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Week 9 Term 4 Newsletter

## IMPORTANT DATES

**Thursday 30th January**

Students return to school

**Friday 13th December**

Rainbow Run 3.30pm

**Monday 16th December**

Step up Classes 9-11am

**Tuesday 17th December**

Year 6 Graduation mass 6pm

Year 6 Graduation Dinner 7.15pm

**Wednesday 18th December**

Year 6 Magic Mountain

K-Year 5 Bega pool 9.15am - 1.30pm

Last day of term

Year 1/2R	Ms Lacey Rees
Year 2/3R	Mr Brendon Reynolds
Year 3/4L	Mrs Julie Lott & TBC
Year 3/4F	Mrs Paula Franco-Mathewson & Mrs Catherine Coman
Year 4/5 C	Mrs Margie Carracher
Year 5/6B	Mrs Leanne Bateman & Mrs Janelle Wiley
Year 5/6K	Mrs Mary Kite

## FROM THE PRINCIPAL

Dear Parents and Carers,

10 Classes 2019!

We say thank you to Catholic Education for endorsing a 10<sup>th</sup> class for St Pat's in 2020. The shape of the classes is currently:

Kinder M	Mrs Rose McNoe
Kinder KM	Ms Zara Kaye (in Semester 1 whilst the class teachers are on leave) Mrs Deb McPherson & Mrs Emma Kettle
Year 1/2B	Mrs Julie Banks & Mrs Janelle Wiley

At the recent Community Council meeting we spoke about two of the programs that have been facilitated at St Patrick's in support of student engagement, learning and well-being. They are programs that fit within the PDH aspect of the PDHPE curriculum, namely the BOYS / GIRLS programs run fortnightly in Term 4 for students in Year 3-6, and the EMPOWERED program that has been implemented on Fridays all year.

We would like to share with you some of the evidence of the success of these programs.

**The Girl's Program** Mary Grainger: *I had a wonderful time with the girls at St Pat's and am very impressed by their effort, imagination and open mindedness. I'd like to say a big thankyou to both students and staff who have made me feel very welcome and appreciated. I hope to do something like this again!*

Together with Year 5/6 we explored the notions of the many important and interwoven layers of needs which enable us

to become happy, loving and successful people. Specifically, the girls were asked to think about and represent how the needs of survival, safety, belonging and self-esteem are met or could be met within their own and others' lives. In Year 3/4 the girls have been examining identity and were encouraged to brainstorm who they were to themselves, the community, their family and friends. Drawings, patterns and text symbolic of these descriptors were artfully designed by the girls.

Quotes from the girls: Sometimes you need alone time. It's important.... Unlock another part of yourself, realise who you are.... Reflects on ability and likes, enjoyed quiet focus and being myself... Shows who you are, very fun, can just be me... Sketching out -we can realise our feelings.... Let our true colours come through... I liked the photos and the freedom

The Boy's Program Tony Nassar: *The boys program was one of great benefit to the boys and one in which I believe to be a positive asset to the school. It was a pleasure to be part of the program and trust that the boys valued their time also.*

Topics such as resilience, uniqueness, self-management, relationships, transition, interpersonal skills and connection were the primary focus. Once getting to know the individual students the program needed to become flexible to meet the needs and learning styles of the students within each class. Through experiences including games, discussions, drawing, writing, group work and role plays the boys explored the themes of the program.

Quotes from the boys: It was fun, we got to play games... we could speak about life and our future... we learned how to handle things and be resilient... we had group challenges... we could ask serious questions, all questions were taken seriously...he teaches how to stay calm...great to have another male teacher.... Helped us to lower stress levels.... he listens... he is non-judgmental... gave us lots of choices....

