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Week 9 Term 2 Newsletter

FROM THE PRINCIPAL



St Patrick's Community Council 2019

June 2019

Dear Parents and Carers of St Patrick's School,

Thank you for your patience in waiting for the announcement of the Inaugural Community Council. We were blessed to have 7 nominees by the closing date, and with 7 positions to fill, we did not need to hold an election. As the first meeting of the council was held this week I chose to delay the announcement of the council from last Friday to today.

I am now pleased to announce the membership of the St Patrick's Community Council 2019:

<i>Chair</i>	Mrs Kat Hergenhan	(mother of Jack Yr 6 and Amelie Yr 4)
<i>Dep. Chair</i>	Mrs Donna Salway	(mother of Ava Yr 5 Lily Yr 3 and Chase Yr 2)
<i>Treasurer</i>	Mrs Carmen Shoveller	(mother of Finnley Yr 5 and Toby K)
<i>Dep. Treasurer</i>	Mrs Sarah Andrews	(mother of Isaac Yr 3 and Caitlyn K)
<i>Secretary</i>	Mrs Antoinette Woods	(mother of Jack Yr 6 and Maddie Yr 4)
<i>Committee Liaison Officer</i>	Mrs Wendy Deighton	(mother of Rory Yr 6 and Eloise Yr 3)
<i>Communications</i>	Mrs Tamara Whiting	(mother of Machlan Yr 2)
<i>Assistant Principal</i>	Mrs Caz Perryman	
<i>Principal</i>	Mrs Jo Scott-Pegum	
<i>Parish Priest</i>	Fr Luke Verrell	

Sitting side by side with the executive will be our new Community Council Committees.

Community Engagement

This is a NEW committee!
The Community Engagement Committee promotes initiatives that create a welcoming environment, engages parents in their children's learning and strengthens the school's relationship with the parish and wider community.

Uniform

The Uniform Committee
* ensures that school uniforms are available and affordable
* fills orders &
* manages stock

Fundraising

The Fundraising Committee organises events to raise funds for the school community in accordance with the school's strategic plans.

Planning and Buildings

The Planning and Building Committee assists the Council and the Principal to work with the CE to achieve desired outcomes for the community.

The Community Council executive warmly invites all parents and carers to indicate on the following page your willingness to participate in a committee in 2019 and beyond. Each committee will appoint their own coordinator to liaise with Wendy Deighton. Each committee will develop their own Terms of Reference and processes that work for all involved. A representative from each committee will have an opportunity to report to the Community Council, but membership on a committee does not mean you are committing to the more formal Council meetings. The Council will have at least 2 open meetings a year where everyone will be welcome. We hope you will consider your part to play in our school and complete the form attached. Please return forms to school by Fri 2nd August. Information about Community Council meetings will be communicated in the newsletter and on the Skoolbag app in the week following the meeting, this will ensure we keep the whole school community informed.

Let's make St Patrick's a school where everyone plays a part so that we each contribute to our children's education and the continued growth of our community.

Christ With Us

Jo Scott-Pegum

Principal

YOU HAVE A PART TO PLAY IN OUR CHILDREN'S LEARNING!

Community Council Open Meeting
The first open meeting will be in Term 4 at 6pm on Wednesday 4th December.

St Patrick's Community Council Committees 2019



**YOU ARE INVITED TO PLAY A PART
IN OUR CHILDREN'S LEARNING**



I am interested in being a Member of the following Committee

(please tick one)

Community Engagement

Fundraising

Uniform

Planning and Building

I'd really like help. Please contact me to discuss the part I can play in our children's learning.

Name of eldest child at St Patrick's _____

Parent signature _____

Phone contact _____

Email contact _____

Date _____



Please return this form to school by Friday 2nd August 2019

What signs may indicate my child is spending too much time on devices?

Less interest in social activities like meeting friends or playing sport.

Tiredness, sleep disturbance, headaches, eye strain.

Changes in eating patterns.

Reduced personal hygiene.

Obsession with particular websites or games.

Extreme anger when being asked to take a break from online activity.

Appearing anxious or irritable when away from the computer.

Becoming withdrawn from friends and family.

What to do if you are concerned - Ask questions and listen

*Some of the behavioural changes described above are a normal part of growing up but, if you are concerned your child is struggling, try to find out why — there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues.

*As part of your conversation, ask your child about how much time they spend online and explain why it is worrying and what they could be missing out on.

*Try not to show that you disapprove or they might shut down communication altogether.

Refer to the esafety Commissioner Website <https://esafety.gov.au/parents>

Peace be with you

Caz Perryman

FROM THE ASSISTANT PRINCIPAL

School holidays are fast approaching.....time online?

The internet can have a positive or negative effect on your children. One factor that can determine its effect is the amount of time a child spends on electronic devices. How much is too much, how much is the right amount? There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock, **but the quality and nature of what they are doing online and your involvement, are vital.**

So what can parents do?

Stay engaged and encourage balance - keep an eye on the games, apps and devices your child uses by sharing screen time with them. Help them stay aware of their important offline activities, like hobbies and sports.

Create a plan - involve your child in creating a family plan that balances time spent sitting in front of screens, with a variety of offline activities.

Use the available technologies - parental controls and tools to monitor online time allow you to measure and set time limits on device use or internet access. Be honest and open with your children about why you want to use these technologies.

SPORTS NEWS

On Monday we held our school athletics carnival in almost perfect conditions.

The winning team this year is Tennis and the age champions are:-

Junior Champions: Daniel Clarke and Isobel Nicholson

11 Year champions: Jaxson Dibley and Kirra Seenan

Senior champions: Lachlan Marks and Lana Venables.

Congratulations to these students and everyone else who had a go, did their best and achieved some personal goals.

The Southern Region Carnival will be held here in Bega on Thursday 1st August. The children who have been selected in the St Pat's team for this day have taken home a note which needs to be returned ASAP.

The canteen still requires volunteers, please contact the school office if you are able to help out.

The 1st August St Pats will be hosting The Southern Regional Carnival. Kylie will be running the BBQ/cake/drinks stall on the day but she can't do it alone! Helpers will be needed to cook, sell, setup and pack up. We are also asking for donations of baked goods, cakes or slices, to sell at the carnival. If you can help out in anyway please contact Kylie at the school office on 6492 5500. All money raised on the day goes back into the school for the benefit of all our children.

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to make baked vegie chips

Serves: 4 | Prep time: 15 min | Cooking time: 20 min

Ingredients

- 1 sweet potato, peeled
- 2 carrots, peeled
- 2 parsnips, peeled
- 1 large beetroot, peeled
- Sprigs of fresh rosemary or thyme
- Olive oil spray
- Sea salt



Method

Pre-heat oven to 190°C. Slice all the vegies into thin rounds. Spread them out on paper towels and blot dry, ensure they're as dry as possible.

Line a baking tray with foil and lightly spray with olive oil. Spread the vegies and herbs on the tray and spray them with olive oil and add a dash of salt. Bake for approx. 20 minutes, checking every 5 mins. to ensure they're not burning. Remove any that are brown and crispy before the others.

For more recipes, tips and ideas visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au