Dear Parents and Friends of St Patrick’s

God is described in the Bible in many ways: He is our rock, He is a shelter from the storm, our hiding place, a gardener, spring of living water, bread of life, friend, light of the world, master, king, judge, ruler, saviour, teacher, and our creator.

On the Monaro we don’t have shepherds, but we certainly know or have witnessed the life of a grazier. The metaphor that Jesus used in Sunday's Gospel of being the Good Shepherd rings true for those who graze sheep. In His own words, Jesus tells us “I am the good shepherd. The good shepherd lays down his life for the sheep.” And “I am the good shepherd. I know my own sheep, and they know me just as my Father knows me and I know my Father. And I lay down my life for the sheep.” These are very comforting words for Good Shepherd Sunday.

I was very proud to walk with the St Patrick’s students, staff and parents on Saturday morning for the ANZAC march in Cooma. Other staff gathered with students at Berridale and Jindabyne. This speaks of a solid community who know what to value.

There were also reverent prayer services commemorating 100 years since the ANZAC landing in Kindergarten-Year 2 last Friday and Year 3-10 on Monday. It is important to take the time to reflect on the value of freedom... and the price that sometimes needs to be borne for that.

Next week, we begin the process for enrolment for 2016. On Tuesday 5 May and 19 May, there will be an Information Tour for prospective 2016 Kindergarten parents (and their child, if they wish) between 5.30pm and 7.00pm. It will begin in the Primary Library and each family will be accompanied by a member of the Leadership Team in order to personally answer questions. Please call the Office to book a time. We are asking that enrolment forms for Kindergarten 2016 are completed and returned to the school before May 30. The process for Year 7 2016 (and other year groups) starts a week later on 12 May.

We have needed to change some dates for various reasons, so please check the calendar on the School’s website or call the Office if you are unsure.

Yours in peace

Frances Robertson
Principal
A message from the AP’s Desk...

Caffeine is readily available in products - everything from gum to energy drinks - marketed to children and young adults. However, the long-term effects of caffeine, especially on young people, are still largely unknown. We know caffeine can affect sleep, of course. Adults often drink it because it can aid alertness. But when it affects children’s sleep - which mounting evidence says is critical for brain development - it can really hold them back. In both children and adults, too much caffeine can cause: jitteriness and nervousness, upset stomach, headaches, difficulty concentrating, difficulty sleeping, increased heart rate and increased blood pressure. It doesn't take a lot of caffeine to produce these effects. “Caffeine impacts development by disrupting the formation of key connections in the brain,” said study author Dr. Reto Huber, a sleep expert at the University of Zurich, and others at the University of Zurich Children’s Hospital. “During adolescence, your brain has the most neural connections it will ever have during your lifetime.”

Caffeine is also a diuretic that causes the body to eliminate water (through urinating), which may contribute to dehydration.

We have become aware that some students are bringing caffeinated drinks to school in flasks. As a school, we strongly discourage this. We ask that parents check drinks purchased, including some soft drinks and ones that are mixed with hot water, do not contain caffeine.

An email from a parent: “Please pass on my congratulations, @ assemblies & newsletter, to St Patrick’s students who participated in Cooma’s Anzac March Sat 25 April for their behaviour. Also I think, not being biased, they were the best dressed school, as all students were wearing consistent uniform. Congratulate also students who participated in outlying town’s Anzac marches.”

Another email from a parent: “I have just finished reading Lachlan’s and Meg’s speech that they delivered to the Ex-service men and women at the Veterans’ Dinner in the afternoon on ANZAC Day. You must be so proud of them. They have done St Patrick’s proud. They are certainly worthy School Captains for 2015. Both show immense maturity, aptitude and have the ability to engage the audience. I was very moved after reading their speech. It definitely captures the pure essence of our ANZACs and what they endured 100 years ago. As Meg so eloquently writes, none of us living today, with exception of those who served in war, would fully understand.” Well done! Congratulations to them both and our school.

**Breaking News – Kindergarten**

After negotiation with Catholic Education, we are very pleased to be able to inform you that, as of next week, there will be two full-time Kindergarten classes.

