Dear Parents, Staff and Students

Feast of the Assumption
Today marks one of the most important feast days on the Catholic calendar with the Feast of the Assumption that celebrates the Christian belief that the Virgin Mary ascended into heaven after her death.

First Reconciliation begins this weekend
Please remember to pray for our candidates who will be making their First Reconciliation this weekend and next in our church. Their preparation has been a shared journey with their classmates, their family, their teachers, Father Paul and our Sacramental Program Coordinator, Lou Mackay. Throughout this preparation process we have been reminded that each child's image of God is that of a loving God and that the experience of reconciliation will be a positive one where the child knows that he or she is greatly loved by God and valued by our parish community.

Good luck, Vendulka!
With the Olympics coming to an end we have perhaps again started to channel hop on our TVs. Those of you who have settled on Prime TV for any length of time would have noticed a very familiar face appearing in promotions for the X Factor which begins on Monday evening next week. We are very excited about one of our Year 9 students, Vendulka Wichta, being one of the stars of the show and we will be watching her progress with keen anticipation each week.

We have witnessed Vendulka’s unique talent and stunning voice develop since Kindergarten and she has been a regular contributor to our School Choir and also the Performance Group, as well as appearing in school productions. Not content to rest on her laurels she was a key member of our Tournament of Minds team last year that made it to the Australasian Pacific finals in Hobart as well as the ACT Debating Union team in 2010/11. During the last couple of weeks Vendulka has been providing valuable assistance to Sue Stubbs in the preparation of our Tournament of Minds teams for this year’s competition.

Over many years I have seen Vendulka and her brother in Year 10, Vasek, perform at folk festivals up and down the coast, culminating in her performance at the National Folk Festival in Canberra this Easter in front of an audience of thousands.

Good luck Vendulka and we are sure the whole school and local community will be behind you when the voting lines are open!

Kinder to Year 2 Ski Program
As the almost 80 students boarded the buses last Friday morning to participate in the inaugural K-2 Ski Program there was a mixture of excitement, apprehension and even a few tears as they waved goodbye to mum or dad. What a transformation when the buses arrived back at school that evening!! There were excited, but weary, tales of “the best day ever”, “perfect powder snow”, “not a cloud in the sky” and “what a fantastic lunch!” The students participated in the Thredboland program at Friday Flat in Thredbo and thank you to Glenyce Moxon for organising the day and the teachers and parents who accompanied and supervised the group.

With any of our snowsports programs it is not just the aim to provide a ski field experience at an affordable cost. The indirect benefits are immeasurable where students build their confidence, their sense of responsibility and skills of interacting with others, quite apart from developing their coordination, balance and stamina.

News Update
Good luck to our Stage 3 students with their Canberra excursion tomorrow.

We wish our Interschool’s Snowsports competitors all the best next week in the NSW Championships!

The Catholic Schools’ Choir will be performing in Canberra at Merici College next Wednesday and our school choir has a central role in this unique experience.

Our very best wishes are with our Year 8 Debaters in the ACT Debating Union Grand Final next Monday in Canberra! Don’t forget the P&F meeting next Tuesday evening at 7 pm in the Primary Staffroom.

Congratulations to all involved in the stunning cookbook “NOURISH” which is now being distributed.

Please continue to pray for those members of the school community who are unwell.

Phil Stubbs
Principal
On Thursday 9 August, 45 students from St Patricks Parish School went to Bega to compete in the Southern Region Athletics Carnival.

It was a nice day for the boy’s track events but there was a dust storm and rain for the girls. On the way back the Brown Mountain was covered in snow. It looked amazing!

Cooma competed well with Will Pendergast named 11 years Southern Region Age Champion.

Well done and congratulations to all competitors. Good luck to the students who made it on to compete at the AIS later this month. We would also like to thank the parents and teacher who travelled to Bega on the day.

Written by Caitlin Hain and Jasmin Statham-Smith

Last Friday, Mr Damian Kenneally, president of the local St Vincent de Paul Society in Cooma, came to our school to collect the clothes and blankets that were kindly donat-ed through the Mini Vinnies Winter Clothing Appeal. Thank you to all the people who brought in items to help people in the local region. If you have further items to donate or would like to make a donation, please go to the St Vincent de Paul shop on Vale Street.

Written by Andrew Pearce and Jasmin Statham-Smith

God is love and where love is, God is there. When we love, God’s love is active in us. Love is immediate and accessible to every human heart, so then is the possibility of grace.

Grace takes us to a place of delight and joy. Grace is:
* Going the extra mile!
* Loving even your enemies!
* Overcoming evil with good!
* Kindness, generosity!
* Forgiveness, beginning again!

In the Year of Grace a mantra could be: “May we see Christ’s Loving Face, may we be the instruments of God’s grace.”

At St Patrick’s Parish School Cooma, we will be introducing the ‘Kidsmatter’ framework

What is ‘Kidsmatter’?
Kidsmatter is a national primary school mental health promotion, prevention and early intervention initiative.

It has three major aims:
- Improve the mental health and well-being of primary school students
- Reduce mental health problems among students (eg. anxiety, depression and behavioral problems)
- Achieve greater support for those students experiencing mental health problems.

Why is this important?
Good mental health is integral to academic achievement. Students who are mentally healthy learn better and have better relationships with their teachers, family members and peers. Good mental health makes it easier for students to negotiate the transition into adolescence and then adulthood, improving their chances of achieving long-term education and career goals as well as a better quality of life.

Who benefits?
Students, families and school staff.

What is KidsMatter Primary delivering?
KidsMatter develops and implements comprehensive plans for each of the four areas that protect students from developing mental health problems:
- a positive school community
- social and emotional skills for students
- parenting education and support
- early intervention for students experiencing mental health difficulties.

How does it work?
KidsMatter Primary is based on a comprehensive model for a school mental health program that involves the entire school community. It targets the mental health and well-being of all students in primary schools through creating a positive school environment and providing education on social and emotional skills for life.

Evidence of success?
An external evaluation by Flinders University of the KidsMatter Primary pilot funded by beyond blue: the national depression initiative found KidsMatter Primary had a positive impact on children, school staff, parents and carers. This included improvements to student mental health and wellbeing such as optimism and coping skills, and reduced mental health difficulties such as emotional symptoms, hyperactivity, conduct and peer problems. This strategy includes promoting good mental health and resilience in young people, including an expansion of the Kidsmatter Primary School initiative.

Kidsmatter is a national mental health initiative, developed in collaboration with the Australian Government Department of Health and Aging, beyond blue: the national depression initiative, the Australian psychological Society and Principals Australia.
3G have been working on activities in the “Make Jesus Real” Program. This activity was called “Count your blessings” The students reflected on the things that had been done for them, under these headings.

**Something our school has done for us**
- ‘Given me strategies to learn’ – Will Pendergast
- ‘Helped not to get bullied’ – Harrison Jones
- ‘Help me understand Jesus more’ – Darcy Paul
- ‘Given me values and helped me to be a better person’ – Emily Pearce

**Something our parents have done for us**
- ‘They put a roof over my head’ – Chloe Bottom
- ‘They have never failed to love me’ – Kiara Henderson
- ‘They gave me life’ - Megan Schofield
- ‘They give me courage’ – Ursula Ronan
- ‘They have kept me safe for 12 years’ – Molly Janota

The Woolies Earn and Learn promotion ends soon. Please send your completed sticker cards into school this week. Thank you for your support!

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**3G Newsletter**

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**SUPER Theme Week 5 – “Making an effort”**

_Making an effort means to have a clear focus. When you make an effort you make things happen. Making an effort gets better results when you stay focused on your purpose. Making an effort will help you finish what you start. People respect people who make an effort and follow things through._

- KG Logan Rankin – for making a big effort with his reading!
- 1P William Dodd – for making an effort to improve his spacing in his handwriting!
- 1O Joshua Mackenzie – for making a wonderful effort to listen during explanations and during Maths Groups!
- 2O Jake Galvin – for making an effort to remain focused on his studies in class!
- 2P Jaime Koffler – for always making an effort with her work, especially reading!
- 3O Ryan Birch – for commitment to his work and trying to do his personal best!
- 3P Lachlan Jones – for making an effort to respect his classroom peers!
- 3G Jake Barron – for making an effort to improve his writing skills and succeeding!
- Music/French – Mitchell Burke for making a wonderful effort to learn his French words!
- Sport – Mitchell Burke – for his fantastic effort with his skiing!
- Sport – Rocco Caffarelli – for his fantastic effort with his skiing!
- School Captains Ryan Birch – for making an effort to question for meaning in Maths groups and playing fairly on the playground!

Well done children!

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**FATHER’S DAY STALL - Friday 31 August**

The Father’s Day Stall will be held on Friday 31 August in the K-6 Library. It will operate the same as the very successful Mother’s Day stall held in May with each child being asked to donate a suitable gift for a father/carer. All gifts should be sent into school before **Wednesday 29 August**. Some gift suggestions are: **Garden/Shed**: packets of flower or vegetable seeds; small pots; small garden tools; tape measure; woodworking pencils; car washing ‘things’ - sponges, detergents, polish, etc; packets of assorted sized nails or screws; garden ornaments; lawn sprinkler; hose attachments, etc.

If you can help on the day please let Rebecca Hain know on 64527267 or 0414709301. Thank you.

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**SRC Quote of the week**

“If you always do what you always did, you’ll always get what always got.”

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**P&F News**

- **Claim the date!!** 3 November: St Patrick’s Bush Dance – A fun family event, everyone welcome! Volunteers and helpers needed. Stay tuned for our flyer. Tickets will be on sale soon.
- **Personalised St Pat’s Cap:** get ready for summer with a personalised cap for your child, embroidered with the school crest and child’s name. Available soon and order forms will be out in the next week or so.
- **Next P&F meeting:** 21 August 2012 – 7.00 pm in the Primary School Staffroom. Please come along and have a chat and catch up on all the news.

Don’t forget to drop us an email with any issues you may have or to let us know you can help. My email is hwalker-broose@bigpond.com

Cheers the P&F Team...

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**NOURISH**

Pre-orders of Nourish may be collected on **Friday, 17 August 2012** from Rebecca Hain who will have her vehicle parked in the Infants car park from 3.00 pm. Rebecca’s mobile is 0414 709 301 if you need to contact her beforehand.

Anyone who may have missed the ‘Early Bird Special’ can download the order form from the school website: http://stpatsscoma.nsw.edu.au/parents/pfformsandsnotes.html. Nourish retails for **$30 per book**. Completed order forms together with payment can be left at the School Office.

The following local food and retail businesses will have Nourish available for purchase from Monday 10 September: The Lott, Liv4 Homeware & Kitchen, South East Rural Supplies, Cooma Furnishings, Moontree, Rhythm Snowsports, Jaggez Hair Studio, Roses Lebanese Restaurant, Bliss Massage & Yoga, Monaro Books & Music and Monaro Meats.

Melanie Avery, the Award Winning author of “Let’s Party! Additive Free” and “Let’s Celebrate Christmas! Additive Free” is our Guest Speaker at our Book Launch. More information on the launch will be in next Wednesday’s newsletter, so stay tuned!

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**Chook Lotto**

Thank you to the Freebody and Birch/Bowerman families for the donation of chook lotto prizes in the Primary.

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**Primary SRC Super Awards**

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**WHAT'S ON**

**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
P & F Meeting 7.00pm

**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 Bournda Excursion

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

**Friday 31 August**
Fathers Day Stall 9am
Nourish Book Launch

**VOLUNTEERS**
Friday
Catherine Pearce and Kim Kleven

- Lemonade Icy Poles are available BUT still NO CALIPOS or FROZEN FRUIT CUPS.
- MEAL DEAL FRIDAY - Hot Dog with sauce, a drink of your choice and a Freddo frog OR Pizza, drink of your choice and a Freddo frog. Both choices are $5.00. This will be the ONLY choice available to both Primary and Infants.

If you have any thoughts or you are able to help in the canteen in any way, please do not hesitate to contact me. Thank you for you continued support.

Carolyn Hely
Canteen Manager

**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.