as a result, we have over 50 stalls, all offering something different. Combined with the Motorfest, the Snowy Ride and the Busking Festival, it will be a huge weekend for Cooma.

There is room for everyone to be involved. Have you had a chance to fill in the form for parent help on the day of the Bazaar Fair? (If not you can contact Erika at salemcharming@gmail.com) Your helping hand for an hour or two could make a real difference.

I look forward to seeing you all there.

Yours sincerely
Frances Robertson
Principal
A Message from the AP

K-6 Assemblies

I have been privileged to be at several of the K-6 assemblies this year. They are always a great celebration of the individual and collective talents of the students in each class. The recurring impression I receive from each presentation is that learning can occur in a variety of ways, not just sitting at a desk. It is also evident that teamwork, supporting each other and celebrating difference is encouraged.

Even if you do not have a child in a particular year group, I encourage you to attend one of the K-6 assemblies. They are wonderful example of what makes St Patrick’s unique.

Building works

The building works are progressing well, despite the rain. Concrete should be poured in the next couple of weeks. A significant short term change will occur with access from Murray Street to the canteen area. A trench will be dug to connect services from existing sites near the Parish Centre to the new building. Already our Primary students are lining up for buses adjacent to the Parish Centre rather than the canteen area.

Thank you to the students for being so accommodating with these short term changes.

Awards days

A reminder that our Awards Days are fast approaching. The K-6 Awards assembly will be held at the Cooma Ex-Service club on Friday 4 December at 12:30pm.

The Year 7-10 Awards ceremony will be held at St Patrick’s Parish church on Friday 11 December at 1:30pm.

Altar servers

The Parish is seeking additional altar servers to assist at weekend Masses in Cooma. This is a great way for younger students to become directly involved in the Mass and learn about parts of the Mass and their significance. More details to follow including information about training. If you are already interested please contact St Patrick’s Parish Cooma at coomaparish@bigpond.com, or on 64522062
We require donation of fresh eggs for the P&F BBQ at the Bazaar, please contact Karen McGufficke mkmcgufficke@bigpond.com or 0417 496708.

Community Action Network

Please come and support the Community Action Network and Mini Vinnies at the Bazaar Fair this Saturday.

We will be raising money to support educational students in Timor Leste (East Timor).

The CAN group will be selling fair trade coffee beans and ground coffee for $8.50.

Mini Vinnies will be selling a range of popcorn.

Please support this worthy cause!
First Holy Communion

This weekend, among so many other things happening in Cooma, some of our young people will be receiving their First Holy Communion. This will be the first time that they would have received Jesus in the Eucharist. They, and their families, are looking forward to this significant milestone of their spiritual lives very much.

As part of the preparation for this occasion, the children met in the Church yesterday to practise what they have to do. They learnt that the word 'Amen' is a Hebrew word which means, 'I believe' and that when they respond to the priest, offering the Eucharistic host and saying, 'The Body of Christ', their response will be ‘Amen’ - I believe. They also learnt about the different marks of reverence that is shown in the Church, such as bowing and genuflection.

Each child has a part to play on the weekend and so some have 'jobs' such as bringing the bread and wine to the altar, reading the prayer of the faithful, taking the sign of peace to their families.

Home meetings are still happening as another part of their preparation. In these meetings, small family groups gather together. One of the parents leads the little group, although sometimes parents may take it turns to share out the leadership, and others host the group. In these meetings, we look at significant scriptural readings that help us understand the Eucharist a bit better – readings such as ‘The Last Supper’ and the ‘Feeding of the Five Thousand’, as well as the ‘Journey to Emmaus’. It is quite remarkable to observe the depth of insight that our young people have and how readily they share these thoughts. They have come to recognise that in each of these readings, Jesus took bread, blessed it, broke it and gave it out – the exact action we see at Mass every week through the ministry of the priest. It is in the home where faith is first formed. And so it is a logical step that faith continues to be nurtured and nourished in the home.

Anyone who comes to the community to celebrate the Sacraments enriches not only their own lives but that of the community's life as well. It is a time of rejoicing, renewal and celebration. First Communion Masses will be celebrated this weekend on Saturday at 6pm and Sunday at 10am. All are warmly invited and welcome to attend.