In addition, Mrs Kellie Summerville has agreed to be the full-time teacher of one class, alongside Mrs Giovanna Davies in the other class.

This is all excellent news for the children’s learning and social development.
Meg and Lachlan, our School Captains, took the theme of 100 to reflect on the significance of ANZAC, then and now. Here is an excerpt (the beginning and the end) from the speech that was presented to the Veterans’ Dinner at the Ex-Services Club on ANZAC Day.

100 seconds; volleys of shots were fired at the ANZACs before their boots hit sand.
100 minutes; they faced with sheer cliff faces, bullets coming directly above them, and the sharpened bayonets of the enemy.
100 hours; hundreds would die and others would be faced with the emotional and physical scars left by the horrors of war.
100 years ago, a century ago, the tradition of the young ANZACs which still persists so strongly today was born.

From the dawn of this day, 100 years ago, we remember the bravery and courage shown by 4000 ANZACs who volunteered to charge the enemy on the beaches of Gallipoli at Anzac cove, with their heads held high. Little sound was made on this still morning, except the orders which were given in whispers, the shuffling sound of boots on the wooden surface and the men quietly hopping in and out of the boats. But tension was high and the adrenaline inside these young men was no doubt palpable. This is what we remember 100 years on. The courage these young service men showed and the actions they made which is now celebrated as ANZAC day. A sacrifice. A tradition. A commemoration.

Today, 100 years on from the landing at Gallipoli, 100 minutes on from the sounding of this morning’s bugle call, we also remember all those who have served, died or been left with the longer lasting physical and mental scars in modern conflicts, such as Vietnam, Afghanistan, East Timor and Iraq. It takes not only great courage to support other people in times of conflicts and fight for what is right, it takes something else, unquantifiable, to give your life and your being for your country. So that is why we commemorate the great men and women who have served in the former AIF and are serving in the current ADF in peacekeeping operations around the globe. On behalf of all the Australian youth today, we dedicate this speech to all the wonderful current service men and women and our returned veterans, Australians and New Zealanders. ...for the freedom we have and all the things that are often taken for granted.

100 minutes from now what will you be doing?
100 days from now what will you be doing?
100 years from now, let us here today, charge those future Australians to stand together and do as we are doing today, so that all Australians will indeed remember.

LEST WE FORGET.
Commemoration of ANZAC Day
Canteen News

Sushi is back this week. You can choose from Chicken Teriyaki, Smoked Salmon, or Vegetable.

Mini-canteen for Infants and Primary will also recommence this Wednesday in the second break. Items are priced from 50c to $2.

The new price list for Term 2 can be found on the school website. If you need a print out, just mention it on your lunch order and I will send one home to you.

Canteen Volunteers Needed - Secondary Athletics Carnival: If you can spare a couple of hours on Thursday 7th May to help out in the canteen at Snowy Oval, please contact me as soon as possible.

Volunteers (thankyou!):

Wednesday 29 April
10am, Linda Quodling
Wednesday 29 April
1.15pm, Howard Brown, Denise Menshic
Friday 1 May
10am, Sara Souter
Wednesday 6 May
10am, Kelly Gill

Friday 6 May
1.15pm, Marjorie Revelant, Kelly Gill
Thursday 7 May
9.30-11.30am at school, Grant Pascoe, Rebecca Croke
Thursday 7 May
9.30am-2.30pm at Snowy Oval - VOLUNTEERS NEEDED PLEASE

Friday Meal Deal:

Mrs Macs Good Eating Potato Top Beef Pie & Drink: $6

Caroline Blyton
Canteen Manager

Cross Country Age Champion Presentations

The Primary Age Champion Cross Country medals will be handed out at Morning Assembly next Friday 1 May. All parents are welcome to attend.

Pattern-making and discovering formulae in Year 6 Mathematics
Congratulations to the winners of the Commemorative ANZAC Day competition. Students were invited to submit a piece of work that demonstrated their response to the significance of ANZAC. They could any medium.

Two entrants from Infants, one from Secondary has been chosen as the winners.

