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Week 2 Term 4 Newsletter

## FROM THE PRINCIPAL

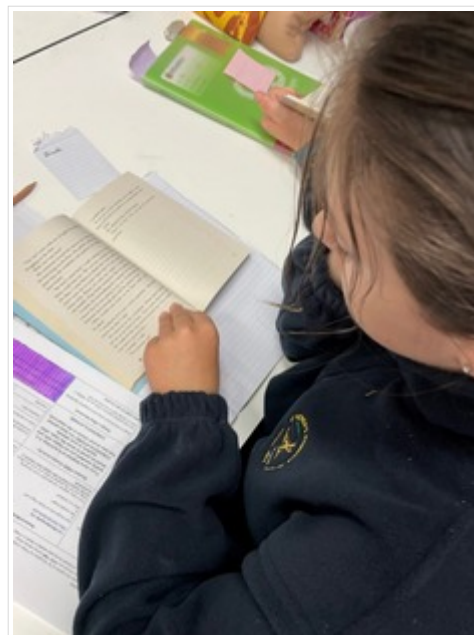
Dear Parents and Carers

Our term has begun with a strong focus on learning and the attribute of persistence.

You may have enjoyed some of the photos shares on our school social media this week, if not, here are a few, you can see what persistence looks like through the focus of these students on their learning. When you see your child persisting please let them know you are noticing.

You can help your child by reflecting the duration of their focus and encouraging a little longer next time. 'I really like that you persisted with your reading for 7 minutes without being distracted. Let's work on 8 minutes tomorrow.' 'I noticed you concentrated on your LEGO building for 10 minutes today. I wonder if you can work toward 15 minutes in the next few weeks.'

Research would say that a child's attention span is within ranges listed in this table.





### COMPASS Parent Portal

This week an email has been sent to you with your login details to our new student administration system - Compass. The first part of the portal we are using is the attendance module. Compass will be the place where you can notify absence and enter absence notes. Further modules will be unlocked as we all become accustomed to the portal.



Headspace is hosting a series of free mental health education webinars for parents, carers and community members in the Murrumbidgee and Southern NSW health areas. The sessions aim to:

- Strengthen an understanding of mental health and the warning signs for suicide and self-harm.
- Strengthen understanding and skills in how to cope and where to find help.
- Build awareness of local services and the various support services available.

- Strengthen relationships between local area mental health services, schools, headspace centres and other community organisations.

Flyers for the [Murrumbidgee](#) and [Southern NSW](#) regions contain information relating to each session and include links to register for the webinars online.



Community Council Open Meeting by MSTeams next Wednesday 20th Oct 6.15pm We are hoping to apply for and receive funding for growing family and community engagement, to improve student learning outcomes. Please reply to Donna's invitation to the open meeting that was sent via Skoolbag. Blessings,  
Jo

## FROM THE ASSISTANT PRINCIPAL

### NUMERACY STRATEGIES FOR YOUNG LEARNERS

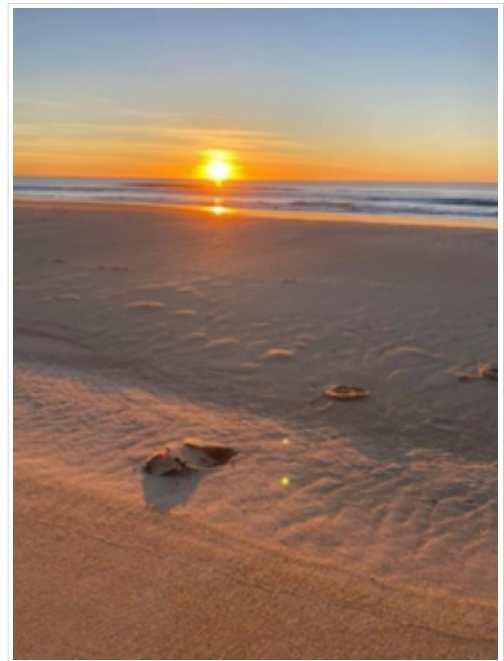
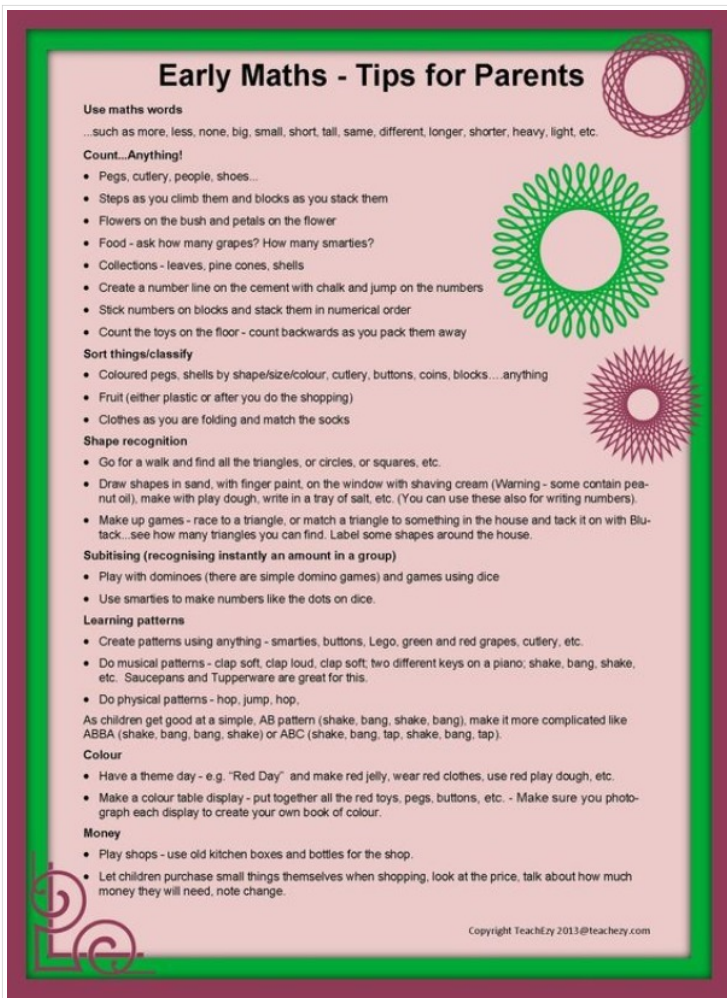
This week students in Kindergarten have been completing an Early Years Mathematics Assessment.

