



NEWSLETTER

WEEK 11, TERM 1,

12TH APRIL, 2019

IMPORTANT EVENTS

TERM 2

Week 1

Wed 1st May
Students return

Thurs 2nd May
Lumen Christi visit Year 6
11.50am

Fri 3rd May
Chapel Mass
5/6B 9.15am

Week 2

Wed 8th May
SR Cross Country

P&F Meeting
6pm

Thur 9th May
Mogo Zoo
4/5L, 5/6G,
5/6B

Fri 10th May
Mothers Day
Breakfast &
Liturgy
8am

FROM THE PRINCIPAL

Please be reminded that TERM 2 COMMENCES FOR ALL STUDENTS ON WEDNESDAY 1st MAY

Dear Parents and Carers,

Easter Raffle: A thank you to all families from the students at St Pat's for donating so many eggs for the raffle. Our thanks to Anya Alcock and her team of helpers for coordinating our great Easter raffle. There were prizes galore and so much anticipation in the crowd at assembly in the hope of winning. Congratulations to all the winners!

Community Supporting Community Raffle: This afternoon the raffle will be drawn and winners will be listed on Skoolbag and contacted by phone. Thankyou for your support of this special fundraiser.

Year 5/6 Camp: Thank you to Mrs Bateman, Mr Gaymer, Mrs Lunghusen and Mrs Scott for taking our Year 5 & 6 students to Canberra for their 3 day excursion / camp!

It's Holidays – Time for Downtime: Here is an excerpt from <https://www.thenaturalnurturer.com/blog/rest-relaxation-why-downtime-is-important-for-kids>

Did you know that the growth hormone is produced in the 4th stage of sleep? This is the hormone that helps sick children heal, brains hold onto knowledge learns in the day, and bodies to grow. If your child goes to bed late, even if they fall asleep the minute his/her head hits the pillow, their bodies will have less opportunity to spend as much time as needed in the 4th stage of sleep. Meaning that there is less time spent healing, growing, and retaining memories. The National Sleep Foundation has a great chart showing how much sleep your family should be getting in a 24 hour period (including naps). You can find it [here](#).

Being a child is not only physically exhausting, but emotionally exhausting. Their brains are working overtime to absorb and process social situations, information, observations, and their own assessments of each event! It's tiring just thinking about. We adults need a break from the constant input of stimulation (that's what lunch breaks are supposed to be for), but children are still learning to listen to their own unique body cues and count on adults to help them find their rhythm. Schedule in a rest time each day for your child. Even if they no longer nap, they will benefit from an hour of quiet time reading, listening to mellow music, or quietly playing with toys. Quiet time can act almost as a time of meditation, helping children to recharge and their minds to rest. They may not love the idea of "quiet time" (my daughter certainly doesn't), but the benefits of this scheduled downtime in her day helps her to be at her best right until bed.

We want our kids to be successful. We want them to stay out of trouble...I mean, be engaged. We are all busy with work and school and extra-curricular activities, but rest and relaxation are absolutely important elements of a healthy balanced life. Just eating nutrient rich foods, drinking enough water, and exercising are habits we must foster in our children, teaching them to take a break and smell the roses is a valuable life skill that will help them to grow into healthy well-balanced adults.

Volunteers in the Canteen and School: We need you! Our school canteen requires volunteers to continue to operate each Monday. We would hope that all/most families can find time to give an hour or two for one canteen day each year. Your children will love seeing you there, and we will be able to continue to have a school canteen.

May you have a restful break and enjoy time with your children.

Kind Regards,

Jo

FROM THE ASSISTANT PRINCIPAL

As always we continue to focus on child safety in every aspect of education. Most recently there has been a critical lens placed around child safety. With this heightened focus, since the beginning of 2019 the Catholic Education Office has funded a new role in all Catholic Schools in our Archdiocese. The role is called Child Safety Advocate. The role is varied and includes, teacher and student education, as well as ensuring policies and procedures with the school adhere to system level policies and other legalisation.

One of the changes that will be implemented as of Term 2 at Saint Patrick's is the need for all schools to gain the registration details and insurance details of any parent who transports another child in their car to a school event. This is as the role suggests, to keep all children safe. Thankyou for your understanding in this matter.

The role also includes supporting parents. One of the greatest achilles heel of the 21 century is the internet and all that it brings; appropriate and inappropriate content, social media, gaming, cyberbullying, too much or too little screen time. Access to the internet provides parents with rich resources as well as some challenges. The Australian Government are committed to keeping children safe online. The esafety Commissioner is responsible for promoting online safety for all Australians, including children. One of the many resources available on the web site is the Screen Smart Parent Tour. This tool invites parents to answer questions in relation to particular issues and gain data to help support best use of the internet. As the holidays approach please consider spending some time exploring the issues on the site and consider **how best to keep your children safe over the coming holidays.**

<https://www.esafety.gov.au/parents/screen-smart-tour>

May the peace of Christ be with you this Easter

Caz Perryman



Easter Colouring Competition: Students have the opportunity to take part in whole school colouring competition. The Juniors' colouring is related to a book shared during Library time. It's a pleasure to announce the winners.

Kinder/K1M- 1 st Lily	1/2B & 1/2 R 1 st Rowan	Stage 2 1 st Jayme	Stage 2/3 1 st Tiah	
Encouragement				
Joshua(K/1M)	Alice	Clare	Ava	Scott

BIG THANK YOU to those who returned missing books. There are a large number of overdue or missing books, especially those highly sort after books. Overdue notices were sent home Thursday 4th April .

PLEASE have a scout around during holidays and return any finds.

PARISH NEWS

Holy Thursday 18th April

Bega: Mass of the Lords Supper 7pm
Adoration until 10pm
Bemboka: Mass & Adoration 6pm

Good Friday 19th April

Stations of the Cross: Tathra 10am & Candelo 10am
Passion of the Lord & Veneration of the cross

Holy Saturday 20th April

Bega – Solemn Easter Vigil 6pm
Bemboka – Easter vigil 6pm

Easter Sunday 21st April

Tathra 7.45am
Bega 9.30am
Candelo 9.30am





Wow, I cannot believe that Term 1 has come to an end already. What a busy Term it has been with all the celebrations that have taken place. On behalf of our school parent community I would like to extend a huge thankyou to all our wonderful teachers that volunteered their time to make the 150th Celebrations such a success. Your hard work was noted and appreciated.

I also extend my thanks to all the parents that helped make the Easter raffle occur again this Term, especially Anya Alcock and Holly Koellner



VOLUNTEERS REQUIRED

Hello all parents we are urgently seeking volunteers for our School canteen. As you are aware, the canteen occurs every Monday and this is a great service for both our children and parents. If we are to continue this service in its current form we need volunteers to help Kylie out. If you can spare half an hour on a Monday to help out please make contact with Kylie Hotson on 0425 739 988 or the School. No offer of help will be refused. All those parents, mums or dads that can help this service continue for our children would be greatly appreciated.

We are also seeking volunteers to help out with our Mother's Day stall. Our children love to be able to choose a gift for mum on their own and take it home. This stall doesn't happen on its own and we are seeking help from our parent community to ensure that this event can continue to occur in our School.

Any parent also wanting to volunteer their time within their child's classroom, please make contact with your child's teacher to seek their assistance on how this might occur.

SPORTS UNIFORM

The current sports jacket can no longer be sourced so a decision has been made that from Term 2 our navy school polo fleece will become the jumper to be worn on sport's days. We can also no longer source the light blue sports track pant, so these will be slowly phased out to a navy track pant, so that by 2020 all children will be wearing navy track pants for sports. If you have any concerns please make contact with the School.

I hope that you all have a great break and we will see you all back for Term 2.

Regards,
Donna Salway

SAVE THE DATE: PHILIPPINES GALA DINNER - Friday May 24th.

Dinner, Entertainment and Auction to raise money for Sr Rei and the Franciscan Sisters of St Anthony in Pontevedra.

Please contact Eileen Reckord at Lumen Christi Catholic College for more information 6495 8888 or Eileen.Reckord@cq.catholic.edu.au

**THANK YOU TO THE FOLLOWING BUSINESSES WHO DONATED TO THE
COMMUNITY SUPPORTING RAFFLE**

**Mal's Pizza
The Hub
Anonymous Donation**

**Sports Power
Affinity Hair
Wish Upon a Casting**

**Target
Magpie Music
Red Cafe
St Patricks P & F**

**Amelda's Comfort Shoes Bega
Plevey's Pharmacy
Georgie's Fine Jewellery**

**Repco
Priceline Pharmacy
Bega Furniture One
Mitre 10**

**Betta Home Living
Exquisite Blooms
Candelo Books**

**Bega News power
Super Cheap Auto
The Fine Line Balance=
Beauty**

**McDonalds
Valley Gifts & Toys
EB games**

**Fleur De Lis Nails
Littleton Café
Flight Centre**

**The Raffle was drawn today at 2.30pm.
Winners will be contacted by phone.**

A BIG thank you to the organisers & to everyone who purchased tickets.