The Kanowski boys (Hunter in Year 1, and Jackson and Axel in Kindergarten), Emelia Greville (Year 1) and Miranda McGufficke (Year 8) will all receive a share of the $100 prize money.

Information for Year 11 for 2016 (and 2017)
ATHLETICS CARNIVAL

HELP REQUIRED FOR THE SECONDARY ATHLETICS CARNIVAL
At present, I have a limited number of parent helpers for the Secondary athletics carnival. In order for the carnival to run efficiently, extra parent helpers are required. If you are willing to assist on Thursday 7 May from 9.00-2.30, I would be most grateful.

An information letter was distributed last term regarding the athletics carnival. If you can help, please complete the parental assistance slip which was attached to the information letter and send it in to the office before this Friday 1 May. If you have misplaced the sheet, please ring the office.

PRIMARY ATHLETICS CARNIVAL
Just a reminder to parents that the new date for the Primary athletics carnival is Monday 18 May. If you are able to assist on the day, please complete the parental permission slip and return to the school by Friday 1 May.

Below is a copy of the program for the day. Please note, these are approximate times only.

TRACK EVENTS
9.30am: Junior and Senior 800m
10.15am: 5yrs 50m, 6-7yrs 70m, 8-12yrs 100m
11.30am: 8-12yrs 200m
Lunch: 12.30-1.15pm
1.15pm: War Cries and Novelty
1.45pm: Relays
2.15-2.45pm: Clean up, Presentation of Age Champions and Final results

FIELD EVENTS (ALL FIELD EVENTS WILL BE COMPLETED BY 1.15PM)

<table>
<thead>
<tr>
<th>TIME</th>
<th>AGE GROUPS</th>
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<tbody>
<tr>
<td>9.30-10.15</td>
<td>8/9 year old boys and girls</td>
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<tr>
<td>10.15-11.00</td>
<td>10 year old boys and girls</td>
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<tr>
<td>11.00-11.45</td>
<td>11 year old boys and girls</td>
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<tr>
<td>11.45-12.30</td>
<td>12 year old boys and girls</td>
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<tr>
<td>12.30-1.15</td>
<td>Nil</td>
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<td>12 year old boys and girls</td>
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<tr>
<td>11.45-12.30</td>
<td>Nil</td>
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<td>11 year old boys and girls</td>
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Ms T Wawrzyniak
Representative Sporting Opportunities for 2015

Below are all the opportunities for representative sport at St Patrick’s. We are very lucky, as this is a broader range than most schools, including much larger schools.

We are currently compiling this table to ensure that there continues to be good coverage for a range of sport, even though we would be considered a smaller school. What we would like to do is ask if there are parents who would like to be a liaison person connected to a particular sport.

This role might include a range of things such as organising the representative T Shirts, checking to see if there are spare places in a vehicle (if appropriate), managing a team, organising food options or taking photos at the venue for our school records. There are some parents who are already doing this in some sports and it is working really well.

All dates for the sporting events, as we currently know them, are on the school calendar on the St Patrick’s website. Sometimes these change due to unforeseen circumstances. Please consider nominating yourself for this role. Contact the Office if you are willing and able or email tim.lawley@cg.catholic.edu.au

