

Gipps Street
Bega NSW 2550
Subscribe: <https://stpatsbega.schoolzineplus.com/subscribe>

Email: office.bega@cg.catholic.edu.au
Phone: 02 6492 5500



Week 9 Term 3 Newsletter

FROM THE PRINCIPAL

Dear Parents and Carers,

This week we held the student led fundraising event for our school companion dog Judy. As the students and staff arrived at school with their crazy hats and crazy ears the fun and joy was tangible! I always find inspiration in the thoughtfulness and care shown by our students, and their desire to take action in support of a need. Thank you 45C leaders Tyger, Isobel and Jack for raising money in support of Judy's wellbeing and care.

On the theme of JOY. What are some practical ways to find joy in our days? How can we teach our children through our own modelling how to find happiness and joy each day?

1. [Stop waiting to be happy.](#)

I often am reminded, and then remind others that the secret of happiness is to be happy!

2. [Add happiness to your life, right now.](#)

Our happiness is our own choice, we can choose happiness!

3. [Make self-care part of your routine.](#)

Find time each day, even a little time, to do something you really enjoy.

4. [Get in a joyful state of mind.](#)

Start the day with a positive outlook when you get out of bed

5. [Stop worrying.](#)

Replace worrying thoughts with positive thoughts.

6. [Appreciate the small things.](#)

Today I received a small flower picked from the lower flats. We both spent a few seconds appreciating the beauty of the flower (and the act of giving).

7. [Surround yourself with positive people.](#)

Choose people who bring joy.

8. [Laugh more.](#)

Ask dad for a joke – or find one yourself.

Why couldn't the bicycle stand up by itself? It was two tired!

9. [Love more.](#)

Say I love you to the people you love.

10. [Find bliss in a bucket list.](#)

If you haven't started one, make a bucket list. Maybe make a family bucket list..... eg by the end of the year we want to have....

11. [Plan your happiness.](#)

Two places pure joy was found at school this week was on the junior soccer pitch at recess and on the flats at recess playing tug of war. The tug of war brought much laughter too! Thanks Mr Aldridge for supporting students in these activities.

More detailed ideas on these 11 ways to find joy can be found at <https://www.success.com/11-simple-ways-to-find-joy-in-your-everyday-life/>

Some smiling faces from a drizzly play on the flats....



Blessings

Jo

FROM THE ASSISTANT PRINCIPAL

This is a hoki stool....



Hoki stools are a welcomed inclusion into 21 century classrooms. They are designed so that students can sit on them and maintain the movement balance their body needs.

Some students

wear glasses to support their learning,

use pictures to support their learning,

listen to music to support their learning,

earn stickers to support their learning

work by themselves to support their learning

sit on a hoki stool to support their learning.

Yesterday I witnessed a student ["BEING A ST PATS KID"](#). This is the story-

A child approached me and said "Mrs Perryman, I really need a hoki stool." I replied "Leave it with me, I will do my best."

We have placed an order for more hoki stools in the school however they have not arrived. This student needed one, what could I do? I knew some were coming, but.....

I approached one of our senior classes and told them the story of a student in our school who needed a hoki stool. I wondered with them whether someone would be prepared to make a sacrifice for this younger student and give the hoki stool they were using to this student until the new ones arrived. There were six hoki stools in the senior class I approached, six students were using them. All six students were prepared to give their hoki stool up for another student.

That's ["BEING A ST PATS KID"](#)

Thank you to all our St Pat's kids, who think about others before themselves.

Caz Perryman



REC NEWS

Religious Education Week 9

This week our Middle Primary students have been preparing for the Sacrament of First Eucharist. Each class participated in a Retreat Day which included a prayer circle and the sharing of a meal on Wednesday.



On Thursday evening our candidates celebrated the Mass for the Sacrament.

