Dear St Patrick’s Community

In recent times, across all media, there has been a significant acknowledgement of the effects of mental illness. The ABC has recognized the World Mental Health Week with their programs on Mental As, and other commentators have weighed in on the discussion, highlighting the lack of understanding and research.

When you're struggling through a tough time, an act of kindness - even just a small one - can be like a lifeline, giving you the spark to move forward, says psychologist Dr Stan Steindl, who researches compassionate behaviour at the University of Queensland. It's something we can all do more often. More than 50 scientific studies have shown consistently that behaviour focused on giving to others is associated with happiness, good mental health, and improved physical health outcomes. The benefits include a boost to the immune system and reduced anxiety, stress and depression. Indeed research on long-term volunteers suggests giving to others regularly might even help you live longer. A stronger sense of belonging have been shown in research to be linked to better health and increased survival. This is the same thinking that we have at St Patrick's, where students are strongly encouraged to consider all the options for community and school service. We try to affirm students who step out of their comfort zone and consider others. If you are aware of students who are contributing positively to our community, then we'd like to know about it; coaching, volunteering, working bees, involvement in community groups and neighbourly acts are all worthy of encouragement and recognition.

I am very, very grateful to those who have been generous with their time in preparing for the Bazaar Fair. This is a significant event for the school and we will need every cent for the new building. Please consider ways that you might contribute: cooking, sewing, craft work, potting plants, inviting friends to come... we can all do a little to help a lot. Contact Erika Statham or Karen McGufficke with your ideas and offer of help. (salemcharming@gmail.com and mkmcgufficke@bigpond.com )

Yours sincerely
Frances Robertson
Principal
Bazaar Fair Update

As we gallop towards the Bazaar Fair on November 7, we are very aware of the many jobs that need to be done. This week, an additional note will be coming home to let you know some of the ways that you can contribute to what is a very important event for the school.

This is an excellent opportunity to ‘build community’ both within the school and in the wider community. We have invited other educational organisations and home-based businesses to join us (for a small fee) and we know that this is helpful to them… and then it is helpful to us. We live in a small community and together we can support one another.

Many hands make light work. We look forward to seeing your involvement.

A little taste of what is to come…………

Over hill, over dale,
Thorough bush, thorough brier,
Over park, over pale,
Thorough flood, thorough fire;
We do wander everywhere,
And we welcome you to here.
To observe the Fairy Queen,
and her Oberon upon the green.
The Mechanicals Puck’s playthings be;
While the mortals in the forest see;
Who shall love, in each one’s favour;
In our play for you to savour.

We are now counting down the days until our school production of *A Midsummer Night’s Dream*, which will transform the Secret Garden of the Secondary campus into the enchanted forest of Athens from October 21-23.

Tickets can be obtained from the school office for $5 each or $10 for a family.
An Expression of Interest is invited...

In order to meet a particular need, we are seeking an expression of interest from suitable and committed applicants for the position of Support Assistant – Secondary Outdoor. This position will be temporary and part-time. The hours are 3 hours per day Monday, Tuesday, Thursday and Friday from 11am until 2pm.

The role involves physical activity, especially during the break times.

Attributes of the successful applicant would be:
ability to interact positively with adolescents,
ability to work with students who have a variety of learning and social needs,
ability to initiate and participate in physical activity with adolescents,
ability to work collaboratively as part of a support team,
ability to adapt to a variety of potentially complex situations, and
demonstrated competency in both written and verbal communication.

This position could also suit a person who is currently studying or working part-time. If you are aware of a suitable applicant, please forward this information to them. Please email frances.robertson@cg.catholic.edu.au with an expression of interest or for further enquiries before Friday 16 October.

New Program: Get Healthy At Work

Would your school like to improve the health and wellbeing of your staff in 2016? NSW Health’s Get Healthy At Work program can help by providing your school free staff health checks and everything you need to develop a simple, effective and sustainable workplace health program. A successful workplace health program may influence the performance of your workplace through gains in staff attraction and retention, improved productivity and reductions in absenteeism.

Visit Get Healthy At Work (http://www.gethealthyatwork.com.au) to order your free Workplace Information Kit and to calculate how much money a workplace health program could save your school.

Kindness

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.”

Colossians 3:12

A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

Saint Basil

meetville.com
Camp Birrigai!!!

For the last three days of Term 3, we visited the most insanely awesome and dangerous camp that I have ever been to in my entire life. We set off in the school bus, accompanied Mr Joyce, Mr Introna, and Mrs Moxon. The camp was only fifteen minutes out of Canberra, so the bus trip was not long. When we arrived, we put our bags away, and then it was straight to business! After a little introductory speech (and a bit of lunch), it was off to the school house for my group.

