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Week 8 Term 4 Newsletter

## FROM THE PRINCIPAL

**LAST DAY OF SCHOOL 2021 is Wednesday 16<sup>th</sup> December**

**Year 6 will go to Magic Mountain**

**Kinder – Year 5 will go to Candelo Pool**

**Year 5 Leadership Speeches Tuesday**

**Speeches will be videoed and posted on student Seesaw for parent viewing**

### Canteen:

Do you know someone who would be a great canteen convenor? Mrs Hotson is stepping away from her canteen day in 2021 to focus on her office role at St Patrick's. The new Canteen Manager needs to have food handling certification and a WWCC as a minimum. The position is one day (7 hours) per week. Details about the Canteen Manager position duties and essential skills that can be found through this link:

<https://careers.cg.catholic.edu.au/cw/en/job/497042/canteen-manager-st-patricks-bega-nsw>

Dear Parents and Carers,

This week we have had Ian Luscombe from *BehaveAbility* at St Patrick's for 3 days. Ian has worked in other schools in our Archdiocese and was invited to work in our school to support whole school positive behaviour at St Patrick's. We asked Ian to look at what current school processes were successful and where fine tuning would support student wellbeing, engagement and learning for all.

Ian was a visible presence in every classroom and around the school and a participant in several interviews with students and families. Your children may make mention of Mr L or Mr Luscombe, or 'that man who was in our school.' In a short time Ian developed rapport with our staff and many of our students.

As a recommendation from Ian and based on effectiveness of intervention and consequences we will be minimising the in-school suspension option as a consequence for student negative behaviour choices. We will be maximising the at-home suspension option as the consequence.

We have implemented lanyards in every classroom. Any child leaving the room will need permission and will wear the 'I am allowed out of class' lanyard.'

We are trialling 5 min morning assemblies with affirmations and recognition of being St Pat's Kids.

We are using a particular language when directing and instructing students to what is expected.

We are working to raise and sustain the value of being at school and in class to its highest point for ALL children, not just those who like and value school and learning.

We are looking forward to the success of these strategies in the present and future. Thank you for your support as we continue to strive for full participation, engagement and learning for all children.

Ian has been booked again to come to St Patrick's for 4 days in March 2021. We will host a parent session (hopefully on site) at that time.

### Peer Mediation

Miss Spicer from her Student Welfare Worker Role is trialling the Peer Mediation program on the junior student's playground. Interested and willing Year 5 students have had an initial training and are already in action around the playground. The Year 5 students support the younger students in resolving small things during playtime by coaching them to come up with their own solutions.



## Year 5 Leadership Day

Our Year 5 students had a wonderful day of learning and leadership on Tuesday in the hall. Mr Tony Nassar, who runs our Boys program, helped the teachers to facilitate the day. We are proud of the way in which our 2021 school leaders approached the day and participated in all the activities. Students who are applying for school and vice captain roles are now busy preparing their speeches, and their supportive statements for their interview.



## REC NEWS

This week our Year 5 students participated in a Christian Leadership day. Fr Luke facilitated prayer, Tony Nassar engaged students in thought provoking leadership tasks and the 2020 captains gave advice as Year 5 prepared their speeches for 2021 leadership positions.



### Christmas Hampers

Thank you to the families who have donated. Week 9 is the last week that families can donate to our Christmas hampers. Hampers are located in the office foyer. The hampers will be presented to Vinnies at the Sunday Mass on 13th December.



## FROM THE ASSISTANT PRINCIPAL

The e safety commissioner has made choosing the right tech gifts for children and young people easier for parents with the [Holiday Gift Guide](#). The Guide will help you stay informed with practical advice on what to look for when buying connected devices.



Check the safety of popular tech gifts like drones, smart toys, smartphones, tablets and even wearables for pets before making your purchases this holiday season.

[https://www.esafety.gov.au/parents/gift-guide?utm\\_medium=email&utm\\_campaign=Parent%20newsletter%20November%202020&utm\\_content=Parent%20newsletter%20November%202020+CID\\_8d48d10a236beb3e989c7f8901362f28&utm\\_source=Email%20marketing%20software&utm\\_term=HOLIDAY%20GIFT%20GUIDE](https://www.esafety.gov.au/parents/gift-guide?utm_medium=email&utm_campaign=Parent%20newsletter%20November%202020&utm_content=Parent%20newsletter%20November%202020+CID_8d48d10a236beb3e989c7f8901362f28&utm_source=Email%20marketing%20software&utm_term=HOLIDAY%20GIFT%20GUIDE)

## WELLBEING @ ST PATS

### Empowered Program

Healing takes time. Our bodies are in a constant state of regeneration after wear and tear. Muscles take 2-4 weeks, tendons 4-6 weeks, cartilage 12 weeks and nerves 3-4 mm per day. This is on a physical level and as long as we have rest and nourish ourselves with healthy food the body heals itself. How then, on an emotional level, does the heart heal?

This week during Empowered the students were introduced to the healing power of **LOVE** energy through intention whether it be through prayer, thoughts or words. Sharing with their buddy they described how they heal themselves emotionally. Music was then played for 20 minutes while the students coloured a piece of a mural, did their own yoga and wrote a "sorry letter". Healing is in our every thought, word and action. We can choose to build or destroy it is up to us.

## Recess Clubs

Recess Clubs continued with the usual enthusiastic vibe. The craft club led by Alice, Maya, Nate and Sophie are creatively making paper snowflakes. The BayBlade club led by Aiden Green and Archie is going strong. The Disney Club led by Abbie is entertaining students by them watching the concert and dancing along. The Basketball game in the hall at lunchtime is open to all upper primary students and is humming along.



## Peer Mediation

Last week eight year 5 students experienced a two hour workshop to train as "Peer Mediators". A Peer Mediator is someone who assists students to solve disagreements' on the playground in a calm manner using listening skills and encouragement to promote a peaceful resolution. Every break two grade 5 Peer Mediators are present on the playground encouraging all students to be St Pats Kids.



*Ms Alicia Spicer*  
*Wellbeing Coach*

## UNIFORM SHOP

Additional Uniform Shop Opening Hours for End of Term 4

As we fast approach the end of the school year, we will be opening the uniform shop on the following additional days:

- Wednesday, 9<sup>th</sup> December 2020 from 12.30pm to 1.30pm
- Friday 11<sup>th</sup> December 2020 from 8.30am – 10am
- Wednesday, 16<sup>th</sup> December 2020 from 12.30pm – 1.30pm.

We are open every Tuesday during school term, as per normal, from 9am – 10am.

Due to COVID requirements you will need to make an appointment to come into the Uniform Shop. Please email [stpats.uniform@gmail.com](mailto:stpats.uniform@gmail.com) to arrange an appointment.

## CANTEEN NEWS

The Canteen needs a helper, are you able to spare some time on the 14th December? Please contact the office on 6492 5500, if you are able to help out between 11-1.30pm

## COMMUNITY NEWS



Get creative and learn to build yourself with Two Sheds Workshop these holidays!

Lots of awesome workshops for kids aged 7yrs+, an excellent gift for Christmas, and one Creative Kids Voucher covers two workshops.

Book in at [www.twoshedsworkshops.com.au](http://www.twoshedsworkshops.com.au)