The assessment tracks students understanding of a variety of numeracy concepts:

- Counting backwards and forwards by 1, 2 and 5
- Ordering numbers/quantities from smallest to largest
- Sharing items equally
- Directions; turning right, turning left
- Time; o'clock/calendars
- Concepts of longest and shortest
- Ordinal numbers; first, second, third, fourth, fifth
- Money; recognising coins
- Shapes; 2D and 3D
- Concept of half
- Continuing a pattern

I noticed a number of students were unsure of the underlined concepts. You can continue to support your child with these important early numeracy understandings in a variety of ways at home. Here are some ideas;





### Helping Children to Regulate

This week I participated in Professional Learning with Royal Far West. The module focused on Supporting Attention and Behaviour: Understanding Reasons for Attention and Behaviour Difficulties, and how to help.

A few thoughts and tips for parents:

\*Humans never stop needing help from others to regulate our emotions

\*Empathy is an important technique. Demonstrate you understand how your child feels by labelling emotions, using few words, using statements not questions and using a low tone in your voice.

\*Use sensory strategies such as deep pressure eg a tight hug.

\*It can be hard to support big emotions so practice empathy with the small emotions to help your child be able to regulate better when there are big emotions.

Val

## FROM THE REC AND CLASSROOM SUPPORT TEACHER

### Religious Education

Upcoming Chapel Masses:

Friday 22nd October Week 3 - 1/2F

Friday 5th November Week 5 - 1/2B

Friday 12th November Week 6 - 1/2M

Parents are able to attend Chapel Mass following the Church COVID guidelines.

### Ways to Pray

#### A Centering Prayer Experience

- You may wish to light a candle.
- Find a comfortable position to enable you to remain still, then close your eyes.
- Repeat a sacred word (e.g love, peace, Jesus) as an intention to consent to God's presence.
- If you become aware of other thoughts/sounds/feelings, gently return to your sacred word.
- At the end of your experience, remain in silence with your eyes closed for a couple of minutes.

## WELLBEING @ ST PAT'S



HOPE



"the light in ME knows the light in YOU is AWESOME"

Enjoy

Alicia Spicer

WELBEING

## SPORTS NEWS

Last term some of our students were involved in a virtual athletics carnival. Those children were presented with certificates of participation and ribbons in front of their classroom cohorts. Claire Breust and Arly Schrader received ribbons and two certificates. These girls would have been selected in the Archdiocesan team which competes at the MacKillop Trials in Sydney. Let's hope that our children will have the opportunity to compete in person next year!



## OFFICE NEWS

Please be advised that due to an administrative error the term 4 fees have been sent with a title block of Term 3. If you require a fee statement with correct header of Term 4 please contact the school office on [office.bega@cg.catholic.edu.au](mailto:office.bega@cg.catholic.edu.au)

Thank you to the families who have already finalised their term 4 fees.

*Term 4 fees are due 10 November 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.

## COMMUNITY COUNCIL NEWS

The Community Council invites all of the St Patrick's School community to attend its open meeting on Wednesday 20th October.

The meeting will commence at 6:15pm via MTeams. The topics for discussion are parent engagement and how this can be encouraged and what resources need to be allocated to make parent engagement more successful.

We hope that you can all make the meeting and bring along some fantastic ideas on the topic. To attend the meeting please RSVP to [salwayd1018@gmail.com](mailto:salwayd1018@gmail.com) so that you can be sent a link for the meeting.

You must RSVP by 9pm on the 19th of October to attend.

## COMMUNITY NEWS

Term 4 WOODWORK classes are BACK! Come and BUILD YOURSELF at Two Sheds Workshop!

Weekly woodwork classes for boys and girls aged 7yrs+ through to Teens. Build skills, awesome projects and confidence.

Two Sheds Workshop accepts Creative Kids Vouchers > Book in at <https://twoshedsworkshops.com.au/bega-kids-teens/>



## JUST FOR FUN

### WEEK 1 ANSWER:

Yesterday, Today and Tomorrow.

### Week 2:

I make a loud sound when I'm changing. When I do change, I get bigger, but I weigh less. What am I?