coming events....

Thursday 7 May
Secondary Athletics Carnival
Year1/2 Parish Mass

Friday 8 May
Mothers’ Day stall for K-6 students

Tuesday 12/13/14
NAPLAN for Yr 3,5,7,9

Tuesday 12
Information Tour for new Year 7 2016 5.30-7.00pm Starting at the Parish Centre

Change of Dates to note
MONDAY 18 May is the new date for the Primary Athletics Carnival.
FRIDAY June 12 Grandparents’ and Friends’ Day
FRIDAY/SAT June 12 &13
Art Show

God could not be everywhere and therefore he made mothers.
-- Jewish proverb
There is only one pretty child in the world, and every mother has it.
--Chinese Proverb
All that I am or ever hope to be, I owe to my angel Mother.
--Abraham Lincoln
A mother is not a person to lean on, but a person to make leaning unnecessary.
--Dorothy Canfield Fisher

God our Creator, we pray:
for new mothers, coming to terms with new responsibility;
for expectant mothers, wondering and waiting;
for those who are tired, stressed or depressed;
for those who struggle to balance the tasks of work and family;
for those who are unable to feed their children due to poverty;
for those whose children have physical, mental or emotional disabilities;
for those who have children they do not want;
for those who raise children on their own;
for those who have lost a child;
for those who care for the children of others;
for those whose children have left home and are far away;
and for those whose desire to be a mother has not been fulfilled.
Bless all mothers, that their love may be deep and tender,
and that they may lead their children to know and do what is good,
living not for themselves alone, but for God and for others. Amen.

Thank you to all for supporting the Mothers’ Day stall in K-6 this week. It is the simple things like this that build community and help our school financially.
After much consideration we have had to move the date for the Grandparents’ and Friends’ Day and the Art Show to June 12. This is so as not to clash with other local events. Please add this date to your calendar, as we would love to see you there.

Happy Mothers’ Day
Frances Robertson
Principal
### St Patrick’s Parish School Cooma

**Tuesday 5 May**
Meet at Primary Library, Vale St between 5.30 and 7.00pm

Information tour for *Kindergarten 2016*
Contact Office on 64521721 for an appointment between 5.30 and 7.00pm

**Before 30 May**
Enrolment application forms due to our Office

**Monday 18 May to Friday 12 June**
Interviews for *Kindergarten 2016*
Contact Office on 64521721 for an appointment with the Principal

**Term 3 & Term 4**
BIG Steps Program & KINDER START Program

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Cnr Vale & Murray St Cooma or PO Box 870 Cooma NSW 2630
Website www.stpatscooma.nsw.edu.au
Email office.stpatscooma@cg.catholic.edu.au

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**Tuesday 12 May**
Meet at Parish Centre Murray St at 5.30pm

Information tour for *new Year 7 2016*
Contact Office on 64521721 for an appointment between 5.30 and 7.00pm

**Before Friday 5 June**
Enrolment application forms due to our Office

**Monday 8 June to Friday 19 June**
Interviews for *new Year 7 2016*
Contact Office 62541721 for an appointment with the Principal

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Cnr Vale & Murray St Cooma or PO Box 870 Cooma NSW 2630
Website www.stpatscooma.nsw.edu.au
Email office.stpatscooma@cg.catholic.edu.au
A message from the AP’s Desk...

Traffic safety

This is another reminder that school zones are in force from 8:00am-9:30am and 2:30pm-4:00pm. We have an incident number in the Police database, which means they will continue to do random patrols in the mornings and afternoons.

The main issues related to student and traffic safety are:

- Parking in no parking zones
- Turning over double lines
- Speeding (40 zone)

Can you please be mindful of these issues when picking up and dropping students off each day.

National Consistent Collection of Data

Both primary and secondary teachers are working with Melinda Barrett and me to indicate the type and level of adjustments we are making for students so we can best meet their learning needs. This information will be used to determine if a student will be included in the national collection of data. Parents/carers will be notified if their child is to be included in the data collection. This information will be sent out shortly.

