Dear Parents, Staff and Students

The Role of Bystanders
A national campaign has been launched by the Australian Human Rights Commission (AHRC) encouraging young people to stand up for their friends when they are targeted by online bullies. The campaign is called BackMeUp and is based on research that indicates that most bullying incidents occur in front of bystanders. The AHRC spokesperson, Dr Helen Szoke, said that the main message of BackMeUp relates to the role of bystanders; research shows that peers are present as bystanders in 87% of bullying situations. Dr Szoke is quoted as saying “bystanders can be part of the problem or part of the solution” depending on whether their actions support or discourage the bully. Research further indicates that although a majority of students disapprove of bullying, less than 20% intervene when someone is being harassed. Dr Szoke said this may be because they fear being targeted themselves or because they are uncertain about what to do. The BackMeUp campaign will use social media such as Facebook and YouTube to help young people understand the role of bystanders and teach them how to take safe actions to support those who are being picked on. Videos will be released through the Cybersmart website, which we have mentioned in previous newsletters, and examples of videos can be seen on the BackMeUp Facebook page (www.facebook.com/2012backmeup).

Any pro-active approach to identify the importance of bystanders in a situation involving intimidation or harassment, not just at school and not just involving children, is to be applauded.

NOURISH in action
The reality of our school cookbook, NOURISH, is becoming more evident as people get their copy of it and choose from the culinary masterpieces that are contained in it. The book is of exceptional quality and is a great credit to the hard-working P & F committee that has brought it all together over the past 12 months.

The enduring value of NOURISH will be seen over many years to come as the recipes contained within it are timeless. The Official Launch promises to be an exciting event on Friday 31 August.

ACT Debating Union Grand Finalists
Our Year 8 debaters, who were very narrowly beaten in the ACT Debating Union Grand Final at the ANU on Monday night, deserve our full congratulations for their enthusiasm, commitment and teamwork over many months to get to the pinnacle of this prestigious competition. The team comprised Patrick Herbert, Caitlin Galwey, Annika Rooney and Molly Barrett. Our students received the ‘Runner-Up’ trophy and looking at previous recipients we are in illustrious company with all of them being the largest, well-resourced Canberra schools. Thank you to the parents who were so supportive throughout the competition and to their coach Sue Stubbs for the guidance given to the team.

NSW Interschools’ Snowsports
Good luck to all of our competitors in the NSW Interschools’ Competition this week. We are hoping that the ideal conditions of the last week are maintained to enable the students to achieve their best performance. Again we are very grateful to the parents who so willingly support the students, and the school, by being involved in all aspects of the event.

News Update
A large contingent of Primary and Secondary students are heading off to the Archdiocesan Athletics Carnival in Canberra tomorrow and we wish them all the best.

Don’t forget the famous St Patrick’s Book Parade which is taking place at noon on Friday this week on the K-2 Campus!

Our Reconciliation candidates have their celebration Mass this Sunday at 10 am and it would be wonderful to show your support for them by attending this Mass.

Well done Vendulka Wichta on your success on X Factor this week and we’re eagerly waiting to see how you progress onto the next stage of the program from here!!

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

Phil Stubbs
Principal

MELANIE AVERY’S VISIT LAUNCH OF NOURISH
Pre-orders have now been delivered. If you have not received your copy of Nourish, please contact either Erika Statham 0400 787 938 or Alison Hemphill 0466 850 723.

Nourish will be available for sale for $30 from Monday 10 September at 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, busy mother and author is our guest speaker at the launch on Friday, 31 August 2012. Her former occupation was in early childhood education. Melanie’s website: www.letspartyadditivefree.com.au.

Melanie will visit our school and speak to our Primary and Secondary students. If you are interested in coming along to hear what Melanie has to say on various aspects of food, come to our launch on Friday evening at Moontree, 31 Vale Street, Cooma at 6.30 pm. Entry is gold coin donation. Canapés and finger food will be served from recipes within Nourish. STYPA will the entertainment for the evening. We look forward to seeing you there.