### Empowered Program 2019

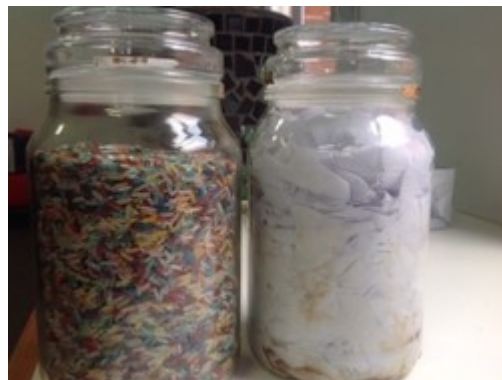
Wow... every student at St Pat's has now completed the Empowered program (level 1). It's been an amazing year of growth as your child continues to learn and practice strategies to keep them in the "Calm Zone". Through breathing exercises, yoga and mindfulness your child this year experienced a 10 week journey whereby they went through a process learning how to **LISTEN, FEEL, LET GO** and **HEAL** themselves. This unique formula, lived first and designed by Alicia Spicer, who is also our Music teacher, empowers every student to listen to what is happening inside of themselves and to **respond** appropriately keeping them, as much as possible, in their "Calm Zone".

Highlights of the Empowered Program are the students using some of the calm strategies when they felt nervous both at school and at home. The dance concert and the "Shine" concert were two occasions whereby the students practised some deep breathing and "Tapping" before they went on stage. In the written feedback from the Empowered Program the students liked the "Tapping" technique (Emotional Freedom Technique) which uses the stimulation of acupressure points on the body to de-escalate their emotive response to a given stimulus (<https://youtu.be/vnhR40dm3hc>)



The last Empowered session each term ends with a rice mandala being created by 54 students over 6 hours. The making the Mandala is a form of meditation where they silently choose and place the grains of rice on a template. At the end of the day all 54 students come together for a ritual whereby they admire the beautiful complete Mandala and then two students are invited to destroy it symbolising that nothing is permanent as everything is constantly changing both inside and outside of themselves.

Also the students have an opportunity to forgive people in their lives so far who have hurt them. They write the name of the person or draw them and then rip up this paper with the intention to forgive them and place the pieces of paper in a jar of water as a symbol of "letting go". Over time the paper and the words will disintegrate and then this pulp will be returned to the vegetable garden from which plants can then grow.



The two jars, one with rice and the other one filled with pulp are in the principal's office to remind everybody in the St Pat's community that, although the school is 150 years old, we are constantly evolving and striving to be our **BEST**.

*The light in me knows the light in you is .....awesome*

Alicia Spicer (Wholebeing Coach)

Happy last weekend of the 2019 school year!

Jo

## FROM THE ASSISTANT PRINCIPAL

I wish all families the Peace of Christ this Christmas, may Gods Spirit be with you during this sacred time.

Look after each other and we look forward to 2020 where we will be:-

Looking after each other

Looking into thinking

Looking towards the future.



Caz Perryman

## RE NEWS

Sacraments 2020

### Reconciliation

Please note there was a typo with dates on the original Reconciliation Note. The Information Night is on Wednesday 12<sup>th</sup> February at 6:30pm. Apologies for any inconvenience this may cause. If your child was Baptised in the St Patrick's Parish you do not need to send a copy of their Baptismal certificate with the enrolment note.

### DATES FOR YOUR DIARY

Information Night- Wednesday 12<sup>th</sup> February at 6:30pm

Reconciliation Enrolment Mass- 1<sup>st</sup> March at 9:30am

Family Masses for Reconciliation- 8<sup>th</sup> & 15<sup>th</sup> March at 5pm

Sacrament of Reconciliation –27<sup>th</sup> & 28<sup>th</sup> March (families will be able to select a preferred time).

Thanksgiving Mass & morning tea – 29<sup>th</sup> March at 9:30am

### First Eucharist

Students in Year 4 will begin preparation for First Eucharist in Term 2 2020. A note with further information will be sent home to families in Term 1.

### DATES FOR YOUR DIARY

Information Night- Wednesday 29<sup>th</sup> April at 6:30pm

Eucharist Enrolment Mass- 10<sup>th</sup> May at 9:30am

Family Mass- 31<sup>st</sup> May at 5pm

Sacrament of First Eucharist –11<sup>th</sup> June at 6pm

Thanksgiving Mass & morning tea – 14<sup>th</sup> June at 9:30am

## LIBRARY NEWS



Happy holidays to all.

