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Week 3 Term 4 Newsletter

FROM THE PRINCIPAL

Dear Parents and Carers,

We have been enjoying the rain this week and remembering what we can do during wet weather play! Board games, drawing, puzzles and reading have been part of the indoor games. In the COLA the juniors have been skipping, developing their handball skills and playing LEGO.



We are so proud of Michael for taking up the Sudsy Challenge in support of raising funds and awareness of homelessness! If you want to support Michael and the work of Orange Sky Laundry you can do so here https://www.thesudsychallenge.com/fundraisers/michaelkoolis/four-au?ref=ch_3JnBEwKik8sCSDIV01saOxJZ



World Teachers' Day



Next week on Friday 29th October we celebrate World Teacher's Day. Beyond the teaching team, at St Pat's we are going to celebrate a whole staff day on that date. We want to honour everyone who works at St Pat's for their contribution to the life and growth of our school. I would like to ask you to consider finding a way to thank you child's teacher and any other member of the staff who works with your child for their great work this year. You may consider an email, a card or a letter from you and your child.

Thank you Deanna



For many years a member of our parish, Deanna, has come to school each week and dedicated time to listening to our students read. Covid times have been tough with no volunteers in school, and the children have missed Deanna and her reading support and encouragement. Many blessings on your move to Yass, Deanna!

Happy School

A recent article in *Happy School* was **Eight Steps to Happiness**. The full description is at the end of this newsletter, in brief the 8 steps listed are:

1. Practise random acts of kindness
2. Be mindful
3. Find your strengths and solutions
4. Practise gratitude
5. Learn to forgive
6. Create social networks
7. Write your own eulogy
8. Reflect, review, renew

Enjoy creating and recreating happiness for you and your family this weekend and into the future!

Next Week

Next week we celebrate Grandparents Day in a different way. More about our plans for remote celebrations are in Mrs Grant's news.



Next Friday we once again **WEAR RED** on our **DAY FOR DANIEL**. Day for Daniel is Australia's largest child safety education and awareness day. Held annually on the last Friday of October, Day for Daniel honours the memory of Daniel Morcombe.

Blessings for a happy family weekend

Jo



Soft Plastic Collection Bags

To help facilitate soft plastic recycling at home, Bega Valley Shire Council is providing every child attending school in the Shire with a reusable soft plastic collection bag. The purpose of these bags is to encourage the collection and transport of household soft plastic waste to be dropped back to participating supermarkets (Coles and Woolworths) where REDcycle bins are located.

Soft plastics are things like bread bags, biscuit packets and frozen vegetable bags. If you're unsure if it's recyclable check the packaging for the Australian Recycling Label store drop-off symbol, or the REDcycle logo. If it's on the packaging, then bag it and recycle it.

The distribution of these bags aligns with a competition Council is running where 5 schools across the Bega Valley have the chance to win a REPLAS seat made from recycled soft plastics! To enter the competition entrants must take a photo of a funny or unique way that they use their soft plastic collection bag and enter by 15/11/21 (check out Bega Valley Shire Council's Facebook page or website for more details). Winners will be selected to nominate a school of their choice to receive one of the seats.

So lets help support the circular economy and win a REPLAS seat for our school!

More information about recycling soft plastics can be found at <https://www.redcycle.net.au/>

FROM THE ASSISTANT PRINCIPAL



SCHOOLS PLUS; FAIR EDUCATION;

ENGAGING FAMILIES AND COMMUNITIES TO IMPROVE STUDENT OUTCOMES

Schools plus is a national charity that exists to help vulnerable children succeed at school. Our vision is that all young Australians reach their full potential through access to a great education. Schools Plus has worked closely to help close the education gap cause by disadvantage. We work with teachers and schools in disadvantaged communities to implement projects and initiatives that will help address the key issues which are preventing their students from thriving. Participation in the program is ideally suited to schools who have identified significant room for improving students outcomes and have prioritised strengthening family and community engagement as a key strategy to address this.

At the Community Council Open Meeting on Wednesday, I spoke about the possibility of applying for a grant through the Schools Plus; Fair Education program to support community engagement at our school.

During application rounds, eligible schools are invited to apply for funding and strategic support for a school-led project designed to create sustainable change for their students. Applications for a [Smart Giving](#) grant open once per year. This year's application period has now closed. Schools can register their project on the [Fundraise Yourself](#) platform at any time.

The council has endorsed the Leadership Team taking on the beginnings of an application for the grant however it was agreed school community input is of utmost importance in creating an application. The Leadership Team will seek ideas for ways we can build engagement and enriching involvement in our school community into the future. I will be seeking the support of the parent class contacts in the next week to reach out to parents asking them to give input on their thoughts and ideas on ways to continue to build school involvement. The Leadership Team will also listen to student voice via the SRC.

If you wish to gain further information please access via the link below.

<https://www.schoolsplus.org.au/for-schools/grants/>



Religious Education

Upcoming Events:

Friday 29th October Week 4 - Virtual Grandparents Day

Friday 29th October Week 4 - Trash & Treasure Stall, Crazy Sock Day and Day for Daniel

Chapel Masses:

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.

Grandparents Day

Next Friday we celebrate another remote Grandparents Day. With level 3 restrictions still in place we are not able to host events at school and have parents or grandparents onsite. We look forward to a change in restrictions to allow us to celebrate together sometime in the future!