A world of recipes sponsored by Allianz the insurer that offers a world of protection.
On Thursday 16 August, Stage 3 went on an excursion to the Australian Institute of Sport (AIS) and the Australian War Memorial in Canberra. We were met by Sean and Jake at the AIS Visitor Centre and taken to a room where there were various sporting activities such as rowing, skeleton, skateboarding, soccer, football kicking, basketball, skiing and strength tests. After that, we were split into groups to explore the AIS. We went to the basketball stadium, volleyball courts, gymnastics room, gym and the swimming pool. Groups then took turns visiting the volleyball, hockey and European Handball. Following our visit to the AIS, we travelled to the War Memorial where we visited the Hall of Valour, the Hall of Memory, WWI and WW2 rooms and the Aeroplane room. We had a great time exploring the AIS and War Memorial and learnt new sport skills and interesting facts about war. Thank you to the Stage 3 teachers for organising the excursion and the parents who came along and helped out on the day!

By Thomas Hain, Charlotte Mitchie and Damian Fletcher

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**Year of Grace**

Some suggestions to adopt in this Year of Grace:

- Begin a journal recording each day all those events and situations for which you are grateful
- Take a regular time of prayer and reflection
- Reduce the time spent on line or watching TV
- Contact that family member
- Find an image of Jesus that will inspire you to greater discipleship
- Check the sites on line “Year of Grace” and what they offer
- Make a personal list of those things you wish to achieve or accomplish
- Look and for and notice those simple moments of grace in your life

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**School Skiing**

Last Friday was the last day of the secondary snowsports program. This year, due to the overwhelming response from students, we extended the program to 5 days. Judging by feedback from staff, students and parents the program was a huge success, with clear evidence that the students had improved their skiing or boarding skills.

I would like to thank all students involved in the program for your participation, following teacher instructions and for exercising common sense. To the staff who attended Perisher each week, a sincere thanks for volunteering to be involved in the program. As we experienced in week 2, it is not all about the skiing/boarding, but about ensuring our students have the best experience possible.

Finally thanks to the staff who remained at school and who taught the students who did not attend the program. In particular to Pam Fletcher for her organisation of the past five Friday’s, often with very late notice of final student numbers.

Thank you

Mark van Ommen
Assistant Principal

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**K-6 Supervision Time Reminders**

We are getting an increasing number of students arriving at the K-6 campus before 8.30am. Official supervision of students commences at 8.40 am on the Primary playground. If you are dropping off your child at school please do so after 8.40am.
SUPER Theme Week 6 – “Honesty”

Being honest is being open, trustworthy and truthful. When people are honest they can be relied upon. Honesty is admitting mistakes even when you know someone might be angry or disappointed. When you are honest others can believe you. Being honest looks like admitting your mistakes and trying to fix them.

- KG Eve Commons - for trying her best and showing patience!
- 1P Cooper Inskip - for his honest attitude in all situations!
- 1O Alexander Commons - for his honesty and the way he treats others equally!
- 2O James McGufficke - for his open and honest approach to life!
- 2P Paris Davies - for always being honest with others in any situation!
- 3O Josh McConkey – for his sense of fair play!
- 3P Fergus Barrett - for always being an honest and fair individual!
- 3G Ursula Ronan - for having the strength of character to be consistently honest with herself and others no matter what the situation!
- Music/French Miranda McGufficke - for always approaching people and situations with great honesty and humility!
- Library Kane Trent-Smith - for his honest and fair nature when dealing with others!
- Vice Captains Colin Kingston - for his gentle awareness of others and his strength of character to not be afraid to tell the truth!

Well done children!

Caritas Mission Appeal

Thank you to all for your support of the Mission appeal last Tuesday. Approximately $470 was raised for the Caritas Central Africa Appeal. Many countries face devastating droughts, civil wars and dislocation of people from their homes. The support you have given towards assisting people in these places. Thank you.