Looking for something to do in the holidays if you're travelling. Just Google things to do in the holidays for kids. I'm sure adults will enjoy the too. Here are a few I found:

Canberra: National Gallery of Australia Botanical Gardens Sydney



Wind in the Willows 4 Jan – 26 Jan

Sydney opera House has excellent student shows:



The Midnight Gang

3 Jan -21 January



The Snail and the Whale

10-21 Jan 2020

Have a joyful and peaceful Christmas,

Mrs Platts 😊😊

## PARISH NEWS

Christmas Eve 7pm Family Christmas Mass on the school Flats (Carols from 630pm) Children can come dressed as nativity angels or shepherds.

Christmas Eve 930pm Vigil Mass (Carols from 9pm)

Christmas Day 730am Candelero

Christmas Day 930am Tathra



## UNIFORM NEWS

### Uniform Shop Opening Times:

The holidays are almost here..... the last day for having orders packed and dispatched for this term is by 9.00am Wednesday 18 December.

Uniform shop will be closed over the holidays however you may continue to place uniform orders on QKR and these orders will be filled when the uniform shop reopens.

We will reopen before commencement of Term 1, 2020 on:

**Tuesday 28 January 2020: 9am - 11am**

**Wednesday 29 January 2020: 9am - 11am**

Our opening time once school commences is:

**Every Tuesday 9am - 10am.**

QKR orders are dispatched on Tuesdays and Fridays (during term).

## CLASS NEWS

On Wednesday JP held a video conference with Dr Karl



## LOTE NEWS

On Tuesday the students watched Coco and had nachos for LOTE



## K - YEAR 5 END OF YEAR CELEBRATION



12 December 2019

Dear Parents,

At the end of the school year it has been traditional at St Patrick's for our Year 6 students to have a celebration day, this is continuing in 2019, on Wednesday 18<sup>th</sup> December.

This year, we will continue our recent plan that all year levels will have the opportunity to gather on the same day and enjoy some time together to celebrate the year that has been. We have organised for our Kinder – Year 5 students to go to the Bega Pool for a half day, leaving school at 9.15 for a 9.30 - (somewhere up to) 1.30 swim at the pool. Entry cost for the pool will be covered from school excursion budget.

It will be a free dress (sunsafe) day for school that day. Students will need to bring:

- Sunsafe swimwear (rash shirt etc)
- Towel
- Fruit snack
- Healthy Morning tea
- Healthy Lunch
- Drink bottle of water
- Sunsafe hat (not a cap)
- Sunscreen
- Maximum of \$2.00 to spend at the pool canteen

Kind Regards,

Jo Scott-Pegum

✂-----

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

I give permission for my child to attend the Kinder - Year 5 Celebration Day at the Bega Pool from 9.15 on Wednesday 18<sup>th</sup> December.

I am able to assist with supervision on the day.

Parent Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# SUMMER ART WORKSHOPS

**Summer Art Workshops  
for Kids**

Know a child who loves colour & creating?  
Send them along these holidays to busy and encouraging workshops that cover an exciting range of activities and cater for a diverse range of interests and abilities.

**Cost:** \$35 inc. materials & morning tea. Cash or bank transfer preferable. All ages welcome.  
**Time:** 10.30am-12.30pm  
**Where:** Island Art Studio Bays  
**Age:** 8-12 yrs  
**Contact:** [islandart@island.com.au](mailto:islandart@island.com.au) OR 0429 779 645  
**ABN:** 3663 4403 429

**Dates:**

<b>Wed 8<sup>th</sup> Jan - Sea Strikin Studio</b> <b>Focus:</b> Sea Life Patterns <b>Focus:</b> Decorative design with acrylic paints	<b>Fri 10<sup>th</sup> Jan - Sea Strikin Studio</b> <b>Focus:</b> Animal Patterns <b>Focus:</b> Decorative design with acrylic paints
<b>Wed 15<sup>th</sup> Jan - Coasters or Canvas</b> <b>Focus:</b> Coaster creation <b>Focus:</b> Canvas tote bag	<b>Fri 17<sup>th</sup> Jan - Coasters or Canvas</b> <b>Focus:</b> Canvas embroidery <b>Focus:</b> Canvas tote bag
<b>Wed 12<sup>th</sup> Jan - Fancy Faces</b> <b>Focus:</b> Carnival <b>Focus:</b> Oil pastel drawing & face painting	<b>Fri 14<sup>th</sup> Jan - Fancy Faces</b> <b>Focus:</b> African & Islamic masks <b>Focus:</b> Oil pastel drawing & face painting