Dear Parents, Staff and Students

The holistic education given to students at St Patrick’s aims to broaden the experiences of our students and encourage them to reflect on a world beyond their immediate circle of friends and family. During the last week many of our students were exposed to two quite varied experiences that had a significant impact on many of them.

Last Friday we were privileged to be one of the few schools in the Archdiocese to be invited to send a whole year group to the NAIDOC Mass which was celebrated at St Christopher’s Cathedral in Canberra. This annual Mass recognises the richness of culture and custom of the First Australians at the same time that it allowed our twelve students with indigenous heritage to be proudly acknowledged in this special celebration of the Eucharist. The smoking ceremony as we entered the Cathedral was steeped in indigenous tradition over many millennia; the rousing hymns, led by the MacKillop College Choir, were so uplifting and the address by Mr Tony Crowe, again from MacKillop College, gave us a unique insight into life on the Aboriginal settlements in central Australia as he challenged us to cast aside stereotypes and engage realistically with the indigenous communities wherever we live. A highlight of the Mass was the inclusion of the Aboriginal Our Father which the celebrant, Monsignor John Woods, said was very significant in Archdiocesan liturgical practice:

You are our Father, you live in heaven
We talk to you, Father you are good.
We believe your Word Father,
We your children, give us bread today.
We have done wrong, we are sorry
Help us Father not to sin again.
Others have done wrong to us
And we are sorry for them, Father, today.
Stop us from doing wrong, Father
Save us from the evil one.
You are our Father, you live in heaven
We talk to you, Father you are good.

The second memorable experience was a visit by Akram Azimi, the 2013 Young Australian of the Year, who had a captive audience of students from Year 5 to Year 10. A profile of Akram gives a good insight into the extraordinary events and achievements in his life. There were so many messages for our students to absorb from his ‘conversation’ with them. Akram Azimi is a dedicated mentor to young Indigenous people. Arriving in Australia 13 years ago from Afghanistan he went from being ‘an ostracised refugee kid with no prospects’ to becoming his school’s head boy. An outstanding student, he topped the tertiary entrance exam scores among his classmates. He’s now studying a triple major – law, science and arts – at the University of Western Australia. Intent on giving back to his adopted country, Akram uses his leadership and pastoral skills to help young people in remote and rural Western Australia. In 2011 he co-founded a student-run initiative set up to raise awareness about Indigenous issues in universities. For three years, Akram mentored young Indigenous people in the Looma community in the Kimberley region, and he has mentored primary school students in the small farming community of Wyalkatchem, in WA’s wheat belt. Akram is also mentoring a Special Olympics athlete to help raise community awareness of disability issues. What an inspiration!

News Update

Congratulations to our Southern Region Snowsports competitors and our Southern Region Athletes for their efforts last week.

Thank you to our School Captains, Louise Fletcher and Sam Patricks, who were great ambassadors for the school at the two civic occasions at the Council Chambers to farewell Snowyhydro’s Terry Charlton and welcome the new CEO, Paul Broad.

Well done to 1 Purple for their exciting assembly last week.

Best of luck to our X Factor contestant, Year 10 student Vendulka Wichta, as she launches into a new season of this high-rating TV show. She was a picture of a focused student in one of the background scenes last night as she did her homework in her school uniform on national TV!

PhilStubbs
Principal

Website: www.stpatscooma.nsw.edu.au  Email: office.stpatscooma@cg.catholic.edu.au  Phone: 6452 1721
This term the Primary SRC is running a Photography Competition. It is open to all students K-6 and is free to enter. All you have to do is take a photograph and complete the entry form. The photo must have been taken by you. You can enter a maximum of 3 photos per category. The only category you can 'digitally enhance' your photograph, is in the Creativity section. The categories are: Life/Nature, Posed and Creativity.

A 1st, 2nd and 3rd ribbon will be presented to each category in each class. All entries need to be in by Friday 16 August week 5.

We will display the photographs and winning photographs in week 7 in the Library. Entry forms will be distributed to everyone in the primary this week!