The ‘Old School House’ activity was only a five minute walk from the Birrigai Campus, and built like a school from the 1850's/60's. It was a very interesting experience to be treated like a student from that time period. There were canings (not real ones!), fights, (ditto) and even the old “standing up against the wall” trick thrown in as well. We came back for some free time until dinner. After dinner we had a ‘Games’ night in the hall and then it was off to bed, after a fun first day at Camp Birrigai.

The next morning, my group went on the Prospector’s walk where we learnt lots of new skills such as taking samples with a long sock, panning, cradling, making a fire and cooking damper. We panned in the creek with friends, and some even found real gold in the creek!

After lunch we went off to the Ropes Course. After an amazing session on the courses, we learnt how to make a tent from sticks and canvas. After that we had some fun activities back at campus. We had some more free time, then dinner. After dinner, we went to the amphitheatre to watch ‘Karate Kid’. After a very late night, it was bedtime again. We shuffled to our cabins like zombies and practically fell onto our beds.

Our last day at camp was easily the best one. We had the Gold Rush Simulation game, where we all got to be our own character and pan for gold. Troopers were assigned, and the teachers shared around different jobs like the Commissioner, the Commander, the Bushranger and eventually, Peter Laylor.

I was in a group with Aidan, Jack, Spencer, Cambell, Hudson, and Declan. We worked well as a team, frequently discovering fake gold amongst the river dirt and sending many parties to the Assay Office to trade all our gold in for money. But the troopers who were on patrol concentrated on inspecting for a licence. During this time a tent was the first order of business for the groups.

We soon acquired our claim which was staked to mark our territory. Things went swimmingly for a while until a strange man came around spreading rumours about an Irish fellow named Peter Layler. Soon the Licences were burned, and it was off to the Eureka Stockade (to defend our rights and liberties!). Soon the fun was over and it was back on the bus, ready to leave the fantastic Camp Birrigai in favour of our own homes and more importantly, our own beds.

By TY McKenzie (Year 6)
T20 Big Bash Cricket

Last Thursday all of Stage 2 and Stage 3 participated in the Monaro T-20 Big Bash day at Nijong Oval. All in all, there were about 260 primary students from across the Monaro having a great time.

There were catches made and dropped, sixes and fours hit, wickets knocked over and wides bowled. The format of the day ensured everyone was participating.

Congratulations to the team spirit, cooperation and enthusiasm all students displayed, whether it was playing in a team you hadn't planned to, having a laugh at a mistake or congratulating someone’s effort. There was also a dance off and catching competition.

This was a great day that was well organised and where students participated with a terrific attitude.
Well done to Jess Norris who won the Stage 3 catching competition!
Thank you to the senior students who supported with umpiring.
Enjoy a night of

Magic and Mayhem

in the Secret Garden (behind the School Office)

on Wednesday 21, Thursday 22 and Friday 23 October

at 6pm

Tickets are $5 per person or $10 per family, available from the Office

(Bring a cushion if you wish)
Canteen News

Mini-canteen happens for Infants and Primary on Wednesdays - items are priced from 50c to $2.

Volunteers - Thank you!
Wednesday 14/10, 10am Kelly Gill. 1.15pm Kelly & Marjorie
Thursday 15/10, 10am Lisa Walsh
Friday 16/10, 10am Rebecca Hain
Wednesday 21/10, 10am Linda Quodling. 1.15pm Howard & Elsa
Thursday 22/10, 10am Kim Kleven
Friday 23/10, 10am Chris Haylock

Friday Meal Deal: Nachos + Drink = $6

Please note that all items are available to order, not just the meal deal!

Put the code word "GREEN" on your lunch order this Friday to receive a freebie :)

Caroline Blyton
Canteen Manager

Year One News

During the month of October Year 1 have been learning about the Rosary. We were fortunate enough to have Mr Mackay donate a class set of rosary beads to use every morning during prayer. In light of the Papal document Laudato Si', Pope Francis has asked that during October we devote our Rosary prayers to creation so we have also been learning about the importance of looking after our environment.

Millie: ‘I learnt to say the Hail Mary’.
Ashley: ‘I liked praying to Jesus and I also liked learning lots of things about the beads and wearing them.’
Jackson: ‘I liked the crosses on the Rosary beads, they looked very fancy.’
Charlie: ‘I liked saying prayers to Jesus more often and learning more prayers.’
Oliver: ‘I liked learning the prayers.’
Thomas: ‘ I liked learning the Hail Mary.’
**Tournament of Minds ACT Finals**

Congratulations to the following students who represented St Patrick's Primary in the Tournament of Minds ACT Finals during the school holidays.

This is the first time a Primary team has won the Southside finals, so they were unsure of the expectations of the next stage. We quickly discovered that these students were required to recode a space ship that had gone off course during a mission to Mars and present their ideas to a lecture theatre at ANU of students and adults.

While they were unsuccessful in moving forward to the National Finals this year, they should be extremely proud of their efforts in their representation St Patrick’s. They demonstrated creativity, persistence and a sense of humour which was evident to all present on the day.

A special thank you goes to all the parents who transported and supported the children on the day. Without your support, these opportunities would not occur.

Well done to: Paloma Bligh, Shelley Kleven, Neeve Girling, Declan Girling, Ty McKenzie, Ivy McGufficke & Aidan Childs.

*Stephanie Lovat*

*Primary TOM Coordinator*

**Principal’s Morning Tea**

In order to recognise the students who go ‘above and beyond’ (such as the Primary Tournament of Minds Teams and the Equestrian Team) a Principal's Morning Tea was held this week. It is fantastic to see students proud of their achievements.
Jam Jar Tombola

We are now looking for the filled jam jars for the Bazaar Fair. Here are some ideas to get you started:

Bathroom gifts: Bath bombs, lemon sugar scrub, bath salts, small tubes of body lotion, small soaps, small cosmetics

Plants & Garden Ideas: Various packets of herb seeds, succulents planted, tea light holders

Food: Home made toffee sauce, chutney, jam, DIY cookie jar with layered ingredients, fortune cookies, popcorn kit,

Other ideas: Hair slides, scrunchies, playdough, printing kit, craft kit, felt pieces, small toys, textas, pencils, stickers, mini books, bubbles, costume jewellery, golf balls, playing cards, key rings, marbles, stationery, socks, vouchers, small puzzles...

Please bring the filled jars to school next week.
First Communion

First Communion is an important celebration in the Church. As one of the Sacraments of Initiation, we receive Jesus in the Eucharist thus bringing us into Communion with God and the community. This communion is not just about ‘me and Jesus’ – it is also about ‘us and Jesus’ and so through communion, through the Eucharist, we enter into the life of God that then must be lived out in actions and words.

Our young people have now begun their preparation to receive Jesus in the Eucharist for the first time. This preparation includes several meetings of both parents and children, the first one beginning in the Church and then the next two meetings in homes according to the convenience of time and day for each family. Parents share the leadership of their little home groups – after all, it is in the home that faith is first formed, nurtured, nourished and grown.

Parents’ modelling of their faith, and sharing of their beliefs to their children, is intrinsic. It is in the home where our children first learn something about God, even if we don’t utter any words to suggest it. As the first authority figures in our children’s lives, we model who God is – the ultimate authority - in the way we live our lives, the way we speak and the way we act towards one another. If we are loving and kind, then our children will come to know that God is a loving and kind God; if we are forgiving and accepting, then our children will learn that God is a forgiving and accepting God. The home is where faith germinates and grows, and parents are the care takers of that faith garden. Our Parish Sacramental Program supports parents, not replaces them, in teaching children about faith.

The word Eucharist comes from the Greek word, Εὐχαριστία (Eucharistia), and means thanks and praise. We give thanks and praise to God for the gift of the Eucharist and we pray for our young people as they enter the next phase of their life in the Church as members of the body of Christ.
The Society of Saint Vincent de Paul
Cooma

27 Vale Street
COOMA NSW 2630

Telephone: (02) 6452476
Fax: (02) 6452476

To St Patrick Parish School,

A very warm thank you for your very generous donation to our organisation.
It has been added to our Cooma branch and will be used to assist all those in our area who are in need.

We appreciate it even more when we consider how you raised the money!! Help out are not for most of us.

Once again, thank you

Very sincerely,

[Signature]

Sister (Secretary, Cooma Branch)
End

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Welcome to St Patrick's Parish School, Cooma

Bazaar Fair

SATURDAY
7 NOV 2015

Centennial Park, Cooma
9.00am - 2.00pm
and so much more ...

Handmade Crafts
Made with love from the students at St Patrick’s Parish School.

Ready, Set, Shop!

Like us on Facebook
“Nothing in this world is indifferent to us”

In his encyclical (letter), Pope Francis addresses not only the Catholic world but every person living on our planet. He calls the earth our common home. He refers to previous Popes who have also spoken of the urgent need for radical change in our use of resources. He states clearly we need “a global ecological conversion.”

Pope Francis points out Saint John Paul II wrote that the destruction of the human environment is extremely serious, not only because God has entrusted the world to us, but because human life is itself a gift which must be defended. Every effort to protect and improve our world entails profound changes in “lifestyles, models of production and consumption. Further he states that Pope Benedict asked us to recognize that the natural environment has been gravely damaged by our irresponsible behaviour. The social environment has also suffered damage. The misuse of creation begins when we no longer recognize any higher instance than ourselves, when we see nothing else but ourselves”. Pope Francis writes that the concerns of previous Popes are also the concerns of scientists, philosophers, theologians and civic groups. This is our great challenge, each one of us must ask the question—what can I do?

Further it is interesting and challenging to read of the experiences of astronauts as they gaze back at earth from space. Scott Carpenter a “Mercury 7 astronaut,” wrote:

“This planet is not terra firma. It is a delicate flower and it must be cared for. It's lonely. It's small. It's isolated, and there is no resupply. And we are mistreating it. Clearly, the highest loyalty we should have is not to our own country or our own religion or our hometown or even to ourselves. It should be to, number two, the human family, and number one, the planet at large. This is our home, and this is all we've got.”

With Pope Francis let us pray that we may make that conversion we are being called to do:

Teach us O Father to discover the worth of all Creation, to be filled with awe and Contemplation and to recognize that we are profoundly united with every creature
This letter of support from residents and participants of communities within the Cooma-Monaro Shire affirms and encourages the formation of a Refugee Welcome Zone. We need to help those in need.

A Refugee Welcome Zone is a Local Government Area that commits to welcoming refugees and those seeking protection into its community; both now and into the future. This commitment upholds their human rights, demonstrates compassion and affirms cultural, linguistic and religious diversity within our community.

As the "birthplace of multiculturalism in Australia", the Monaro communities are proud of their enduring cultural diversity and significance since 1949 when the Snowy Scheme began. Since then the region has been proclaimed and promoted as a multicultural region nationwide.

An initial public forum will be held on Sunday 18th October 2015 (2:30pm) at the Cooma Baptist Church (Cnr of Boona and Baroona Ave) to:

· explain & give working examples of Refugee Welcome Zone's (RWZ)
· discuss the way forward and direct people on how they can assist
· provide update & clarify current refugee policies & visa types
· demonstrate community support and raise any concerns of RWZ
· invite council representatives to respond to this initiative

All Welcome!

If you have ideas or questions about how to support and contribute to this program and the advocacy of the Monaro Refugee Support Group (MRSG) please contact MRSG on 0458-523-457 or email mrsrg.org@gmail.com
The simplest way...to create a healthier brekkie.

Choose these simple, tasty swaps for your family's brekkie: they're fruit and veggie rich and will give you the energy to get through the day!

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<tr>
<th>Swap this Breakfast</th>
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<tr>
<td>White toast</td>
<td>- Choose wholemeal</td>
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<td>- Add fresh tomato or avocado</td>
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<td>- Spread ricotta, top with sliced fruit for a sweet treat</td>
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<tr>
<td>Flavoured milk</td>
<td>- Make a fruit smoothie: blend frozen raspberries + honey + reduced fat milk + yoghurt</td>
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<tr>
<td>Rice bubbles</td>
<td>- Porridge or wheat biscuits topped with banana + a small amount of honey</td>
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For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The simplest way...to make tabbouleh.

**Ingredients**
- 1 cup cracked wheat (bulgar)
- 2 large ripe tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions, finely sliced
- 1 bunch parsley, chopped
- 1 bunch mint, chopped
- 2 tbsp lemon juice
- 1 tbsp olive oil

**Method**
Cover the cracked wheat with water and soak for 15 minutes || Mix with remaining ingredients and serve chilled || Makes a great addition to your kids' lunch box – add to sandwiches/wraps or send in a small container.

**Tips**
For best results, use flat leaf parsley when available. For a more substantial meal: add 425g can drained chickpeas; or serve with grilled fish or meat and flatbread.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The simplest way...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids' lunch boxes!

**Ingredients (serves 4)**
- 1/3 cup pasta (penne/bow ties/bronzi)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

**Method**
- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The simplest way...to pack the five food groups!

Follow our easy guide to pack the healthiest lunch box that features the five food groups – and don't forget a bottle of water!

**Fruit:** It's high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember, kids are more likely to eat it if it's cut up into small pieces.

**Veggies:** Pack carrot and celery sticks with hummus or salsa, or even a veggie slice.

**Breads + cereals:** Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

**Reduced-fat dairy:** A slice of cheese, yoghurts and custards are all great lunch box items.

**Lean protein:** Cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
The simplest way
...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

The facts:
- We all need to aim for two serves of fruit & five serves of veg, every day
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost
- For canned vegetables, look for labels that feature “no added salt” or “salt reduced”
- Choose canned fruit in natural juice, rather than syrup
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

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<tr>
<td>5.30 – 7.30</td>
<td>St Patrick’s Parish School Murray St, Cooma</td>
<td>02 4221 2592</td>
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<td>Wednesday 18 November 2015</td>
<td>Donna Jordan</td>
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