Uniform

I would like to commend all students for the way they are wearing the winter school uniform. The transition to the winter uniform has been relatively straightforward, with almost all students wearing the correct uniform in the appropriate manner.

Teachers will keep monitoring the uniform as this is an important aspect of our school identity. We have needed to give reminders about the length of the skirts (which is to be below the knee) and wearing the tie correctly. Please see below for information on how we are hoping to reduce the size of the 'lost property'.

Labelling Day!

We are very concerned about the amount of lost property that does not have a name on it. It is difficult to find the right owner and return quite expensive items of clothing.

So, the P&F members have offered to have a ‘labelling day’ for K-6 to coincide with the Mother’s Day stall. They are offering to invite students to make their purchases and then remove their jumper to see if the label has a name. If not, they will use a good quality laundry pen to write the child’s surname on the tag. This is a win-win for everyone.

There will also be information on how to purchase various labels for your children’s clothing coming shortly.
An email from a parent:

Dear Mrs Robertson, Mr Van Ommen, Mr Joyce & Mr Lawley,

By the time you read this email, you will have been informed that Stage 2 & 3 Boys League & Stage 2/3 Girls Oz Tag teams had won the 2015 Harry Nichols Shield for St Patrick’s Parish School. The results were tied until last game of the afternoon of Girls Oz Tag between Cooma North Public & St Patrick’s Parish School which we won & therefore winning the Harry Nichols Shield.

As a parent of two children who represented St Patrick’s Parish School @ Harry Nichols competition, I would like to thank Mr Introna for co-ordinating Stage 2 & 3 Boys Rugby League teams & Stage 2/3 Girls Oz Tag team. I would like to thank Mr Paul Dyball, Stage 3 Rugby League coach, Mr Richard Inskip, Stage 2 Rugby League coach & Mr Credence Bartlett, Stage 2/3 Girls Oz Tag coach for giving their time coaching prior & on Friday 1 May. Congratulations to all students who participated in Harry Nichols competition for their sportsmanship & fair play.

Confirmation Parish Home-based Sacramental Program

Letters of invitation have now been sent out to those families whose children will be preparing for the Sacrament of Confirmation. The first meeting is on Tuesday 19 May 2015 at 6.30pm in the Church. If you missed out on receiving a letter, and you feel your child in year 6 and onwards should be part of this program, please contact Lou Mackay c/- the Parish Office on 64522062.
Harry Nichols’ Shield & Oz-Tag
2015
The St Patrick’s Equestrian team competed at the Snowy Mountains Interschool Equestrian Competition (SMIEC) from last Thursday until Sunday. St Patrick’s achieved some great results over four days of high level competition covering numerous equestrian disciplines against approximately 170 school riders from all over NSW. Riders were Colby Douch Year 1, Ollia Stockl Year 2, Molly Norris Year 3, Abby Douch and Elle McGufficke Year 4, Shelley Kleven and Maddie Stott Year 5, Jess Norris and Lisa Haylock Year 6, Emmilee Reid Year 7, Caitlyn Pratt Year 8 and Keeley White Year 10.

Each rider (and their mount/s) performed really well and lots of personal bests were obtained in many individual events. Highlights included St Patrick’s coming third in the overall schools’ pointscore and two riders obtaining Age Championships – Shelley Kleven Year 4 riding Amaranda Moet and Abby Douch Year 3 riding Bamborough Domino. Another fantastic result was former St Patrick’s rider Sami Rudd now at Loreto Normanhurst taking out the highest overall individual pointscore of the event. Stay tuned for a comprehensive report and list of individual results and more photos in the next newsletter.
The Flying Tomatoes

Our Gardening group have been busy reasonably successful in eradicating and controlling White Butterfly eggs and caterpillars on our Cauliflower, cabbage and Broccoli, without the use of pesticides or herbicides. (photographic proof below!)

We have also been busy planting Kale on the Infants Campus Garden.

The flying Tomatoes are also busy researching and producing posters with information about each of our winter vegetable crops. This will be attached to stakes for students to read and gain a little more understanding about some of the vegetables they consume!

Remember Healthy Eating gives you more energy!

