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Week 9 Term 3 Newsletter

FROM THE PRINCIPAL

Dear Parents and Carers,

Thank you for continuing to work in partnership with our teachers and school in support of your child's learning during remote learning. A special thank you for the feedback about the success of the alternative learning day - *screens down day* - on Wednesday. We have loved hearing about the joy, connection, family time and communication that was enabled in your family. We have enjoyed seeing some of the great artistic, explorative, creative & imaginative experiences of our students. The day was proof that we don't need screens to be learning!



Congratulations!

It is with pleasure that I can now announce the appointment of Mrs Val Sheahan to the substantive Assistant Principal position at St Patrick's. We have been blessed with Mrs Sheahan's leadership in the acting role this year and are delighted to have her joining the team into the future. Please join me in congratulating Val.

Kindness in COVID meals

Yesterday our wonderful and talented canteen convenor Leayra cooked up another storm of dinners for people in need in this covid lockdown time. This week the delicious dinners are chicken and vegetable curry. The parish and the Sapphire Community Pantry will again distribute meals to those in need. If you, or someone you know needs a cooked meal please email me jo.scottpegum@cg.catholic.edu.au and I can put their name on the list for a meal next week or into the future.



Online Safety

A couple of years ago Jordan from YSafe came to St Patrick's for staff, student and parent education into online safety. The YSafe organisation has offered us access to an online module 'Communicating Safely Online, the module is 21minutes and worth watching alongside with your child / children. <https://www.youtube.com/watch?v=WYG5gv1ukWI>



The Sudsy Challenge

You may remember the Orange Sky Laundry organisation for whom we have raised funds in the past. They are an organisation promoting dignity for the homeless giving people opportunities to shower and wash their clothes in mobile vans around the country. Mrs Grant, Mrs Sheahan & Mrs Ferris and a good few of the staff are joining me in the Sudsy Challenge this coming week. The challenge is to "*Keep your kit on* for three days, *talk about it* with those around you and help *raise funds* and awareness to support our friends experiencing homelessness." If you or your children would like to support us you can wear the same clothes on Thursday, Friday and

Saturday and you may like to sponsor us too. Thanks for your support!

<https://www.thesudsychallenge.com/fundraisers/joscott-pegum>

Many blessings on a restful weekend. Get out the screens down grid and have a little more fun with as a family! Stay safe. Stay connected. Let us know if there is anything we can do to support you and your family.

Blessings

Jo



08 September 2021

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Dear Colleagues and Friends

RE: APPOINTMENT OF VALERIE SHEAHAN TO ASSISTANT PRINCIPAL, ST PATRICK'S PRIMARY SCHOOL, BEGA

I am pleased to announce the appointment of Valerie Sheahan to the position of Assistant Principal, St Patrick's Primary School, Bega beginning in the 2022 school year.

Valerie has been an educator with Catholic Education, Archdiocese of Canberra & Goulburn since 2006. Valerie has held positions such as Acting Assistant Principal of St Patricks Primary School, Bega and Acting Assistant Principal, Curriculum Coordinator, Aboriginal Contact Teacher and Classroom Teacher of St Gregory's Primary School, Queanbeyan, and Religious Education Coordinator, Learning Support Teacher and Classroom Teacher of Holy Family Primary School, Gowrie.

Valerie holds the tertiary qualifications of Graduate Diploma in Student Welfare, University of Melbourne, Graduate Diploma in Religious Education, Institute of Catholic Education, and a Diploma of Teaching.

On behalf of the Archdiocesan schools' community, I congratulate Valerie on her new appointment and wish her all the best in this role.

Yours sincerely

Natalie Harper
Natalie Harper
People & Culture Leader



normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in.

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platforms Seesaw and MS Teams. Make sure everyone knows how to find the help they need to be successful. Stay in contact with classroom teacher, support teachers and school leaders. If you have concerns, let someone know.

4. Help students 'own' their learning

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice.

5. Begin and end the day by checking-in

In the morning, you might ask:

- What activities do you have to do today?
- Do you have any MS Teams meetings?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

These brief grounding conversations matter. Checking in on students to process instructions they received from their teachers, and it helps them organise themselves and set priorities – older students too.

REMEMBER; Not all students thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life.

DEAR PARENTS, THANKYOU FOR EVERYTHING YOU ARE DOING TO SUPPORT YOUR CHILDREN AT THIS TIME

FROM THE ASSISTANT PRINCIPAL



How to Keep Your Child Independent During Remote Learning?

1. Establish routines and expectations

It is important to develop good habits from the start. Create a flexible routine and talk about how it's working over time. Chunk your days into predictable segments. Help students get up, get dressed and ready to learn at a reasonable time. Everybody make your bed! Keep normal bedtime routines, including



<https://www.facebook.com/St-Patricks-Primary-School-Bega-100629802165064>



Val

FREE WEBINARS

Parenting pre- teens positively
(Recording Available)

[Register HERE](#)

A collection of upcoming and helpful parenting webinars on a range of topics. For more information and to register, click on the Register HERE icon.

eSafety's parent guide to digital technologies and mental health

- Tuesday 19 October 7.30 to 8.30 pm
- Wednesday 20 October 12.30 to 1.30 pm
- Thursday 21 October 12.30 to 1.30 pm
- Tuesday 26 October 7.30 to 8.30 pm
- Tuesday 9 November 7.30 to 8.30 pm
- Thursday 18 November 12.30 to 1.30 pm

eSafety's parent guide to online gaming

- 15 November 12.30 to 1.30pm
- 24 November 7.30 to 8.30pm

Parent Webinars

- The Transition to High School**
13th Oct @ 8pm
- Helping Your Child With Maths at Home**
8th Nov @ 8pm
- Reading at Home With Your Child**
15th Nov @ 8pm

Career decision-making

15 September, 4-5 pm

Shape your future
Discover how myfuture can help you to explore career pathways

Teen Life Webinars

This series showcase young people with a disability and their families, and the journeys they have taken to achieve the outcomes they desired.

- Getting it Right with School Meetings**
11 October 7.30-8.30pm
- What comes next?**
25 October 7.30-8.30pm
- Keeping Connected**
1 November 7.30-8.30pm

From the Parish

21 – September (7:30pm-8:30pm) “The Parenting Children Course”

The Diocese of Broken Bay is offering a ten week ‘Parenting Children Course’ (via zoom) for parents of young children, seeking connection and support during lockdown while learning new skills. It’s fun, hopeful and designed to inspire confidence in your abilities as a parent.

Register at bit.ly/101_Parents or contact Emma.Baker@bbcatholic.org.au

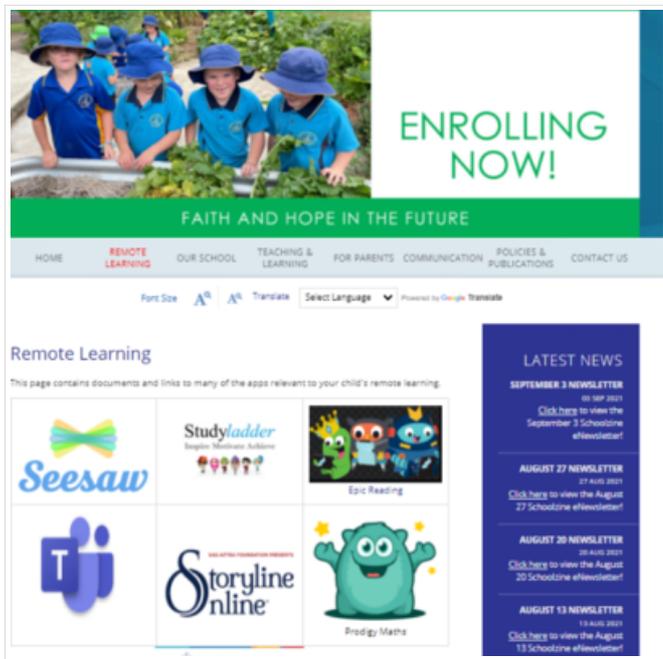
Remote Learning Support

If you are looking for information or resources about how the St Pat's team can support your family during remote learning please check out the Remote Learning tab on our website or email Mrs Grant @ emma.grant@cg.catholic.edu.au

FROM THE REC AND CLASSROOM SUPPORT TEACHER

Father's Day

This year St Pat's celebrated Father's Day a little different. Students wrote about their heroes and why they love them! If you haven't already check out our video of all the responses on our Facebook Page.



WEEK 9:

It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?

WELLBEING @ ST PAT'S

<https://www.youtube.com/embed/MOJL9QoNloo?showinfo=1&rel=0>

Just a reminder to reach out to people you know and a great time to check in with your children by asking this simple question....Are you OK?

Be YOU be TRUE

Thinking of you all and thank you for your honest feedback as I attempt to give each of our St Pats families a "care" call.

Stay grounded

Alicia Spicer

WELLBEING

JUST FOR FUN

WEEK 8 ANSWER:

