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Week 6 Term 3 Newsletter

## FROM THE PRINCIPAL

Dear Parents and Carers,

### COVID Update

The NSW government announced yesterday that the regional lockdown will continue until Sunday 28th August. That means that for next week we will continue remote learning for all St Pat's students. Our teachers are well organised and have planned for this possibility.

As we continue to abide by the *Stay At Home* orders with the imperative of *minimising movement* in the community, St Patrick's will continue to operate with a skeleton staff for supervision of students who cannot complete learning from home, for example if their parent or carer is an essential worker. All students and families will be supported by their class teacher with remote learning on the Seesaw platform. If you are working from home, and your child is able to be educated from home, please keep them at home. If your child needs to attend school on any day and you have not informed the school please email [office.bega@cg.catholic.edu.au](mailto:office.bega@cg.catholic.edu.au) a minimum of the day before attendance so we ensure the necessary staffing for supervision.

### 'We Learn' Grants – Educational Technology and Educational Supplies

Applications for [Variety – The Children Charity's 'We Learn' Grants](#) for families are now open. The grants are available to families experiencing financial hardship and include a [We Learn Educational Technology](#) grant of up to \$1200 and a [We Learn Educational Supplies](#) grant of up to \$500. The aim of these grants is to ensure that every child can access the educational technology and supplies they need to learn and achieve their best. Applications close Friday, 3 September 2021.

<https://www.variety.org.au/nsw/we-learn-grant/>

Community Council

The Community Council met last week with the newly elected parents in attendance. Our school community is blessed to have many parents willing to contribute through participation on the council. The council roles were decided at the meeting

*Chair - Donna Salway*

*Deputy Chair - Tam Prime*

*Secretary - Jodie Clifton-Collins*

*Treasurer - Carmen Shoveller*

*Assistant Treasure - Roz Kennedy*

*Communications - Tamara Whiting*

*Committee Liaison officer - Angus Johnston*

*Ex Officio – Jo Scott-Pegum, Val Sheahan, Fr Luke Verrell*

We look forward to working together for St Patrick's now and into the future.

## FINDING HOPE JOY & WONDER

These 3 words are core to Catholic Education Canberra & Goulburn and us at St Pat's. So let's find ways to experience, celebrate and share

### HOPE

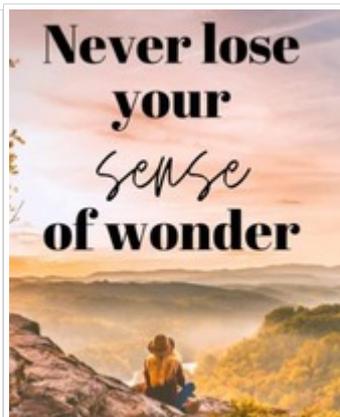
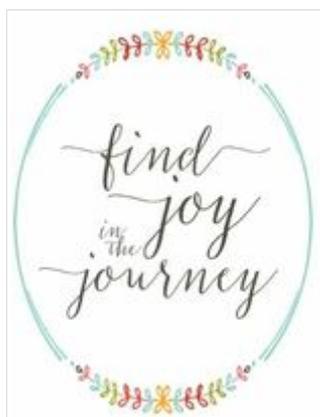
JOY &

WONDER with our children during this phase of remote learning.

Yesterday our amazing teachers took up the challenge to share some personal words or wisdom or a quote that inspires / lightens / brings hope, joy, wonder. We are posting these on facebook over coming days.

We want to hear from St Pat's kids about ways they are experiencing or sharing HOPE, JOY & WONDER in their days of remote learning. They can create a quote, find a quote they love, quote you or a family member, and then decorate, sign

and share on Seesaw. We will post some of these on our social media pages.



Please reach out to us if you need support during the lockdown time and we will work to support you.

Blessings on a restful family weekend.

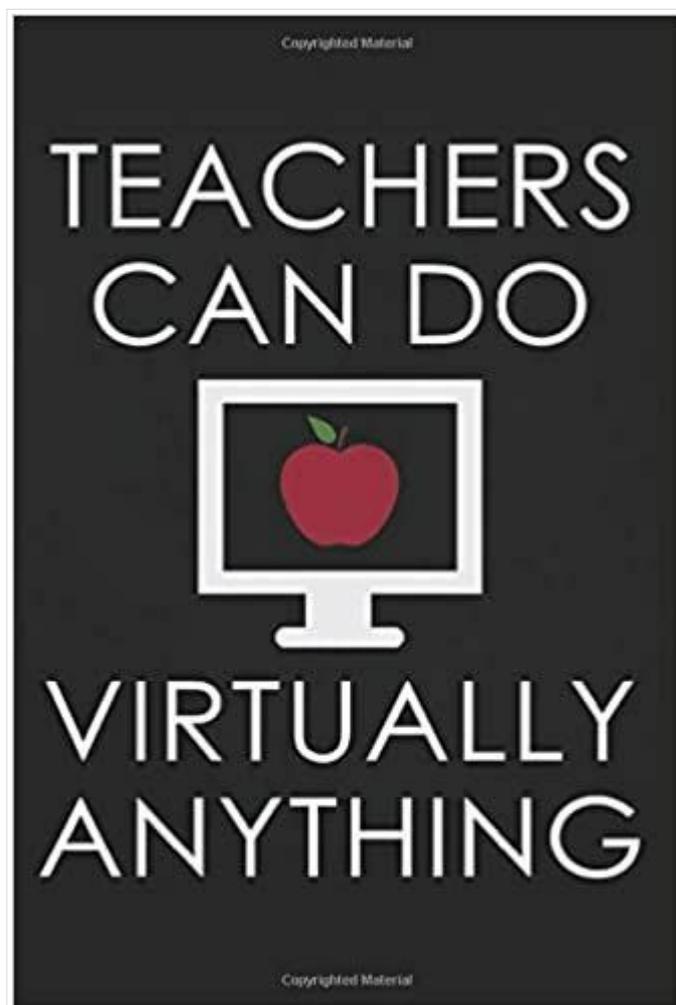
Jo

## FROM THE ASSISTANT PRINCIPAL

### LEARNING FOR ALL

During this time as well as parents learning to navigate the platforms such as Seesaw and MSTeams this is also the case for a number of our teachers.

The Leadership team is checking in with our teacher's every day and celebrating the successes they have experienced during the day. It is great to see teachers overcoming their hesitations about embracing the MSTeams platform and reporting the 20 minute chats with their students are a highlight of their day.



## FROM THE REC AND CLASSROOM SUPPORT TEACHER

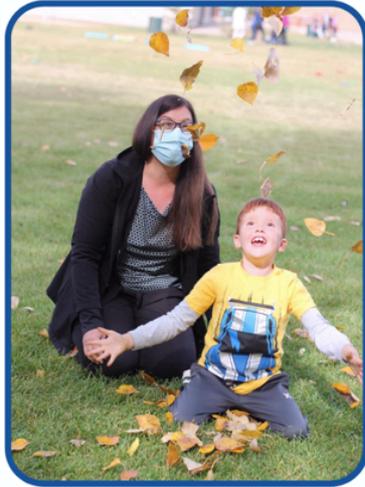
### Prayer

Whilst we embrace our current world remember to turn to God for guidance. As an individual or in a family group gather together each day to pray.

1. Begin by sitting quietly in your family space
2. Make the sign of the cross
3. Say the prayer together

MARK ONE: CREATED IN THE IMAGE OF GOD.

Dear God, how honoured we are to be created in your image, and in this, we are set apart from the rest of creation. You have made us to be like You from the beginning. We live life to the fullest, whether at work or at rest, whether in the world or at home when we imitate You. We receive Your grace to do all things that show forth Your glory. Help us to live this day so that Your image may be visible through us. In Jesus' name, we pray. Amen.



wisdom. For if your inner CALM is strong then nothing in your outside world will be able to "trigger" you. If all else fails...just breathe...more deeply.

Calmly taking each moment as it comes.

Alicia Spicer  
WELLBEING

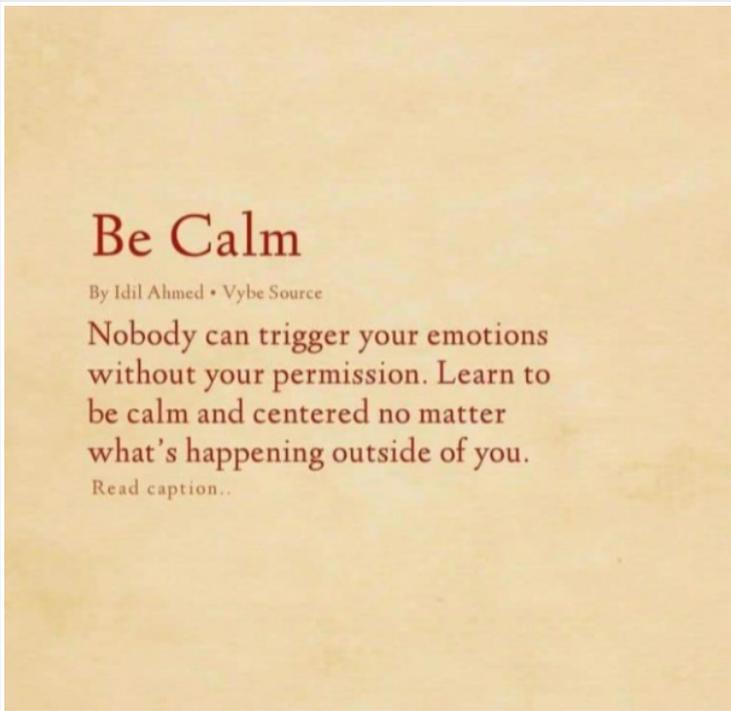
P.S. Your children have made a video of what "kindness" means to them at St Pat's. In and through this kindness perhaps we will find and nourish our CALM.

Take a moment and watch St Pat's kindness clip

<https://youtu.be/kwElrg0IX4I>

OFFICE NEWS

WELLBEING @ ST PAT'S



Thank you to the families who have paid their term 3 fees.

This is a friendly reminder that *Term 3 fees are due today, 20 August 2021*, except those with direct debit arrangements.

If at any time your family is experiencing financial hardship due to Covid-19 or any other reason or your family is in need of other support, please contact the school to make a time for a confidential meeting with our Principal, Jo Scott-Pegum to discuss how the school can help support your family.

Just for fun

Answer from Week 5:

18 x 4 = 72 pencils

Week 6:

*So how well is your BEING?* Interesting days in a world that was always changing but at a much slower rate than before NOW. Our flexibility, adaptability, mental strength, patience, understanding, are fast becoming our currency and if we have been already nurturing these aspects of ourselves (our inner world) then perhaps now is when we need to express these qualities the most.

To stay in your inner CALM when the world outside you is going crazy is our challenge. At St Pat's your children for the past four years in the Empowered Program have been learning strategies to keep them in their "calm zone". Many of the strategies are deep breathing practises with a couple of yoga asanas as well. It's the perfect time to use these strategies NOW and perhaps your children can teach you how to put one hand on your heart and the other hand on your belly and "FEEL" in this moment. Take some time for YOU....to sit with yourself and BE. Try doing nothing, be still and listen to your inner voice, your inner



What is at the end of the rainbow?