The First Eucharist candidates are:

Abbey Collins

Cindy Sheehan

Henry Smith

Isaac Andrews

Imogen Murray

Alice Wiley

Eloise Deighton

Angus Kidd

Nate Irvin

Luke Bateman

Tomas Aylmer

Jack Milligan

Sonny Abraham

Blake Taylor

Colin Dowd

Lily Salway

Chase Salway

SCHOOL COMMUNITY



Sophie Stroud
 Charlie Johnson
 Alyssa Sheehan
 William Herbert-Scott
 Aodhan Nelligan
 Junior Gaunigjo
 Erik Saye
 Alisha Saye
 Jasmine Lewington
 Sonia Myers
 Amber Phillips

Recess Clubs

Another successful morning recess with students pursuing their talents.



Empowered leaders



This week the 20 Empowered leaders experienced mindful listening. How often are we really present when listening to others share their story. What does active listening look like? How does being listened to feel like? Hopefully after the workshop this afternoon your child will be able to tell you.



The light in me knows the light in you is awesome.... so let it SHINE.

Alicia Spicer

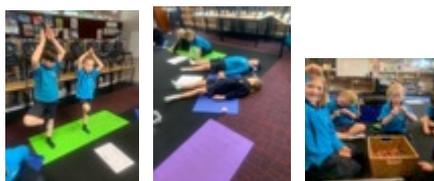
Wellbeing

Sent from my iPhone

WELLBEING @ ST PATS

Empowered

Today the Empowered students experienced a healing ceremony whereby the positive words from you and their teachers were said publicly in our sacred circle. In a tribe in Africa when someone does something wrong they are brought to the centre of the village. The villagers make a circle and the person who has done something wrong sits in the middle. For the next two days the village people say positive words about this person. It is believed that when someone has done something wrong they have forgotten who they ARE. Today it was a privilege to remind your daughter or son who they are.



JUDY'S FUNDRAISING DAY

With heartfelt thanks, I would like to express my gratitude for the prayers, messages, videos, gifts, drawings and enquiries about our treasured St Pat's companion dog, Judy, after her accident nearly two weeks ago.

I am so happy to share the news with the school community that Judy is well on the way to recovery! We hope to have her back on school grounds in some capacity during Term 4.

How proud I am of my 4/5 class (ably led by Tyger, Izzy and Jack T) for organising the 'Crazy Hat / Ears' fundraising day for Judy on Wednesday. What thoughtful, community minded students we have amongst us at St Pat's!

\$270 was raised!! Thankyou for your contributions.

In consultation with the steering committee, we have agreed to put some of the money towards a coat for Judy, embroidered with the St Pat's logo. The rest of the money will be donated to the Bega Veterinary Hospital where it will be allocated to families in need of assistance to pay their veterinary bill.

Many thanks for your kindness and generosity.

Mrs Carracher and Judy (woof, woof!) xx



CANTEEN NEWS

The canteen urgently requires a helper for Monday. If you could please spare sometime during the day, it would be appreciated. Please contact the office on 6492 5500

COMMUNITY NEWS

SPRING HAS SPRUNG!
Join the fun with our School Holiday Craft Kits

- Pick up a craft kit at your library
- Watch the tutorials online and use your ingredients to make three cool spring-themed DIY projects.

Make a Seed Bomb
Make a Waxed Seed Pod
Potato Stamp Gift Paper

Pick up your kit on Thursday 24th and Friday 25th September. (Kit is limited and will be available on a first come first served basis).
For more information call the library on 6492137

Write Away Workshop with Diana Harley
For young people aged 8-14 yrs

Online creative writing workshop
Do you enjoy making up stories? Are you interested in learning more about writing and getting our ideas more down?

In this workshop Diana will take you through some fun writing exercises and word play. You will explore prompts that learn to use all your senses to improve your writing.

Wednesday 30 Sept
10:00am to 11:30am
limited to 12 participants
booking fee: \$25
Book online at www.begaonlineyouthlibrary.eventbrite.com.au

Girl Guides. It's for girls.

Girl Guides offers an inclusive, nurturing, and safe environment where girls and young women take part in a wide range of fun activities and adventures, delivered through a dynamic and flexible non-formal educational program.

The 2A Bega Girl Guides group meets every Tuesday from 6:30-8:00pm. New girls aged 7-14 years are always welcome to join or come along for a trial period. Please visit the 2A Bega Girl Guides Facebook page or call Anne Moore on 0411 281 434 for more information.

