Dear Parents, Staff and Students

Our lives are filled by many rhythms. Rhythms impact on our lives and on our relationships. There are body rhythms, daily rhythms, and seasonal rhythms. Stable rhythms are said to be safe rhythms that promote trust and formation of good relationships. Conflict can be seen as a clash of rhythms. Life challenges rhythms and it is necessary to listen carefully with awareness to others’ rhythms and be ready to make personal adjustments so we are in rhythm with ourselves and one another.

Rhythm is the first theme of the Drumbeat Program that year 9 boys began last Thursday. H1, a classroom in the far corner of the school, shook with the rhythm of Djembe drums as Karen Lonergan from Youth Connections assisted in facilitating this 10 week program. Each session runs for an hour and it is designed to develop healthy relationships, increased self esteem, improved social skills and increased sense of belonging. Thank you to the Parents and Friends Association for supporting Drumbeat.

Throughout our lives we all face challenges, loss and disappointments but also victories, wins and the realisation of dreams. Year 7 and 8 students have been studying a unit in Religious Education titled “Ways of Praying”. The unit begins by examining balance in our lives with the question: are all aspects of our lives nurtured including the physical, social, emotional, intellectual and spiritual?

It has been fascinating to hear Olympic athletes speak of, and work at, balance in all areas of their lives to gain a competitive edge. The physical and mental aspect of life is obviously important as is the social and emotional support of family and friends. In all that life has to offer, do we seek the graces and blessings of the spiritual to enable us to have that extra edge? Do we see God’s presence in every circumstance?

Today is the Feast Day of Saint Mary MacKillop. The quote: “There, where you are you will find God” sums up what spirituality is for the Sisters of St Joseph, that is, to have faith in God’s constant presence, God’s love and grace in every circumstance. As we celebrate the feast day of Saint Mary MacKillop may we be reminded of the power of God’s grace in our lives!

The power of God’s grace can be overlooked in the busyness of life. In the Year of Grace the challenge is to live with openness to the infinite gifts of grace.

Thank you to all parents last week for your on going support for all that occurs in association with our school. The Ski Programs, the exciting excursion to Peter Rabbit, Parent Teacher Interviews in the Secondary Department, 2P’s Class Assembly and our Parish Based Reconciliation Program. We especially keep in our prayers families and students involved in the Reconciliation program and all those who are sick at this time.

Paul Mackay
Religious Education Coordinator.

Primary skiers are pictured below. If you would like a copy of the photo contact Alpine Good Times Photography - visit www.pbimages.com.au - username is wk8 and password is 2012 or Email goodtimesalpine@bigpond.com.
Noel Davis a poet living in Na-
rooma writes that like a car that
needs regular tune ups our lives
too need that regular pit stop and
tune up!

“Lubricate your life with ease and grace.
There's rough stuff to be toughed.
Bumps and shocks to be absorbed
along the way.

So stop a while and reduce the wear and tear.
Take the time in a quiet place to lubricate
your life with ease and grace.”

Noel Davis from Heart Gone Walkabout
Where is your quiet place?
Do you take time out each day?

This week six of our Year 9 and 10 Drama students have
been involved in a short movie being filmed in and
around Cooma. They have been working for Sydney
based director, Sean Kruck, who has won many awards
and worked with Australian stars who have gone on to
success in Hollywood, including Canberra actress Mia
Wasikowska. Sally Clear, Brooke Crawford, Lily Crompt-
on, Emily Ewart, Zoe Klima and Courtney Rolfe all suc-
cessfully auditioned for the movie, with Zoe winning the
only main cast role up for grabs. The girls have gained
valuable experience in the entertainment business, that
has allowed them to put the skills learned in drama class
to use in the real world. Congratulations to all of the girls
and don’t forget to mention us in your Oscars speech!

Mrs Stacey

This term 3P are learning how to
play hockey.

With the onset of the colder weather we are seeing a full
range of coats/jackets, some of which are more fashion state-
ments than a means of keeping warm. Plain, warm, black
coats, without prominent logos or markings, are the stipulated
winter uniform. Light weight cotton ‘hoodies’ are not part of
the school uniform. They are to be worn over the School
jumper, not instead of it. Your cooperation with this matter is
appreciated.

As part of our pastoral care program, all of our second-
ary students will be attending Motivational Media on
Friday. This is a high tech presentation designed to
promote positive values in the areas of self respect,
personal responsibility and human relations. Presented
on three giant screens and three synchronized DVD
and data projectors, an exciting blend of images and
special effects will challenge students to critically re-
fect on their own values and
attitudes and how these
values and attitudes affect our
society. A bus fare of $3.00
and admission of $2.00 is re-
quired on the day. Past experi-
ence of Motivational Media
ensures a very worthwhile and
apreciated opportunity.
**Nourish has arrived!** If you took advantage of the 'Early Bird Special' notification of deliveries will be in our next article - so stay tuned!

If you would still like a copy, you can download the order form from the school website at: [http://stpatscooma.nsw.edu.au/parents/pfformsandnotes.html](http://stpatscooma.nsw.edu.au/parents/pfformsandnotes.html).  

Nourish retails for **$30** per book. Completed order forms together with payment can be left at the School Office. Within the next 3 weeks, the book will also be available for sale at The Lott, Liv4 Homeware & Kitchen, Moontree, South East Rural Supplies, Cooma Furnishings, Rhythm Snowsports, Jaggez Hair Studio, Roses Lebanese Restaurant, Bliss Massage & Yoga, Monaro Books & Music and Monaro Meats.

Melanie Avery an Award Winning author of *Let's Party! Additive Free* and *Let's Celebrate Christmas! Additive Free* is our Guest Speaker for our upcoming book launch. Melanie will be visiting our school on Friday, 31 August to speak to our Stage 2-3 and Food Technology students.