**Interschools Snowsports**

Last week a small team of students competed at the ACT-Southern NSW Interschool Snowsports Championships held at Perisher. All events were held on or around Front Valley which resulted in some very close racing. Three of our best results were Andrew Devereux finishing 5th in Division 3 Moguls, Sarah Milford finishing 6th in Division 3 Alpine and Broc Allen finishing 6th in Division 4 Skiercross. Congratulations to the following students who have qualified for the NSW State Interschool Snowsports Championships to be held in late August at Thredbo: Andrew Devereux, Laura Cooke, Kadee Laird, Sarah Milford, Bentley Walker-Broose, Broc Allen, Sean Dixon, Hudson Laird, Spencer Walker-Broose and Charlotte Walker-Broose.

A very big thank you goes to the parents who helped transport and manage teams, and to those parents who were course volunteers.

Mr Lawley

**2014 Enrolments**

Our enrolment period at St Pat’s closed last week—but don’t worry if you didn’t get time to drop your form in—we will still accept your enrolment forms. Please call the office to pick up a pack.

Spread the word to friends and family too!!

**Motivational Media**

As part of our pastoral care program, all of our Secondary students will be attending Motivational Media on Friday 9 August. 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 reflect on their own values and attitudes and how these values and attitudes affect our society. Past experiences of Motivational Media ensures a very worthwhile and appreciated opportunity.

**Primary School Leader’s Report**

Dear Students

Safe travels and lots of smiles for those doing the ski program this week and to all the students doing the alternative ski activities, have lots of fun!

Don’t forget to start on your book parade costume. The theme is ‘Read Across the Universe’.

Well done to everyone who attended the Bega Athletics Carnival, a great day was had by all. Thank you to the parents that travelled with them and Mrs Moxon for organising the day. Congratulations to the students who will represent our School at the next level.

Don’t forget to start ‘clicking’ and enter the SRC Photo Competition. Entry forms have been handed to students. Ask an SRC student if you need another form. Happy snapping!

Written by Broc Allen and Miranda McGufficke School Vice Captains.

** SRC Photography Competition ‘Happy snapping!’**

This term the Primary SRC is running a Photography Competition. It is open to all students K-6 and is free to enter. All you have to do is take a photograph and complete the entry form. The photo must have been taken by you. You can enter a maximum of 3 photos per category. The only category you can ‘digitally enhance’ your photograph, is in the Creativity section. The categories are: Life/Nature, Posed and Creativity. A 1st, 2nd and 3rd ribbon will be presented to each category in each class.

**Seasons 2013 Update**

This is a reminder that we are hoping to start a K-2 Seasons Program in the next two weeks. This program helps young people deal with a loss through a divorce or death of a relative or friend. If you have not already enrolled or expressed an interest in your child participating in this program please contact Kevin Dunne as soon as possible at the school on 64521721 or email: kevin.dunne@cg.catholic.edu.au.

**All entries need to be in by Friday 16 August week 5.**

We will display the photographs and winning photographs in week 7 in the Library. Entry forms will be distributed to everyone in the primary this week!
Bazaar Fair

BOOK, PLANT, HERB and BOARD GAME ENTHUSIASTS

Whether you love gardening, playing board games or are just an avid reader of books, Autumn is the perfect time to start propagating lovely garden and herb plants for spring and going through your book collection to see what can be sold second-hand at our upcoming Bazaar Fair Book and Garden Stalls.

You may have some old garden terracotta or ceramic pots that do not suit your colour décor at home or that Board Game that has not been used in the family for many years. Why not donate these to our Bazaar Fair on Saturday, 2 November 2013 in Centennial Park?

Bring your donations to our Bazaar Fair from 10.00am to 2.00pm.

Chook Lottery

Infants Chook Lotto Week 2

- Archie Blyton KG: for Dojo points
- Toby Inskip 1P: for being on task
- Joshua Williams 1O: for listening to instructions during Numeracy Groups

Well done boys!!

NOURISH

You can now purchase Nourish at $25.00 per book or 3 for $60.00 from the School Office. A perfect gift for family or friends with some great hearty warm recipes for this winter!