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OPEN DAY—LUMEN CHRISTI CATHOLIC COLLEGE

WEDNESDAY 20 MAY 2015        9:00am to 5:00pm               Information Sessions at 11:45am and 4:00pm

Members of the community are most welcome to attend our Annual Open Day on Wednesday 20 May 2015 at Lumen Christi Catholic College, Pambula Beach. Tours of the College will be conducted by students and visitors will have the opportunity to meet some of the College staff and inspect the College facilities and grounds. Information Sessions will be held at 11:45am and 4:00pm. Prospective students, their parents/carers and interested members of the public are warmly invited.

Further details regarding the Open Day can be obtained by telephoning the College 6495 8888.
A reminder to all parents of students in Years 3, 5, 7 and 9 will be undertaking National Assessment Program – Literacy and Numeracy (NAPLAN) in Week Three of this term, 12 - 15 May. The schedule for testing in the Primary is detailed below. We request that appointments that may be required in this week are made outside these times.

Further information about NAPLAN can be found on the following website - http://www.nap.edu.au

### Year 3

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<tbody>
<tr>
<td>9.30am</td>
<td>Language Conventions 40minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
<td>Catch up sessions for absences</td>
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<td>11:40am</td>
<td>Writing 40minutes</td>
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### Year 5

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### Year 7 students and Year 9 students

**TUESDAY 12 May 2015 (Day 7)**

**Language Conventions (45min)**
- 9:05 Introduction
- 9:15 Start
- 10:00 Finish
- **10:00-10:20 Break**

**Writing (40min)**
- 10:20 Start
- 11:10 Finish

**WEDNESDAY 13 May 2015 (Day 8)**

**Reading 65min**
- 9:05 Introduction
- 9:15 Start
- 10:20 Finish

**THURSDAY 14 May 2015 (Day 9)**

**Numeracy**

**Calculator (40min)**
- 9:05 Introduction
- 9:10 Start
- 9:50 Finish
- 9:50-10:20 Break
- 10:20 Move back to rooms

**Non-Calculator (40min)**
- 10:25 Introduction
- 10:30 Start
- 11:10 Finish

**FRIDAY 15 May**

This is a catch-up day for all those who have missed one of the assessments. Students are to come to their class or Homeroom teacher in the morning to have their name marked on a roll and then they go to either of the Libraries where there will be teachers to assist them.
St Patrick’s won the annual Harry Nichols shield for 2015.

St Patrick’s competed in the annual local Primary schools Harry Nichols Shield Rugby League competition last Friday. Congratulations to all those students who participated as team mates, our fantastic supporters and dedicated coaches for a great afternoon. Stage 3 boys won both their games and their sportsmanship and support of each other was commendable. Stage 2 won one and lost one and their perseverance and enthusiasm was a highlight. The girls Oz tag team won their first two games and then had a nail biting 10 all thriller in the last seconds of the game.

Thanks to Cooma North and Cooma Public/Small Schools for a great competition on the day. We are looking forward to next year. A special thank you and congratulations goes out to the coaches of the three sides for your time, effort and knowledge. Thanks to Credence Bartlett – Girls Oz Tag coach, Richard Inskip – Stage 2 Rugby League Team and Paul Dyball – Stage 3 Rugby League Team.

Minnie Vinnies Pen Pals!

After the Minnie Vinnies commissioning ceremony last week with Amando Omodio -Youth Liason Officer Canberra Goulburn, we organised pen pals for our Minnie Vinnies Group. St Patrick’s will be writing to a school in England who are also members of Minnie Vinnies.

A little background on the school we will be writing to: St Edwards Catholic Primary School, Runcorn, Cheshire. A Priest from England in the mid 1800s got on a boat in Liverpool England bound for Australia. He went to Melbourne - his name was Fr Gerald Ward and he started the St Vincent de Paul Society in Australia. The Parish he came from is St Edwards Catholic Church Runcorn Cheshire. St Edwards had a Catholic School in the 1800s but the one St Patrick’s will be twinned with was built in the 1980, but it’s the same parish. Also the very first Mini Vinnie group to be commissioned in England and Wales was also from St Edwards School Runcorn in Cheshire.
May: A month for mothers and Mary

May is a special month for mothers and it is traditionally a special time to focus on Mary, the Mother of Jesus. This practice dates back at least 700 years and is still observed around the world today.