Chook Lotto

- Infants
  - Lottie Walker-Broose KG – for listening carefully
  - Grace Clarke 1P – for her responsible attitude
  - Paige Walker 1O – For listening carefully at assembly

Primary SRC Super Awards

**SUPER Theme Week 6 – “Honesty”**

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It’s now only a little over 1 week until the Father’s Day Stall which will be held in the Primary Library on Friday 31 August. All children are asked to bring a suitable gift for a father/carer by Wednesday 29 August. Gifts should be wrapped in clear cellophane so that the children can see what they are buying.

Some gift suggestions are: golf balls; tennis balls; golf tees; fishing hooks, sinkers or lures; coffee cups with or without lollies or chocolates; shaving cream; face washers; hankies; keyrings, etc. If you can help on the day please let Rebecca Hain know on 6452 7267 or 0414 709 301. Thank you.

**Father’s Day Stall**

**SRC Quote of the week**

“To dream of the person you would like to be is to waste the person you are.”

**Harry Laing Writing Workshop**

Some students in Stage 2 and 3 took part in very interesting writing workshops with Harry Laing on Friday 17 August. Students’ ideas were flowing as they came up with various poems and stories. The afternoon session focused on poetry writing for the Feast of Poetry Competition being held on the 4th of November (entries close 17 September). Well done, students, for your enthusiasm and creativity and good luck in the competition!

**Poetry at the Town Library**

To celebrate the start of Book Week, some Stage Three students were invited to come to the Cooma library to listen to some poems and to share some of their own. Thank you to Ira Hendricks and the library staff and helpers for the experience. It was most entertaining.

**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.

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…
**What's On**

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

**Friday 24 August**
- Book Week Parade from 12.15 pm
- Years 9 & 10 Agricultural Excursion Bega
- NSW Interschools Snowsports

**Saturday 25 August**
- Reconciliation
- NSW Interschools Snowsports

**Sunday 26 August**
- Reconciliation
- 10 Year Reunion (Cooma Ex-Services Club)
- NSW Interschools Snowsports

**Tuesday 28 August**
- Year 10 Geography Bournda Excursion
- **Thursday 30 August**
  - Year 7 Class Mass 10am
  - **Friday 31 August**
  - Fathers Day Stall
  - **Sunday 2 September**
    - Tournament of Minds Territory Final

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**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.

**Meet the author at Cooma Library**: Australian author and children’s health food advocate Melanie Avery will be hosting a special morning tea on Thursday 30 August 10.30—11.30 am. Taste sensational additive free food! Hear Melanie’s story! All her books will be on display! ALL WELCOME - especially grandparents! Bookings are essential please phone the library to RSVP 8455 1730 or email library@monaro.nsw.gov.au.

**Cooma Squash and Sports Centre 2012 School Holiday Sports Programs**: Monday 24 to Friday 28 September with our Sports Programs for kids aged 7-14. Places are limited. Register by calling the Cooma Squash and Sports Centre 2012 School Library at 6452 1750 or email library@monaro.nsw.gov.au.

**Worldwide Marriage Encounter**: A weekend for married couples. Take time out of your busy schedule, to invest in your most precious asset . . . Your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again! Weekend date: 19 – 21 October, Winbourne, Edmond Rice Retreat Centre, Mulgoa (nr Penrith) NSW Bookings: Ardell & Bill Sharpe tel. 02 4283 3435 or wsharpe@bigpond.net.au Information: website www.wwme.org.au

**Cooma Little Athletics – Family Fun & Fitness**: From 5 years old! Registration “Come & Try” Day to be held on Saturday 15 September at Snowy Oval from 11.00 am to 2.00 pm. Phone Lyn or Tom on 6452 1750 with any queries. The Season will start on Thursday 20 September.

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**VOLUNTEERS**
- Friday
- Catherine Commons

**MEAL DEAL FRIDAY**: Hot Dog with sauce, a drink of your choice and a freddo frog OR Plain Pie or Potato Pie with sauce, a drink of your choice and a freddo frog. Both Deals $5.00. This is the only choice available to both primary and infants.

Thank you to Catherine and Kim for all the help last Friday. If you are able to assist in the canteen, please contact me through the school. Thank you for your continued support.

Carolyn Hely
Canteen Manager

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**Around Town**

* 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.

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