Shhhh! Top secret for our grandparents. Students have been busy preparing a special postal delivery (by hand or by post worker) for Grandparents.

Please visit our website to see our virtual Grandparents Day activities: <https://stpatsbega.nsw.edu.au/grandparent-s-day>

Mission Month & Children's Week

Next week it is Children's week so as part of Mission Month we are celebrating what it means to be a child by holding a Trash & Treasure Stall. All proceeds will go to Catholic Mission.



On this day students are also able to wear crazy socks and a red t-shirt. The socks symbolise Socktober for Mission Month and the red t-shirt is to remember Daniel Morcombe.

Ways to Pray - The Rosary

In October there is a special devotion to the Rosary. Take some time to pray the Rosary. Read the scripture stories associated with each of the [Mysteries of the Rosary](#)



WELLBEING @ST PAT'S



In the chaos of wet weather play this week when many students were crowding in under the covered "Cola" area, by chance I saw a grade one student Indy sitting in her "Calm Zone".

In the most unlikely places, whether at work, in nature or a few seconds at a red traffic light take moments of stillness and quiet ...they are yours.

Stay in the NOW, stay PRESENT

Alicia Spicer

Wellbeing

OFFICE NEWS

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.

JUST FOR FUN

WEEK 2 ANSWER:

Popcorn

WEEK 3:

It belongs to you, but other people use it more than you do. What is it?

COMMUNITY NEWS

IT'S TIME TO DANCE!

Join the fun with FLING's wide range of public class programs for young people and adults.

We've got classes in venues across the Bega Valley including Dance Gym, Parkour, Ballet and Young Dance Creatives, as well as Dance FIT, Tap and Beginner Ballet for Adults.

Join now and get involved in our end of year performance. FLING is a Covid Safe Organisation.

All our programs are designed by trained professionals to keep children, teens and adults active. Our classes stimulate creativity, build strength, coordination, confidence and new friendships in a safe and joyful environment.

We can't wait to dance with you.

To sign up and find out more- go to: www.flingphysicaltheatre.com.au/community-dance-classes

Eight Steps to Happiness

Eight Steps to Happiness

Engagement

The following tips for living a more meaningful and fulfilling life are from 'Eight Steps to Happiness' by Dr Anthony Grant and Alison Leigh.

1. Practise random acts of kindness Random acts of kindness has been scientifically shown to increase the happiness and wellbeing of both the giver and the recipient. Do something nice for a different colleague every day this week.

2. Be mindful We're enticed to want more, buy more, use more, consume more. Our heads become so full of this chatter that we take for granted the good things in the here and now. To become more mindful try:

Connection: Connecting with the present, engaging fully through all senses.

Diffusion: Letting thoughts come and go without getting caught up with them.

Expansion: Allowing emotions to freely flow through you without a struggle, whether they are pleasant or painful.

I have learned to seek my happiness by limiting my desires, rather than attempting to satisfy them.

John Stuart Mills

3. Find your strengths and solutions Focus on what is good and what works. The simple idea underpinning this is that "what you focus on grows". If we train ourselves to focus on strengths, we can reorient our minds to the positive. This brings flexibility.

4. Practise gratitude When we take the time to feel grateful life seems to be better. Appreciating something involves taking the time to notice it and then acknowledging its value and meaning. This creates a positive emotional connection.

5. Learn to forgive You might think it impossible to forgive deep-seated hurts and insults, yet the remarkable thing is that people do. When they do forgive their physical and mental health is better for it. Guidelines for forgiveness:

Recall the hurt - recall it fully, but as you do so begin to think about different aspects of the story. If it is really traumatic, seek professional support.

Empathise with the person - have compassion for the offender. As you think about the wrong that person did, try to understand what their motive might have been. Recognise that, however awful the offence, humans are all fallible.

Altruistic gift of forgiveness - for you to achieve benefit from this act of forgiveness, it must be the real thing.

Commit yourself to forgiving publicly - sharing your forgiveness makes it more "real" and harder to step away from. *Still holding on!* - if the old feelings return, use these techniques to deal with them again and let go again.

6. Create social networks Fundamentally, we are social animals. Many people go to great lengths not to be alone. The problem is not being alone, it's loneliness. Build connections by being proactive - don't be inhibited by fear of rejection.

7. Write your own eulogy Imagine you've lived your life and are now at your own funeral. You're listening to what people are saying - the dreams, the aspirations, the things that meant a lot to you. What would they say? Identify two or three little things that you can do to help move you forward towards creating purposeful, positive change - write them down and do them!

8. Reflect, review, renew There comes a point in every journey when it's time to stop, pause, take stock and appreciate our progress. By taking the time to reflect, our motivation and enthusiasm is renewed.

Key points

Connect with the present

Let thoughts come and go without getting caught up with them

Take the time to feel grateful

Learn to forgive others rather than carry a grudge

Recognise that all humans are fallible



Dr Anthony M Grant BA, PhD & Alison Leigh

Dr Anthony Grant is recognised globally as a key pioneer of Coaching Psychology. He is director and founder of the world's first Coaching Psychology Unit at Sydney University. His books have been translated into eight languages. Alison Leigh is the editorial director of the World Congress of Science and Factual Producers and has been a journalist and broadcaster for more than three decades in the UK and Australia. She serves on the advisory council of the Australian Science Festival. Purchase Eight Steps to Happiness on Amazon.

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