One way we can focus on Mary is to pray the rosary. The purpose of the Rosary is to help keep in our memory certain principal events or mysteries in the history of our salvation, and to thank and praise God for them. There are numerous sites on the web that outline the method to pray the rosary. In simplicity a decade of the rosary consists of praying one Our Father, ten Hail Marys and the Glory Be. The simple process of holding beads as this prayer is prayed and allowing them to run through your fingers is a very meditative and cantering act.

Different generations have embraced the rosary. On many occasions I have heard it said by different people that when they were at their lowest ebb the rosary was one prayer they could turn to and pray and pray again and again to help lift their spirit and redirect their lives.

I have heard also that different people experience the following benefits from praying the rosary as it:

- Creates fulfilment and meaning in your life.
- Helps you understanding your life’s purpose.
- Brings you closer to God and allows Him to actively help you in your life.
- Improves discernment and the gives you a better ability to know right from wrong.
- Increases your empathy, compassion, and tolerance towards others.
- Creates peace in your life. Helps create peace to those close to you.
- Increases mental awareness; creates a greater sense of intuition.
- Increases your capacity to love yourself and others.
- Provides assurance and guidance in times of despair and hopelessness.
- Allows you to connect better with others and with nature.
- Most importantly - the rosary helps us understand God.

This month of May could be the perfect time to take up the rosary and incorporate it in your prayer life. It could well be the perfect prayer to accompany walking or other physical activity, driving or work.

Cooma Library preschool and toddler storytime: Wednesday 10.30am 13 May.

Watch out! Pirates are on their way ... come to storytime and hear adventurous pirate stories and make your own pirate hat! All welcome, free, no bookings needed;

www.facebook.com/MonaroRegionalLibraries
Leo Debating

Congratulations to the students who debated in the Leo Club's annual competition at Monaro High School on Tuesday.

The Year 7 and 8 teams won the majority of their debates and the Year 9s and 10s had very strong debates in which the decision came down to one point’s difference. It was a challenging day with all teams preparing four debates on some very contentious issues. Some of the topics were;

*Should we build hydro-electric dams*
*We should ban music containing violent lyrics*
*We should use force to protect human rights*

All students learned how to research, develop and present their ideas persuasively and to listen and respond to other ideas.

It was also a social day giving students from all schools in the area the chance to meet.

Another email from a parent

Our swimmers are representing our school and the archdiocese of Canberra and Goulburn very well. They are wonderful ambassadors for our school.

We need to be aware that since our Cooma Swimming Pool has been closed in early mid March that Maai Johnson and Jasmin Statham-Smith have been travelling to Canberra twice a week in the lead up to these championships in Sydney, training under head coaches at the Tuggeranong Vikings Swimming Club. Some of those swimmers they have been training with are doing national and state times, as well as training at the Australian Institute of Sport (AIS) in Canberra. This has been a big commitment and a great experience for these two young ladies; firstly, to increase their training regime significantly (5.9 km swims) and secondly to factor this in, around their time management of school, homework and other extra curricular activities they both have on.

Maltida Thomas and Kadee Laird have been training in Thredbo in the lead up while Troy Rees trained in Jindabyne.

Well done to the whole secondary representative swimming team.

And some of the details were:

**15/16 Girls** 50m Freestyle Relay 2.23.21.

**15/16 Girls** 50m Medley Relay 2.50.95. Our girls have never been entered in this event before for these NSWCCC swimming championships.

**Troy Rees:** 12 Boys 50m Backstroke 56.30 PB.

**Maai Johnson** had a full program of events and swam in eight events on the day.

16 Girls 50m Butterfly 35.10 PB. 16 Girls 50m Backstroke 35.96 PB.

**Matilda Thomas**

15 Girls 200m Freestyle 4.50.39.
Dear Parents/Guardians,

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

 Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia’s leading heart health charity, the Heart Foundation. The Jump Rope team provides us with lots of resources and support to implement the program and in return we ask that students help by seeking sponsorship for their involvement.

Sponsorship is easy – simply go online to www.heartfoundation.org.au/jumprope, click on the green ‘Kids Join Now’ button and register your child today!

- A secure fundraising page will be created as soon as you register; all you need to do then is click the ‘Email Sponsors’ link to send your family and friends an email asking them for their support... it's that easy!
- This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

At the end of the program we will be holding a Jump Off, an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. This will be held on 19th June 2015. The Jump Off day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

Let your teacher know when your child(ren) has finished fundraising online. You may like to print out a copy of the donations received online. All children will still be participating even if you chose not to be involved in the fund-raising.

Thank you for joining us in the fight against heart disease.

Yours sincerely,

Bernadette Moser
Jump Rope for Heart School Coordinator
St Patrick’s Parish School
coping with stress

Stress and Stressors
Stress is something that is part of normal life, in that it is experienced by everyone from time-to-time. However, some people suffer from stress which is so frequent or so severe that it can seriously impact on their quality of life. Stress can come from a huge range of sources (stressors), such as:

- Relationships with others
- Work-related issues
- Study demands
- Coping with illness
- Life changes, such as marriage, retirement, divorce
- Day-to-day activities and tasks
- Positive events, such as organising holidays or parties
- Juggling many roles or tasks at the same time

Some people are aware of what tends to trigger their stress, and this increases their ability to either prevent stress or to handle it more effectively. Many others are less able to deal with stress, and identifying stressors is a key step in this. If you often experience stress, take some time to consider what tends to set it off for you.

Symptoms of Stress
Some people do not even notice that they are stressed until symptoms begin to occur, including:

- Irritability or moodiness
- Interrupted sleep
- Worrying or feeling of anxiety
- Back and neck pain
- Frequent headaches, minor to migraine
- Upset stomach
- Increased blood pressure
- Changes in appetite
- Rashes or skin breakouts
- Chest pains
- Making existing physical problems worse
- More susceptible to cold/flu and slower recovery

These symptoms reduce quality of life, and people suffering from stress may notice that work performance or relationships suffer more as a result. You may be able to use some of the strategies listed here, or you may find it useful to consult a professional for more help.

Stress Management Tips
1) Identify your stressors, and see if there are some things within your control to manage better. Some things will be beyond your control, for example if you work a job that is based on working towards deadlines then you can’t change this without changing jobs. But perhaps you can control some aspects, such as scheduling to have at least a short lunch break each day, or to go to bed earlier so that you have more energy to cope with the daytime.

2) Build regular exercise into your life - as well as being part of a healthy, balanced lifestyle and giving you more energy, many people find that working out at the gym or playing sport helps them to unwind.

3) Make sure that you eat and sleep well.

4) Take time out for family, friends and recreational activities. Most of us know that this is important but we do not all do it. If you find it hard to make time for this, perhaps you need to take deliberate steps to have time out, such as set aside one evening a week where you meet up with friends or enjoy a hobby, or set aside one day of the weekend for relaxing at home.

5) Problem-solving techniques can be a useful way of clarifying the problem, brainstorming possible solutions, and then choosing one to put into action after listing the pros and cons of each option. See the handout Problem Solving for more details about this.

6) Learn calming techniques such as controlled breathing and progressive muscle relaxation, to train your mind and body to become more relaxed. These techniques require practice but can be helpful with regular use. See handouts Calming Technique and Progressive Muscle Relaxation.

7) You may wish to speak to a professional about assertiveness training and communication skills which can help you to deal with challenging situations more effectively, thereby reducing stress. See the handout Assertive Communication.

8) Last but definitely not least, consider whether there is negative thinking which is contributing to your stress. Negative thinking can make us worry more than is necessary, increasing stress, and generally does not motivate us to take positive actions. See the handouts Thinking & Feeling, Analysing Your Thinking and Changing Your Thinking.