<table>
<thead>
<tr>
<th>Sport</th>
<th>Level</th>
<th>Activities</th>
<th>Parent support/liaison person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>Prim/Sec</td>
<td>ArchDio comp</td>
<td></td>
</tr>
<tr>
<td>Cross country</td>
<td>P/S</td>
<td>ArchDio comp</td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td>P/S</td>
<td>ArchDio comp</td>
<td></td>
</tr>
<tr>
<td>Rugby Union</td>
<td>P/S</td>
<td></td>
<td></td>
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<tr>
<td>Rugby League</td>
<td>P/S</td>
<td></td>
<td></td>
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<tr>
<td>Netball</td>
<td>P/S</td>
<td>ArchDio comp</td>
<td></td>
</tr>
<tr>
<td>Ski-ing</td>
<td>K-2, 3-6, 7-10</td>
<td>ArchDio comp</td>
<td></td>
</tr>
<tr>
<td>Mountain bike riding</td>
<td>7-10</td>
<td></td>
<td></td>
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<tr>
<td>Tennis</td>
<td>7-10</td>
<td>ArchDio comp</td>
<td></td>
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<tr>
<td>Touch</td>
<td>P/S</td>
<td>ArchDio comp</td>
<td>Gala Day</td>
</tr>
<tr>
<td>Soccer</td>
<td>P/S</td>
<td>ArchDio comp</td>
<td>Gala Day</td>
</tr>
<tr>
<td>Basketball</td>
<td>7-10</td>
<td>ArchDio comp + local comp-Martín Schoo comp</td>
<td></td>
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<tr>
<td>Golf</td>
<td>7-10</td>
<td>ArchDio comp</td>
<td></td>
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<tr>
<td>Cricket</td>
<td>7-10</td>
<td>Local comp</td>
<td></td>
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<tr>
<td>Dragon boating</td>
<td>9-10</td>
<td>Local comp</td>
<td></td>
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<tr>
<td>Gymkhana</td>
<td>P/S</td>
<td>Local comp</td>
<td></td>
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</tbody>
</table>

Good luck to our debaters who are entering the Interschools’ Debating Competition next Tuesday

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Year 9</th>
<th>Year 8</th>
<th>Year 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellie Bowe</td>
<td>Luci Clarke</td>
<td>Miranda</td>
<td>Sophie Janota</td>
</tr>
<tr>
<td>Abby Macnab</td>
<td>Matilda Thomas</td>
<td>McGufficke</td>
<td>Rylie Marks</td>
</tr>
<tr>
<td>Emily Mills</td>
<td>Gracie Mead</td>
<td>Russell Haylock</td>
<td>Georgia Nowland</td>
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<tr>
<td>Erin Pearce</td>
<td></td>
<td>Darnel Bartlett</td>
<td>Jamie O’ Donnell</td>
</tr>
<tr>
<td>Meg Pearce</td>
<td></td>
<td>Fergus Barrett</td>
<td>Eli Wilkinson</td>
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<tr>
<td>Lachlan Marks</td>
<td></td>
<td></td>
<td>Hugo Steiner</td>
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</tbody>
</table>
Our annual Mother's Day Stall for the Infants and Primary students will be held on **Friday 8 May** in the Primary Library. Students are asked to donate a small gift which will be used on the stall.

We ask for gifts to be wrapped in clear cellophane so it is easier for children to see what they are buying. Could all gifts please be given to class teachers by **Tuesday 5 May**.

On **Friday 8 May**, every child in the Infants and Primary will be given the opportunity to shop at the stall for their mother / carer. Gifts will be priced between $2.00 and $5.00. All profit goes to supporting our school.

_Suggestions for gifts include - hand cream, pot plant, gardening gloves, a magazine, chocolates, bath products, coffee mug filled with sweets, ......_

For enquiries or if you are able to help on the day with the stall, please contact Natalee Reid at mws@schutebell.com or on 0412910152
Term 2 = Winter uniform

A plain black jacket, without prominent decorations, brand names or logos, may be worn on colder days. **Shoes:** All students must wear black lace-up leather shoes with regular heels. No skate, canvas or ballet shoes permitted.

**Girls: 7-10 Winter**

Tartan skirt with two inverted pleats with elasticized sides and back zipper, length: below the knee OR Tartan slacks, in the same fabric as the skirt. White ‘Peter Pan’ long sleeved blouse, no tie is required. New plain white 'over-shirt' is permitted. Black tights. Green school jumper with embroidered crest. Black scarves, beanies and fingerless gloves without obvious brands/logos.

**Boys: 7-10 Winter**

Plain grey long pants – approved designs: cargo pants are not permitted. Plain grey or white socks, with no other colour markings. Long-sleeved white shirt with a button-up collar. Green with gold stripe school tie. Green school jumper with embroidered crest. Black scarves, beanies and fingerless gloves without obvious brands/logos.

**Girls: K-6 Winter**


**Boys: K-6 Winter**


**Second Hand Uniform Shop** will be open Saturday 2 May 10-11am.

**MCCR STRICTLY MUSICAL**

Strictly Musical is coming soon and all donations must be finalised before the end of May!! If you were thinking of making a tax deductible donation, please visit [http://specialoccasion.gofundraise.com.au/page/MCCRStrictlyMusical](http://specialoccasion.gofundraise.com.au/page/MCCRStrictlyMusical) and choose the team you would like to support!

**Upcoming fundraisers:**

**Italian night – team No Direction Dance School**
Saturday 2 May at the Cooma Hotel
Tickets $50 available from Your House, Landmark Cooma and The Cooma Hotel

**Mother’s Day High Tea – team Fifty Shades of Fabulous Dance Academy**
Saturday 9 May at the Cooma Car Club
Saturday 16 May at Altitude 1260 Crackenback
Tickets $50 from Cooma Fabric Salon Cooma or High Country Outfitters Jindabyne
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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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>
</tr>
<tr>
<td>11:40am</td>
<td>Writing 40minutes</td>
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### Year 5

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<tr>
<th>Time</th>
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<td>Writing 50 Minutes</td>
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**Equateing NAPLAN Testing**

A reminder to parents of students in Years 7 & 9 St Patrick’s has been chosen as a equating school for NAPLAN testing. This involves only a randomly selected group of students from Year 7 and 9 who will complete a trial Languages conventions test on 29 April. This testing is conducted by an external body in school time and results are used by the external body only. This will be a great opportunity for students to experience a test situation before the actual day.

**Minnie Vinnies Commissioning Ceremony**

Last Thursday the Primary Minnie Vinnies Group participated in a commissioning Ceremony run by Amanda Amodio | Youth Liaison Officer St Vincent de Paul Society Canberra/Goulburn. The students read the Minnie Vinnies pledge, received certificates and a badge and discussed what it meant to be part of Minnie Vinnies. We have a highly motivated group of students with many ideas on how we can be effective in our school and community. We will keep you informed of all our plans and events.

**Commissioning Pledge**

As a member of Mini Vinnies, I promise to make a difference in my world by:

- Loving and respecting myself
- Caring for others in my school and community by being a friend to those who are alone, in need or in trouble
- Contributing to the happiness of my family and friends through my help, respect, consideration, joy and kindness
- Treating others the way I would like them to treat me
- Living the gospel message through my words and actions
- Making a positive difference in my world.
NO DIRECTION INVITES YOU TO

Italian Night

COOMA HOTEL FUNCTION ROOM

2ND MAY

6PM

THEME & DRESS CODE
“ITALIAN”

TICKETS
$50

INCLUDES
ITALIAN DINNER
AND MUSIC

TROY DOWD • ONE MAN BANNED

TIKETS AVAILABLE FROM
• LANDMARK COOMA
• YOUR HOUSE
• THE COOMA HOTEL

LUCKY DOOR PRIZES & RAFFLES THROUGHOUT THE EVENING

Auction Items Include:
- SIGNED MICHAEL CLARKE CRICKET BAT
  - BP AUSTRALIA
- SIGNED NEWCASTLE KNIGHTS JERSEY
- GERARD DIOSES
- SIGNED GOLD COAST TITANS JERSEY
- NEIL HENRY
- SIGNED CANBERRA RAIDERS JERSEY
- JACK WILLIAMS
- BOX TICKETS 2 x 2 FOR RAIDERS HOME GAME & ACCOMMODATION
  - CEVIN & ANNE MAERKHAM
- BOX TICKETS 2 x 2 FOR CANBERRA RAIDERS HOME GAME
  - ARISTOCRAT
- FRAMED BLACK AND WHITE PHOTOGRAPH
  - DONATED BY PAUL MCIVER
- PHOTOGRAPHS ON VARIOUS MEDIUMS
  - BY LOCAL PHOTOGRAPHERS TONY SARGO AND JUDY GOGGIN
(Thanks to Schoon’s Studio and South East Printing)
- FIREWOOD (BTE LOAD)
- PETER AND CAROLYN CRAFT
- GARDEN SCULPTURE - BARBECUE BALL
- BRIDGET MCCICKER
- 4 HOURS GARDEN WORK
- FJILLIES LEAGUE-TAG
- 1/2 DAY WELDING OR METAL FABRICATION/LABOUR
- MITCH CLARKE
- 2 HOUR CRANE HIRE
- COOMA CRANE HIRE
  - KEVIN & CRAIG BOTTOM
- DINNER FOR 2 AT THE COOMA HOTEL
  - EFFIE & ALEX
50 SHADES OF Fabulous DANCE ACADEMY

