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Week 7 Term 1 Newsletter

Dean, Katrina & Errol, Emily, Fiona, and of course the great student team for the hair spraying and face painting.

FROM THE PRINCIPAL

Dear Parents and Carers



What a fabulous celebration we had in honour of our patron saint, St Patrick, yesterday. Fr Bill told us a lot about Patrick in his homily at our school Mass, and many of our students knew so much about the life and ministry of Patrick. Thanks to Mrs Sheahan, Mrs Ferris and Mrs Grant for all of their organisation.



Thank you to the members of the Community Engagement Committee for their organisation of a fun and family oriented St Patrick's gathering in the hall and on the flats after school yesterday. Many thanks to Nicole, Roz, Tam from the committee and the team of other Community Council members and parents/ grandparents including Carmen & Brad, Pam,









Year 6 Leadership

Congratulations Rylan on being appointed one of the two ICT Leader at St Pat's. Thanks for your willingness to help with technology across the school.



Learning and Engagement

We continue to promote our 'every minute counts' language at school so that our students know the importance of using their time wisely to fully engage in their learning. Mrs Sheahan and I have been enjoying visiting classes to see learning in action as well as to honour students who are being recognised daily for the attributes of St Pat's kids.



Covid 19 and other illness

Thank you for your diligence in keeping children who have even mild symptoms home from school. We have noticed that there have been several different illnesses in our community in recent days.

Some families have asked about when students can return to school after covid isolation. The advice is to isolate for 7 days after a positive test result, or as a household contact of a positive case returning to school can occur from day 8 if symptom free.

Blessings on a restful weekend.

Jo

FROM THE ASSISTANT PRINCIPAL

BUDDY TIME

Our Year 6 leaders spent time with their kindergarten buddies engaged in a variety of fun activities. It was fabulous to see our leaders demonstrating many of our St Pat's kids characteristics

including kindness, responsibility, respect, listening and inclusivity.



Val



FROM THE REC AND SUPPORT TEACHER

Sacramental Program

A reminder for families that the Sacramental Program dates originally scheduled for this term have been postponed. Our hope is to hold these Masses and celebrations in Term 2 (June). We will confirm dates with families as soon as possible. Thank you for your understanding.

Ways to Pray

This week we celebrated St Patrick's Day.

St. Patrick of Ireland is one of the world's most popular saints. He was born in Roman Britain and when he was fourteen, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. At the time, Ireland was a land of Druids and pagans, but Patrick turned to God and wrote his memoir, *The Confession*. In *The Confession*, he wrote: "The love of God and his fear grew in me more and more, as did the faith, and my soul was rosed, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same. I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."

[St Patrick and Fun Facts](#)

[Video Link to a St Patrick Prayer](#)



Supporting Children to be Successful at School

We have seen an increase in the number of students showing signs of exhaustion. To support your child/children to be successful at school and combat exhaustion here are some tips:

1. Take time to meditate each day
2. Establish a bedtime routine
3. Ensure devices are turned off 30-60 minutes before bed
4. Encourage a healthy diet

Further information about establishing a bedtime routine and encouraging positive sleep habits can be found at:
<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/sleep/school-age-sleep>



COMMUNITY NEWS

https://stpatsbega.schoolzineplus.com/_file/media/2730/pambula_slsc_nippers_come_try_day_27_3_22.pdf

https://stpatsbega.schoolzineplus.com/_file/media/2731/junior_netball_2022.pdf