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**SRC Quote of the week**

"Yes I can." Sammy Davis Jnr

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**SUPER Theme Week 4 – “Improving”**

*Improvement can happen when you start to think for yourself. When you give your all to a task, you have a better chance of improving. Improvement starts when you ask questions. Every time we complete something we are trying to improve, if we are be proud of what we did.*

- KG Ryder Cochran - for the improvement he has made with his writing!
- KG Lottie Walker-Broose - for the improvement she has made with her reading!
- 1P Max Sturgeon - for improving in his concentration, determination and enthusiasm in class!
- 1O Kiahna Johnson - for the improvement she has made in following instructions!
- 1O Lachlan Hemphill - for the improvement he has made in Mathematics!
- 2O Jack Hartas-Williams - for improving his work in class by starting his work promptly!
- 2O Aliyah Bartlett - for improved learning of her times tables!
- 2P Ireland Ward - for her improvement in Numeracy Groups with solving multiplication sums!
- 2P Jesse Eljuga - for his improved application to all set tasks!
- 3P Joel Case - for improved behaviour and increased participation in class discussion!
- 3P Adelaide Chong - for showing improvement and success by becoming an independent reader!
- 3G Megan Schofield - for improvement in reading, comprehension and responsible decision making!
- 3G Remy Oldrey - for an improvement in his appreciation of his classmates when working in groups and beginning to make more responsible decisions!
- 3P Andrew Pearce - for a big improvement in his handwriting!
- 3P Bentley Walker-Broose - for improved maths results!
- Music/French  Sam Sergo - for consistently improving his efforts in Music and French!
- School Captains: Gabrielle Steiner - for never forgetting her buddy and for always putting 100% in all her work!
- School Captains: Paris Davies - for always having a bright smile on her dial!

Well done children!
**WHAT'S ON**

**Wednesday 8 August**
Mary Mackillop Feast Day
K-6 Parent Teacher Interviews
Southern Region Principals’ Meeting—Pambula

**Thursday 9 August**
Southern Region Principal’s Meeting Pambula
Year 9 Parish Mass
3-6 Southern Region Athletics Bega
School Board Meeting 6.30pm

**Friday 10 August**
K-2 Ski Program
Motivational Media Presentation Monaro High School
Secondary Ski Program

**Tuesday 14 August**
Caritas Non-Uniform day
Year 10 OHS White Card Course
Reconciliation meeting in the Church

**Thursday 16 August**
Stage 3 War Memorial excursion
Year 10 Parish Mass 10.00 am

**Friday 17 August**
K-2 Ski Program
Secondary Ski Program
Poetry/Drama Workshop

**Saturday 18 August**
Reconciliation

**Monday 20 August**
Book Week

**Tuesday 21 August**
NSW & ACT Cross Country Ski Championships

**Wednesday 22 August**
CEO Primary Schools Choir Performance

**Thursday 23 August**
K - 10 Archdiocesan Athletics
Year 8 class Mass 10am

**Friday 24 August**
Years 9 & 10 Agricultural Excursion Bega

**Saturday 25 August**
Reconciliation

**Sunday 26 August**
Reconciliation

**Tuesday 28 August**
Year 10 Geography Bournia Excursion
P & F Meeting 6.30pm

**Thursday 30 August**
Year 7 Class Mass 10am

**Friday 31 August**
Fathers Day Stall 9am
1P Assembly 12pm Ex-services Club
Nourish Book Launch

**Sunday 2 September**
TOM day Canberra 12pm

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**Canteen News**

**Volunteers**
Thursday
Kim Kleven
Friday
Charlie Hely

Frozen fruit cups and Calipos are still NOT available - sorry for any inconvenience.

MEAL DEAL FRIDAY: Honey and Soy Stir Fry Noodles with Chicken and Vegetables/Drink of your choice and Freddo Frog - all for only $5.00 THIS WILL BE THE ONLY CHOICE AVAILABLE TO BOTH INFANTS AND PRIMARY.

MINI CANTEEN: Available to both Primary and Infants MOST Wednesdays at lunch time. Items are 50c or $1.00. The students enjoy the excitement of being able to make choices with their money. If you are able to help set up and assist, please let me know.

If you have any thoughts or you can spare some time to help in the canteen, please do not hesitate to call me.

Thank you.
Carolyn Hely

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**Around Town**

- **Kids Fishing Workshop:** For 8-14 year olds - 2 workshops being held on Friday 28 and Saturday 29 September from 10.00 am to 2.00 pm – come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries. The day involves fishing techniques, bag and size limits, fish handling for catch and release. Cost $40 includes rod and reel combination, shirt, hat, tackle box and show bag. Bookings are essential (maximum 25 participants). Phone Stephen Thurstan on 4220 8484 or 0438 245 190 or email stephen.thurstan@dpi.nsw.gov.au.

- **This summer – it has to be cricket with your friends:** This summer we’re looking for the next generation of bowlers, batters and catchers. There’s lots of ways you can get involved in cricket with your local club, association or indoor sports centre. Sign up now with your local club or for more information visit: www.playcricket.com.au

- **Entertainment Book Fundraiser:** Lambie Street Preschool are selling this ‘free offers’ book which gives you over $1500 worth of realistic savings for the cost of $55. $11 from every book sold goes to the preschool. Books are available for purchase from The Cooma Visitors Centre or The Fabric Salon or by contacting the preschool.

- **Understanding Our Catholic Spirituality** - ‘Being part of the Church’ on Monday 13 August 2012 at St Joseph’s old school Nimmityabull. Time is 10am-12pm the Presenter is Shane O’Dwyer and the cost is a donation. Light refreshments will be served after the presentation.