INVITE YOU TO:

HIGH TEA

ENJOY A Stylish AFTERNOON SOIREE WITH Delicious TRADITIONAL High Tea TREATS
A GLASS OF Bubbly ON ARRIVAL • Live MUSIC • SILENT AUCTIONS

AND MORE AND SUPPORT A Fabulous CAUSE!

3PM SATURDAY MAY 9
COOMA CAR CLUB, BOLARO ST COOMA

3PM SATURDAY MAY 16
ALTITUDE 1260, WESTONS RD CRACKENBACK

IN SUPPORT OF MCCR

Tickets $50
AVAILABLE AT THE FABRIC SALON IN COOMA AND HIGH COUNTRY OUTFITTERS IN JINDABYNE
COOMA COLTS
GIRLS LEAGUE TAG 2015 COMPETITION
For Girls from U/10 – U/16
REGISTRATION & INFORMATION DAY

Cooma Colts Junior Rugby League would like to establish a Girls League Tag Competition for our 2015 season, to be played on Friday Afternoons/Evenings at Cooma Showground from 4/4:30pm onwards. (depending on the number of registered teams) We aim to have U/10, U/12, U/14 & U/16 competitions should we have sufficient registrations for each age group.

Girls will be able to create their own teams, with any new to the sport or the area, placed in a team most suited for them, if necessary. If you are a girl aged between 9/10 up to 16yrs & are interested in playing League Tag, please come along to our registration & information days.

Where – Cooma Showground
When – Friday 1 May 4:30pm
Friday 7 May 4:30 pm
(includes training & skills session)
Registration Costs - $30 per player (includes player insurance)

Players need to wear adequate foot wear such as football/soccer boots, as well as football or sports socks & sports shorts. Skins are allowed to be worn for extra warmth if desired.

Competition to commence Friday 14 May 2015 For any inquiries please contact Rob Zusak 0413 045613

School Banking

Hello St Patrick’s Parish Students

My name is Marjorie Revelant & I am your new Commonwealth Bank School Banking Coordinator. I have taken on the job from Jo Heise who had 10 years as Commonwealth Bank School Banking Coordinator. Thank you Jo for your years of service.

Parents who are interested in registering their child/children for Commonwealth Bank School Banking, please email marjoriem66@hotmail.com or phone: 0418485229 (day) or 64521652 after 7.30 pm. I will send you a 2015 Parent Pack so your child can start their savings plan & receive rewards.

Available in Term 2, we have 2 reward items from our Outer Space Savers range for students to redeem for 10 deposit tokens.

- Invisible Ink Martian Pen
- Intergalactic Rocket

Don’t forget, students who consistently display stellar savings behaviour by making 25 or more School Banking deposits in 2015 will automatically go into the draw to win a family trip to California’s Disneyland. This astronomical prize includes return fights, five nights accommodation, transfers, three days park entry for up to two adults and two kids, plus AUD$2,000 spending money.
Big hART, South-East Arts, Cooma-Monaro Shire Council, Canberra Theatre Centre and the Cooma community invite you to:

PROJECT

Cosmopolitana

5.30 pm Saturday May 2

COOMA MULTI-FUNCTION CENTRE
Cromwell St Cooma

A FREE EVENING OF FOOD, MUSIC AND PERFORMANCE!
featuring
A cast of Cooma locals

Original Cooma songs by Mikelangelo & the Black Sea Gentlemen
& Short theatre performances celebrating Cooma's heritage

Concert Cosmopolitana celebrates the rich underbelly of Cooma's stories through music, poetry, movement and performance.
This event is part of the broader Project Cosmopolitana.
The concert will interweave songs from the Gents, excerpts from the theatre show in development, poetry from the Scheme, and local community performances from seniors and students!

Mikelangelo and the Black Sea Gentlemen perform with Paddy Kernigan at Big hART showing in -June 2014. Photo by Greer Versteeg

A come one/come all event - but to 100% secure your seat & meal:
register @ Cooma Visitor's Centre / contact rose@bighart.org / 0449187430
MONARO FAMILY SUPPORT SERVICE
INVITES YOU TO
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A two-session parenting program for parents and carer’s
to be held at

Monaro Family Support Service
154-156 Sharp Street
COOMA
Enter from Vale Street for lift access

Tuesday 5th May 11.00am – 2.00 pm
Tuesday 12th May 11.00am – 2.00 pm

Learn:

✓ To engage your children’s cooperation by positively noticing and encouraging them
✓ To set clear expectations and help develop frustration tolerance
✓ To help children’s brains to develop filters for behaving well
✓ To resolve family conflict quietly
✓ Some simple strategies to practise being a calm parent

COST – FREE  LIGHT REFRESHMENTS PROVIDED

For more information, or to register contact:
Kath @ Monaro Family Support Service, Phone: 02 6458 4888
Liz @ Monaro Family Support Service, Phone: 02 6452 3450

Monaro Family Support Service inc.

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parents Shop® licensed practitioner. www.parentshop.com.au
<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>8:30</td>
<td>Tomato or BBQ Sauce</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Paper Lunch Bags</td>
<td>$0.30</td>
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<tr>
<td>9:00</td>
<td>Waterproof Drawstring Sports Bags</td>
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</tr>
<tr>
<td>9:10</td>
<td>Reusable Lunch Order Bags</td>
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<tr>
<td>9:30</td>
<td>'Other'</td>
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<tr>
<td>10:00</td>
<td>Quickty Sclicky Fruits</td>
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<tr>
<td>10:30</td>
<td>Morning Munch, Pineapple O'Gurrr</td>
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<tr>
<td>11:00</td>
<td>Frozen Fruit Cup: Apple or Orange</td>
<td>$0.50</td>
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<tr>
<td>11:00</td>
<td>Daily Bread</td>
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<tr>
<td>12:00</td>
<td>Warm Ham &amp; Cheese Roll</td>
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<tr>
<td>12:30</td>
<td>Garlic Bread</td>
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<tr>
<td>12:30</td>
<td>Home Made Pizza: Ham or Chicken</td>
<td>$0.50</td>
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<tr>
<td>13:00</td>
<td>Baked Water</td>
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<tr>
<td>13:00</td>
<td>V8 Juice: Beetroot or Berry</td>
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<td>13:00</td>
<td>Orange Juice: Apple, Tropical, Apple</td>
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<tr>
<td>13:00</td>
<td>Oak Leaf: Chocolate, Strawberries</td>
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<td>13:00</td>
<td>Drinks</td>
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<td>14:00</td>
<td>Popcorn</td>
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<td>14:00</td>
<td>Veggie Sticks</td>
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<tr>
<td>14:00</td>
<td>Shiny Apple</td>
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<tr>
<td>14:00</td>
<td>Sticks</td>
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<tr>
<td>14:00</td>
<td>Smoked Salmon</td>
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<td>14:00</td>
<td>Rainbow Wraps: A healthy, colourful salad wrap</td>
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**Specials:** Wednesday to Friday Only

- **St. Patricks' Caretaker's Night:** Free to primary students only, with ice cream or cake.
- **Mint Mountain:** A healthy, crunchy, colourful salad wrap for $0.50.

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**Parents/Caretaker Info:**

Find us on Facebook at St. Patricks Catholic Primary School. Patricks' Caretaker's Night is on the 2nd Tuesday of each month. More information can be found on the school website. Please note that we are a nut-free school. Volunteer opportunities are always welcome! Detail your request on our website and we will contact you.

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**St. Patricks' Catholic Primary School**

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**Cold**

- **Hot**

- **St. Patricks' Caretaker's Night List ~ Term 2, 2015**