Please remember these young people and their families in your prayers.
Canteen News

Volunteers - Thank you!
Wednesday 04/11, 10am volunteer needed 1.15pm Howard & Elsa
Thursday 05/11, 10am Grant Pascoe
Friday 06/11, 10am Rebecca Croke
Wednesday 11/11, 10am Kelly Gill, 1.15pm Kelly & Marjorie
Thursday 12/11, 10am volunteer needed
Friday 13/11, 10am Chris Haylock

THIS FRIDAY’S MEAL DEALS:
1. Small St Pat’s Pasta + Small Garlic Bread = $3
2. Large St Pat’s Pasta + Large Garlic Bread = $6

Gluten free pasta is available; just make sure this request is clearly marked on your order. Please add drinks and any other items from the price list to your order too.

Caroline Blyton
Canteen Manager

Thank yous all round......Thank you to the team who prepared the menu, ordered the food and made sure that all was in order for the catering for the Hazeldean Ram Sale last Saturday.

Thank you to the team who cooked for and prepared the delicious treats .

Thank you to the team who served the food.

Thank you to the team who cleaned up and packed everything away, ready for the next show.

It was a team effort!

Thank you!

Marjorie Revelant
St Patrick’s Parish School
Catering Co-Ordinator
Recent Award Winners in K-6...Congratulations on striving.
Learning in 5I

5I have been learning about averages. To find the average, you add up the number of scores to get a total, then divide the total by the number of scores used.

The average height for students in 5I on the 15 October 2015 was 1.5m.

The following data involved the students choosing a cohort or group to investigate their average. It was a bit of fun!

On 15 October:
- The average height for the 9 people in our class, who, 'live on a hill' was - 1.51m (Research: Ava B & Isabelle A.)
- The average height for the 5 people on in our class, who, 'wear glasses' was - 1.48m (Research: Tom C. & Lochlan G.)
- The average height for the 7 people in our class who ‘sleep in on Sundays past 9.00am’ was - 1.48m (Research: Kennedy P. & Riley B.)

On 22 October:
- The average height of the 7 people in 5I with 'hat lines' was – 1.49m (Research: Sam W. and Jack O.D.)
- The average height of the 5 people in 5I, who, 'wear glasses' was 1.48m (Research: Brianna & Emily)

The Beatitudes

5I have been examining the message of Jesus's Mission in the Beatitudes. We have realized that the Beatitudes contain 'beautiful attitudes'. Year 5 then wrote down an attitude they valued and why. Here is a little bit of wisdom from Year 5!

“I value the attitude of kindness because when I see kindness it makes me feel good inside and it makes me want to do something kind. (eg when we are walking to lunch and one of my friends puts their arm around another)” – Paloma B.

Patience: "Mum is patient because when Kate and Dara and I fight she doesn’t get angry at us; she keeps it inside.” - Tom C.

“I value the attitude of trust, because it will always exist.” - Jack O'D.

“I value the attitude of joy in my mum because she is always enthusiastic with stuff!” – Wayne W.

I value the attitude of joy, because if people are joyful, life will be a lot happier for them and the people around them.” - Brianna N.

“I value the attitude of gentleness, because my Aunty Ceen is gentle, in the way she speaks in a nice way.”- Rylee B.

“I value the attitude of love because love ties in with peace and love brings people together. # LOVE WINS. If people value love they will value peace and each other more.” - Emily S.
The Beatitudes in action
The purpose of the Beatitudes is to inspire you to act in certain ways. Therefore, living them out is absolutely at the heart of the matter. Here are some simple acts of the Beatitudes:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."
- Someone prays every day, but always offers prayers for others and not him or herself
- A person gives up all of his or her free time in order to volunteer
- A family works to ensure that God is part of their daily lives.

"Blessed are they who mourn, for they shall be comforted."
- We gather with a family to commemorate a person’s life
- We pray for those who are mourning
- We remember anniversaries and special dates
- A person loses a very close family member but knows that God provides for that person by allowing them to reunite in the hereafter.