P&F NEWS

Upcoming P&F Events

- Father’s Day Stall - Friday 30 August
- K-6 Disco – Friday 6 September
- We will be after parent help for both of these events, more details in future newsletters.

Thank you to the parents and staff who attended the P&F meeting last week, next meeting will be 12 September.

The Fete committee are full swing with fete preparations, for a fantastic family day on Saturday 2 November.

Mr Stubbs is pictured modelling the new P&F Aprons at the P&F General Meeting last Thursday!

P&F Executive

STAR Awards Theme – 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 Reece Coyne – for his improved attitude towards all class tasks. Well done!
- KG Evie Schulz – for the improvement she has made using known sight words during her writing. Well done!
- 1O Charlotte Dakin – for improvement in all areas of her school work!
- 1P Kiahna Battye – for making a big improvement at staying on task and following directions. Keep up the great work!
- 2P Paige Walker – for her terrific improvement with reading!
- 2O Spencer Walker-Broose – for improving his efforts in class!
- 3P James McGufficke – for his improvement with his spelling and handwriting!
- 3O Leah Rogers – for her improvement working with others!
- 3G Andrew Pearce – for improvement in the standard and detail of writing tasks by using great paraphrasing and summarising skills!
- Music/French Joel Case – for his improved participation in class activities!
- Library Luke Fely – for improved participation in Library activities!

Well done everyone—keep up the great efforts!!
WHAT'S ON

Wednesday 31 July
Secondary Parent-Teacher Interviews from 4.00 pm at the Cooma Ex-Services Club

Thursday 1 August
Year 7 Parish Mass 10.00 am
3-6 Snowsports program

Friday 2 August
3-6 Snowsports program
7-10 Ski program

Monday 5 August
3-6 Snowsports program

Tuesday 6 August
3-6 Snowsports program

Wednesday 7 August
7-10 Ski program
Southern Region Principal’s meeting

Thursday 8 August
Southern Region Principal’s meeting
2O Parish Mass 10.00 am

Friday 9 August
K-2 Ski Program
Years 7-10 Motivational Media presentation Monaro High

Please refer to School website for more information

www.stpatscooma.nsw.edu.au

Canteen News

VOLUNTEERS - I hope you have received you roster for this term and I look forward to seeing you soon.

Thursday 1 August
Tania Thornton
Friday 2 August
Jackie Bitar
Wednesday 7 August
Linda Quodling

MEAL DEAL FRIDAY: THE ONLY ITEMS AVAILABLE will be SPINACH AND RICOTTA ROLL OR SAUSAGE ROLL/SAUCE/DRINK and 3 RED LICORICE OR PIE AND DRINK - ALL FOR $5.00. SHOULD YOUR CHILD PREFER SUSHI, please see prices below. As I will be away on Friday my wonderful volunteers will do their very best to give the requested items.

SUSHI: Wednesday/Thursday/Friday fresh Sushi will be available. Tuna and Mayo and Vegetable for $3.00 and Chicken teriyaki/Prawn tempura/Salmon and Avocado for $3.50. If anyone would like me to order extra for them, please contact me through the canteen as I do limit what I order.

REUSABLE LUNCH BAGS: Thank you all who placed an order. I still have an order that came in an envelope with no name? I ordered extra bags so if you are interested, please contact me through the office – they are selling fast!

Thank you for your continued support.
Carolyn Hely
Canteen Manager

Around Town

• Plant Propagation Workshop: 24 August at the Cooma Community Garden. Course covers propagation by seed, cuttings and division. Also hot house design and irrigation. Workshop cost of $70 includes morning tea, take home plants and seedlings. Bring along any plants that you wish to propagate (bring branches of fresh/new season’s growth wrapped in wet paper). Course will benefit anyone wanting to mass produce plants for a vegetable/market garden, tree wind breaks, home production nursery or just a home garden. Bookings are essential. For a booking form email nodig1@bigpond.com or contact Cooma Community Garden 0408 640 845.

• Padua Class of ‘83 Reunion: A Reunion is planned for Saturday 9 November 2013. The organising committee are trying to locate ex-students who would have completed Year 10 at Padua Catholic High School in 1983. This includes students who may have left a little earlier as well as teachers who would have had the pleasure of educating us! Please contact Kerrin Hardie (Prout) on 0404 462 292, kezzah88@gmail.com, or visit facebook: Padua High Wanniassa Class of ‘83.
Getting a grip on worry-warts

As parents we often grapple with our own worries but one of the most common questions I get asked by mums and dads is ‘what do I do when my child seems overly worried or anxious?’ By Maggie Dent

Early anxiety is developmentally normal – in fact, being fearful or anxious is an essential human survival response. However, as parents we need to know how to soothe our children to help them get a handle on their anxiety. Otherwise it may interfere with their wellbeing.

In fact, anxiety is the most significant mental health issue in childhood and yet it frequently goes undetected, untreated and is frequently misdiagnosed as one of the attention disorders.

Anxiety can begin as early as age two but we see a significant rise when children enter the school system. Unless it’s addressed many will go on to suffer their whole lives.

Why kids worry

We must remember that children under 6 or 7 see the world through children’s eyes. This often means they find plenty to fear as the parts of their brain that rule rational thinking are not fully developed.

Research shows that the number one thing that children fear is feeling separated or unloved by their parents.

This means going to childcare or school, going to sleep, seeing mum or dad walk out the door, sharing mum or dad with a new baby, or not feeling connected to their parents can be huge triggers for anxiety.

While separation anxiety is normal, it’s important for parents of sensitive children to really be on the lookout for when it becomes excessive.
Assess the environment

If a child is experiencing anxiety, or even to prevent anxiety, try to look at their environment through their eyes and ears.

For example, a huge trigger for children is listening to or watching the news. We must be very mindful of not leaving TVs or radios on around children, exposing them to reports and/or images of disaster, death or trauma. Even online, be mindful if your home page is a news page that may sometimes feature horrific images.

To help prevent anxiety becoming an issue we can make childcare choices that suit our children, particularly being mindful of our sensitive children or children under two who are often developmentally unable to manage environments that cause them stress.

These children really need a ‘mothering’ influence. This can come from mum, dad or someone else. I encourage parents to co-parent around work schedules as much as possible and seek care with trusted relatives, friends or family day care.

Top tips for reducing anxiety:

- Slow things down, leaving plenty of time for transition between activities.
- Have good routines particularly around eating and sleeping.
  - Soothe your child with safe, loving touch and warmth – lots of cuddles, and rubbing the ‘tickle point’ at the base of their neck.
- Don’t overschedule your children’s lives or put too much pressure on them to perform/achieve.
- Make time for silence and relaxation every day. Research shows 10 minutes has proven benefits for the whole family.
- For separation anxiety, make an effort to build ‘love bridges’ with kids: take a small bite out of their sandwich before placing it in the lunchbox; place kisses in their hands to hold onto all day; lay with them at night. Little things are big things to kids.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She is the author of five books. Learn more about Maggie at www.maggiedent.com

What does anxiety look like?

Symptoms of general anxiety can include: stomach aches, headaches, difficulty sleeping, avoiding school, nail biting and physical reactions such as increased heart rate or breathing.

Canadian researcher Dr Lynn Miller has also found that there are many frequently overlooked symptoms of anxiety:

- Angry outbursts
- Oppositional and refusal behaviours
- Temper tantrums
- Aggression
- Attention seeking behaviours
- Hyperactivity and difficulty sitting still
- Attention and concentration problems
- Scholastic underachievement or excessive resistance to doing work
- Frequent visits to school nurse
- High number of missed school days
- Difficulties with social or peer group (i.e. worrying obsessively about what others think of you).

How to help an anxious child

Many parents I speak to wonder if they should try to ‘toughen up’ their sensitive worriers, but I would caution against this approach. Sometimes pushing a fearful child who’s not ready can just make the fear even more real.

Rather, I think parents can build their child’s capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing.