

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

Email: [office.bega@cg.catholic.edu.au](mailto:office.bega@cg.catholic.edu.au)  
Phone: 02 6492 5500



Week 7 Term 1 Newsletter

## FROM THE PRINCIPAL

Dear Parents and Carers,



St Patrick's Day is NEXT WEDNESDAY 17<sup>th</sup> March.

- It is a wear green (sun safe clothes and closed-in shoes) day. We will attend Mass at 12.00pm.
- We are looking forward to a community gathering and some fun on the flats 3.30-5.30.
- We thank the Community Council for catering.
- We hope you have put the date in your diary and you can be here with your children!

If you wish for your children to stay after school until you can arrive they need to be in the care of an adult. The teaching staff are not responsible for the children for the afternoon. Please ensure your children know who their carer is until you arrive, that person is responsible for their supervision.



**Maths Visit** We welcomed Leonie Anstey to St Pat's for her first 2021 maths visit on Monday. She saw and heard great things in our classrooms whilst she conversed with our students. See more in Mrs Sheahan's news.

**St Pat's Kids Learning Journal** In 2021 we are exploring teaching and learning about the expectations of being St Pat's kids using our learning journal. When students come to a member of the leadership team to share and celebrate learning we also write in their journal.



Birthdays & How To Celebrate



Ever been stuck for how to celebrate your child's special day? One of the St Pat's kids shared with me the joy of her recent birthday and how the day transpired. Her parent 'gifted' her with the whole day to plan and share. This student planned from wake up til bed time the who, what, where and when of the day. Special breakfast, a nail appointment, paddle boat ride and a family dinner were just part of the fun. If you want to know more I am sure Sofara and her mum would love to share the special day. You may like to try a version of this with your children.



### Catalyst: High Impact Teaching Practice

#### Principle 7 Obtain a high success rate.

Teaching for mastery ensures all students in a class are ready to move on to the next stage in the topic, thus preventing students from taking misunderstanding into their future learning.

The optimal success rate was found to be at 80% understanding. This shows that not only have the students learnt the material but also were challenged in doing so. Any higher rate and the work may not have been challenging enough. Any lower rate the work may have been too challenging.

#### Principle 8 Provide scaffolds for difficult tasks.

When introducing a more difficult lesson, Rosenshine suggests using scaffolding. Providing students with a framework more easily allows them to make progress. The scaffolds can then be gradually removed as their competency grows.

Examples of scaffolds can include; checklists, cue cards or writing frames. Teachers can also anticipate commonly made errors and build tools into the scaffold tasks that reduce the chances of students making the same mistakes.

Blessings,

Jo

## FROM THE ASSISTANT PRINCIPAL

### Journey of Hope



Students in our 3 senior classes have been participating in the Journey of Hope program weekly this term. Journey of Hope is an evidence-based psychosocial support program designed to build resilience for children. The program utilizes a strengths-based approach in each of the session activities, focusing on participants' ability to manage their emotions and support each other. Group facilitators identify positive coping strategies and allow children to form valuable insights into their own well-being. This approach focuses on 1. Promoting

positive relationships with caring adults; 2. Building problem solving skills; 3. Promoting healthy peer relationships; 4. Teaching self-regulation. The program concludes at the end of term; here are some responses from students at St Pat's so far.

What is one thing you have learnt through the program? *"How to be more mindful" "To work together with people" "Different ways to stay calm"*

What would you say to recommend the program? *"It really helps you learn more about emotions and feelings" "The program teaches you how to connect to your emotions and how to deal with them." "It's fun. We learn through playing games"*

### Maths at St Pat's

Maths Consultant Leonie Anstey visited our school on Monday. Leonie will be working with our school throughout the year as part of a Southern Cluster Project. During the classroom visits on Monday, Leonie focussed on what students were saying and doing. Leonie observed and spoke to students during the visit to ask them what they were learning and about the mathematics that they were engaging with. At St Patrick's we use the MAKE, SAY, WRITE, DO pedagogical approach, teach Mathematics for one hour every day, have the learning in the hands of the learner and ask students to record their mathematical thinking and learning.





NCCD

The Objectives of the Disability Standards are:

- To eliminate, as far as possible, discrimination against persons on the grounds of disability in the area of education and training.
- To ensure as far as practicable that a person with a disability has the **same rights** to quality education and training opportunities as the rest of the community
- To promote recognition and acceptance within the community for the principle that persons with disabilities have the same fundamental rights as the rest of the community.

## FROM THE REC AND CLASSROOM SUPPORT TEACHER

Upcoming events & dates

Wednesday 17th March - St Patrick's Day Mass 12pm

Friday 19th March - Chapel Mass 2/3/L

LAUDATO SI'

**LENT CALENDAR 2021**  
**Week 4: Fast from Electricity** | Fasting from unnecessary electricity and adopting habits to reduce energy consumption

**8 Mon (Learn and Commit)**  
Do an electricity fast. Can you find ways to reduce your electricity use this week?

**9 Tues (Act)**  
Think about all your electrical devices. At least 2 in a room. If you don't have a house or an air conditioner, be sure to unplug all your appliances not being used. Check and double check your computer, phone, and tablet. If you can help your own energy use, you can help our planet.

**10 Wed (Learn)**  
Another Fast Friday with the online Program to mark the Indigenous People of the Americas. We start in April 2021. We really was blessed to be invited to be part of this special Indigenous Initiative to Ignite Hope.

**11 Thurs (Act)**  
General: Prayers, Sacred Breath, Day of Action (Contemplative)  
Join this global day of action with other communities of faith and sign the Sacred People Declaration statement.

**12 Fri (Reflect)**  
Live Mindfully the Good News through our Faith and Sacraments  
Examine your energy habits. Can you switch to more eco-friendly power? Also if you haven't yet consider making a donation to OZCAR to support OZCAR Charities which bring together Catholic and Catholic organisations to promote more sustainable lifestyles and eco-friendly energy sources in their communities.

**13 Sat (Share)**  
Laudato Si' Challenge on one month. One statement on Facebook and Instagram  
Instead of being on a screen today, see if you can relax by going on a walk, reading a book, or doing something creative, thoughtful.

**14 Sun (Pray)**  
INDIGENOUS DAY OF ACTION FOR INDIGENES  
Pray over a rose or bundle of roses if you are able to get outside your walls, your yard and outdoors with the earth beneath.

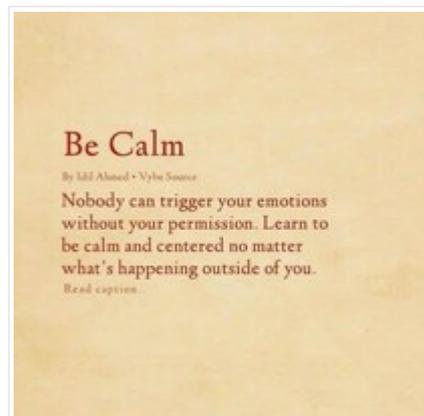
For the full Laudato Si' Lent calendar visit <https://laudatosilent.org>

Mini Vinnies

The Mini Vinnies will be running a jelly bean guessing competition to raise money for Project Compassion during Lent. As we know some students gave up lollies for Lent the competition will be drawn on Holy Thursday. Students can purchase a guess for 20 cents from next Monday 15th March.

## WELLBEING @ ST PAT'S

Wellness @ St Pat's



Recently I came across this quote about being calm and was reminded that not outside influences but your lost of control is the determinate of whether you are calm or not. The practise of Mindfulness, staying in the present moment is one way to cultivate calm. On two occasions this week I have had to express how I feel in a firm but fair way in order to let others know how their actions have made an impact on me. I was calm and clear in my delivery and in both instances people were now more aware of the consequences of their words or inaction.

Through the Empowered program your child is taught nine strategies to help keep them in their "Calm Zone". Some people have calm zones that are big, can tolerate lots of things before flipping their lid and others have smaller calm zones and tend to be triggered quite easily. It is in the calm that

the practise of breathing deeply, meditation and perhaps yoga prepare us to respond to life's situations than to react to them.

### *How big is your "Calm Zone?"*

Watch this space for M.U.M.S (Mums/Males Using Mindfulness Strategies) group starting in term 2 at St Pat's on Monday and Friday mornings before school where we explore together Mindful ways of cultivating "Calm" within. Expressions of interest welcome: [alicia.spicer@cg.catholic.edu.au](mailto:alicia.spicer@cg.catholic.edu.au)

### Passion Clubs

The Passion Clubs returned this week with excitement with the Fashion Club, Book Club & drawing, Drawing Club and the Bay Blade Club for Junior Primary and the Loom Band Club, Basketball Club and the Fix It Club for the Senior Primary students. I am really impressed with the students with natural leadership character strengths using their gifts to inspire others.



Enjoy  
Alicia Spicer

## OFFICE NEWS

School Fees



Thank you to the families who have paid their Term 1 School fees, a reminder *Term 1 School Fees are due next Thursday 18<sup>th</sup> March 2021*, except those with direct debit arrangements.

Payment can be made via Qkr!, Direct Debit, Centrepay or Bpay.

If you would like to set up weekly or fortnightly direct debit payments, please contact the office via email on [bega.office@cg.catholic.edu.au](mailto:bega.office@cg.catholic.edu.au)

#### Year 5 & 6 Excursion

A reminder the fortnightly 'Payment 2' is due this week for the excursion. Payment via Qkr!

## COMMUNITY NEWS

[https://stpatsbega.schoolzineplus.com/\\_file/media/1681/south\\_whats\\_on\\_in\\_april\\_for\\_children\\_and\\_youth.pdf](https://stpatsbega.schoolzineplus.com/_file/media/1681/south_whats_on_in_april_for_children_and_youth.pdf)

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