"Blessed are the meek, for they shall inherit the earth."
- One individual feeds a homeless individual
- Groups of people anonymously leave clothing for a clothes drive
- A person humbles him or herself before God in prayer.

"Blessed are they who hunger and thirst for righteousness, for they shall be satisfied."
- A community group sends out teams to provide for a variety of different causes
- Volunteers peacefully march against an unjust law
- A student stands up for an individual who is being bullied, teased or tormented.

"Blessed are the merciful, for they shall receive mercy."
- Anytime someone truly forgives another, mercy is shown
- Trying to restore relationships that have been broken
- A life is spared at the last minute by a merciful leader
- A child forgives someone who hurt him or her at school.

"Blessed are the pure of heart, for they shall see God."
- An individual reads scripture, completely opening his or her heart to the message
- Children play together at a park with no bias or prejudice for one another
- A person completes a good act without expecting a reward in return.

"Blessed are the peacemakers, for they shall be called children of God."
- Leaders of countries work towards and bring about peace
- Two old friends decide to let go of a grudge
- Family members who have not spoken in years reunite with each other.

"Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven."
- Someone is mocked for standing up for an individual that others do not like
- Christians continue to hold strong in their beliefs, even though they are criticized
- A person states that he or she is a Christian, even though the individual knows that there will be consequences.
PASS INDOOR ROCK CLIMBING

On Wednesday 28 and Thursday 29 October, the Physical Activity and Sports Study (PASS) students travelled to Canberra Indoor Rock Climbing Centre as part of their practical assessment task. The students had a great time and were wonderful ambassadors for the school.

Their belaying and climbing skills improved dramatically over the two days. Some students conquered their fear of heights and made it to the top while other students challenged themselves with some very difficult climbs.

This activity allowed students to explore a broad range of movement experiences which were challenging beyond those offered through the mandatory PDHPE Years 7-10 course. It was an absolute pleasure taking the students. We would also like to thank Mark George (parent) for volunteering to drive the bus each day.

Ms Tina Wawrzyniak
PDHPE teacher
And a parent said... The production of Shakespeare’s *A Midsummer Night’s Dream* was just great. It had great directing by Suzanne Stacey as usual. Congratulations to the cast and backstage crew, make-up artists, stage creators, front of house helpers, musicians and teaching staff. Well done! The garden looked fantastic. It’s wonderful to see our small K-10 school embrace different genres of stage productions. That garden setting lends itself to these sorts of productions. Thank you for the treat!
Teaching Our Boys to Respect Women

Dr Justin Coulson speaks about wellbeing and relationships. Find out more at www.justincoulson.com.

One in three women over the age of 15 have experienced physical violence. One in five have experienced sexual violence. One in four have been emotionally abused by a partner. Approximately 70 women are killed each year by a current or former partner. Men are almost always the perpetrators. One in four children in Australia experience domestic and family violence. Again, it’s at the hands of males.

Hurt people hurt people

We are facing unprecedented challenges in our efforts to ensure our daughters are safe, and that males of any age stop hurting females. Attitudes of grown men – often emotionally wounded – perpetuate rather than reduce the ongoing cycle of aggression and violence. Hurt people seem to hurt people.

We can do better. We need to do better. The wellbeing of both our sons and daughters is at stake. If such attitudes continue, relationships will rupture and lives will be littered with trails of tears. It happens in too many homes already.

Here are a handful of ideas for teaching our boys to respect girls, women and womanhood, whether we are mums, dads, aunts, uncles, teachers, or neighbours.

Teaching boys under 5- Example, example, example

If we show respect we will teach respect. This means we respect our children, we respect other adults and we especially respect women. It means that we do not call girls or women names. We do not ever hit or threaten to hit girls or women. It means we listen to girls and women and respect their opinions.

Speak kindly

This is pretty basic, but at this age, it’s all it takes to show respect. Say please and thank you. Never say things like ‘shut-up’ or ‘get lost’ (or anything worse), whether to a child, or an adult, and regardless of gender. Respectful speaking teaches respect.

Teaching boys from age 5-12

The ideas from the previous age group are just as applicable for these boys. In addition, the following ideas are important:

Monitor media

Violent media is increasingly normal and has an undeniable desensitising impact on those who view it. While most 5 year-olds don’t enjoy violence, by the time they’re 9 or 10, they’re all over it. Sitting down with your 6 year-old (or any child) to watch MMA fights on Pay TV exacerbate violent attitudes and model aggression. Allowing kids to watch Game of Thrones and similar gratuitous violence does nothing to help the cause. Games like Grand Theft Auto, Call of Duty and many more glorify violence (including violence against women). Some studies have shown that after playing violent games or viewing violent ‘entertainment’, people are less likely to show empathy or kindness. Minimising exposure to games, movies or TV shows that promote disrespect and inhumanity can help.
Pre-arm against pornography

The average age of boys’ exposure to pornography is 11. Porn teaches boys that women exist to be violently and sexually disrespected. At around the age of 8 or 9, we should be pre-arming our boys. Let them know that it exists, that people might want to show it to them, that others might think it’s funny, and that it teaches bad things. Let them know they can and should talk to us if anyone tries to show it to them. Keep them away and do not normalise exposure to porn as something ‘all the boys do’. Such attitudes are part of the domestic violence and disrespect problem.

Talk about the issues

When you see disrespect, talk about it. Ask your sons how it leaves them feeling. How does it make the victims feel? What are better ways of responding to it? Such conversations promote empathy and perspective, and help our boys develop social awareness and conscience.

Teaching boys from age 12-18: Teach intimacy

Our sons should be learning about healthy relationships where people love one another and express that love in healthy, functional ways. They need to understand more than the mechanics of sex. They need to understand context and commitment. When there is no real commitment, guys think there are no feelings involved. When we separate physical and emotional intimacy from one another, we provide fertile soil for sexual miscommunication and sexual coercion.

Set clear boundaries around porn

Let your sons know that porn is off limits. Teach them why. Currently, statistics suggest 100% of boys have viewed violent pornography by age 15. We must turn this around.

Set clear boundaries around sex

Our sons must understand that no means no. T-shirts and slogans that promote the idea that “no means yes, and yes means anal” demean not just the wearer, but our society as a whole. We are too casual about sex and serious about consent. This may not be working.

Call them on sexism

When you catch your boys criticising women because of their maths or driving ability, or for any other gendered issue, call them out on it. Let them know sexism is not cool and it is not funny.

The most important thing we can do is to teach our children empathy. As we help them see the world through the eyes of others, we can promote a perspective that increases respect and understanding.

Ultimately, regardless of everything that we say, it is what we do that makes the biggest impact on our sons’ respectfulness. What the blokes in your children’s lives do will set the scene for ongoing behavior from your sons. If the men in their lives think it’s okay to stare and whistle at women while driving, to abuse women and call them names, to watch porn and objectify the women in their lives, or to hit them, the odds are stacked against your boys if they have poor examples.

Surround them with good men. Be a great example. Teach them well. Guide them to empathy.

These are our best options. Let’s teach our boys well.
Pope Francis in his introduction to his letter to all—"Care of Our Common Home," appeals that the challenge to protect our environment is to bring the whole human family together to seek sustainable development and in this Francis has hope. He calls for faith in God— a deep faith that our God will not forsake us. Pope Francis also has hope in humanity. He has hope in us. Pope Francis praises those who are already working with the world’s poorest to build a better future and he calls on young people to take up this challenge.

He calls for new dialogue, new conversations, for all to be involved, for a world-wide ecological movement. Lack of interest and powerful opposition does exist. Indifference and denial of the problem also exists. He states it is a blind confidence to think that technology will solve all problems. As the bishops of Southern Africa have stated: “Everyone’s talents and involvement are needed to redress the damage caused by human abuse of God’s creation”.

All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents.

**Prayer for Change**

“Calling for a more personal human culture based on care for others and walking lightly on the earth is not a green-left agenda — it is Christianity 101.”


Loving God we pray that we ourselves will take that radical step to listen to the call of Pope Francis, to care for ourselves and to care for our “Common Home.” We pray that our care will be our thoughts and these thoughts will give rise to action, an action that will bring transforming and healing change to our own lives and to the whole world. We ask this in Jesus’ name Amen.