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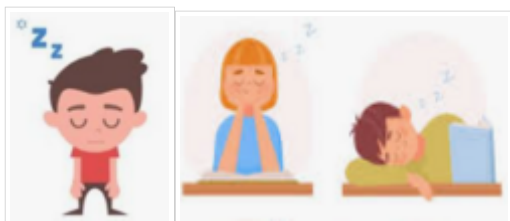


Week 8 Term 3 Newsletter

FROM THE PRINCIPAL

Dear Parents and Carers,

End-of-Term Fatigue As we approach the final weeks of Term 3, many of our students are beginning to show signs of fatigue. The combination of end of term, some lingering of the cold winter days, and the excitement of our upcoming school dance concert can leave children feeling emotionally and physically drained. This is a natural part of the school year cycle, and as a community, we can work together to support our children through this time with care and understanding.



One of the most effective ways to help children manage end-of-term tiredness is maintaining consistent routines at home.

- regular bedtimes
- regular wake times
- time outside in nature at the end of the day
- ensuring nutritious meals
- quiet time for rest

These can make a significant difference. Other small adjustments can help children wind down and recharge. These might be things like

- limiting TV and other screen time in the evenings
- encouraging a warm bath before bed

The upcoming dance concert is a joyful celebration of our students' creativity and courage, but it can also add to their emotional load. Please reassure your child that their best effort is enough, and that the concert is a time to have fun and share joy with their peers and families. If your child is feeling overwhelmed, gentle encouragement and positive affirmations can go a long way. Remind them that they are

loved and supported, no matter what. Mrs Grant shared some great tips for managing concert & performance anxiety in the newsletter 2 weeks ago, you might like to refer back to that to support your children.

The staff and I are so thankful to you, our parents for your ongoing partnership and care. Your support at home helps us nurture resilient, compassionate learners here at school. Let's continue to walk gently with our children through these last weeks of Term 3, celebrating their growth and preparing for a well-earned rest.

Blessings,

Jo

FROM THE ASSISTANT PRINCIPAL & CLASSROOM SUPPORT

Building Empathy Through Connection

This week, Stage 3 students engaged in a powerful activity from **The Resilience Project**—the **Human Knot**. More than just a team-building exercise, the Human Knot encouraged students to practice **empathy**, **active listening**, and **problem-solving** as they worked together to untangle themselves without letting go.

Aligned with **RU OK? Day**, the activity helped students understand the importance of checking in with others and being present in conversations. Through guided reflection, students explored how empathy and connection can make a real difference in someone's day.

Teachers facilitated discussions around:

- How to ask "Are you OK?" with care
- What it means to be a good listener
- When and how to seek help

These experiences are part of our ongoing commitment to building a culture of **emotional resilience** and **supportive relationships** at school.

Parent Tip

Try the Human Knot at home or ask your child what they learned from it. Practice asking “Are you OK?” and model empathetic listening.



Emma Grant

FROM THE REC & CURRICULUM LEADER

Dates for your Calendar

Friday 19th September 9:15am Class Mass- Kindergarten and 5/6 Yellow (Families welcome)

Class Masses

Each term, our students at St Patrick's are given the opportunity to attend Friday morning Mass with their class on a designated week. These liturgical gatherings are a cherished part of our school week, offering a moment to pause, pray, and grow together in faith.

We warmly invite families to join us at Friday Mass, from 9:15. Masses will continue to be posted in the previous weeks newsletter and weekly notes of which class will be attending each week. Your presence not only strengthens our community spirit but also models the beauty of shared worship for our young learners. Whether you're a regular attendee or visiting for the first time, you are always welcome in our parish pews.

Kindergarten Science

This term, our curious Kindergarten learners have been exploring the fascinating world of materials and their properties. With a focus on weatherproof materials, students investigated what makes something suitable for rain and then put their knowledge to the test by designing and creating their very own umbrella models! Through hands-on experimentation and joyful collaboration, they discovered how science and creativity go hand in hand. We're so proud of their budding engineering skills and their enthusiasm for learning!



Mel Ferris

FROM THE STUDENT COMMUNICATIONS LEADER

Accepting people for who they are is something we should all do. 5/6Y have been learning in Religion how not to discriminate and to follow in the path of Jesus. In English they are reading a narrative called Nevermoor. It is about a young girl, Morrigan, who is born on Eventide. Being born on Eventide brings her bad luck and she is blamed for disasters, even a hail storm that ruined a gazebo! An Eventide leads to Morrigan's inevitable death, but she gets whisked away from a magical man who saves her from her doom. Soon 5/6 will write their own narrative.

Prices and discounts, something everyone looks at and reads is what they have been working out in Maths. Looking at prices and taking off percentage amounts is tricky but they are learning this skill well. Energy is something we use every day but don't pay much attention to. In Science 5/6Y have been exploring different types of energy, including thermal, chemical, kinetic, light, sound and electrical. Every country has it's history. A significant part of Australia's history is British colonisation. During this time, the rights of Aboriginal people were taken from them — a truth that is important to understand and reflect upon.

Bella

KEEPING KIDS SAFE AROUND SCHOOLS

https://stpatsbega.schoolzineplus.com/_file/media/7210/kks.pdf

COMMUNITY NEWS

BEGA "GIRLS ONLY"

AFL SCHOOL HOLIDAY PROGRAM

6 HOURS OF FUN & GAMES

2025 BEGA AUSKICK (4-7/8)
Holiday Program
 When: Friday 10th October – 9:00am to 3:00pm (6 hrs)
 Where: Keith Mitchell Sportsground – Hockey Fields
 Age: **Girls 5 years to 7/ 8 years old**
 Cost: \$55 per participant (includes a footy)
 Note: BYO food and drinks

SCAN THIS BARCODE TO REGISTER NOW
ON PLAYHQ & COME ALONG FOR SOME FUN!

2025 BEGA SUPERKICK (8-12)
Holiday Program
 When: Friday 10th October – 9:00am to 3:00pm (6 hrs)
 Where: Keith Mitchell Sportsground – Hockey Fields
 Age: **Girls 8 years to 12 years old**
 Cost: \$55 per participant (includes a footy)
 Note: BYO food and drinks

SCAN THIS BARCODE TO REGISTER NOW
ON PLAYHQ & COME ALONG FOR SOME FUN!

For more information, please contact John Dyball – 0411 226 086 John.Dyball@afl.com.au

School Holidays at the Library

School Age Kids

The Great Zamboni
 The Great Zamboni blends comedy magic with theatre and takes his spectators on a voyage of illusion and wonder. For ages – 4 to 12.
Tura Marrang Library – Mon 29 Sep 10.30am

Build a Bug Hotel!
 A hands-on workshop where kids can create their very own bug hotel! Learn all about the tiny creatures that help our gardens thrive. All materials provided. For ages – 8 to 12.
Tura Marrang Library – Tue 30 Sep, 10.30am

Creative Sand Art
 Did you know you can paint with sand? Join us for some colourful creative fun as we learn how to make bright and beautiful pictures using sand. For ages – 7 to 10.
Eden Library – Wed 1 Oct, 10.30am

Spring into Action: DIY Seed Bombs!
 Learn how to make colourful seed bombs using recycled paper pulp and native flower seeds. All materials provided. For ages – 6 to 15.
Bermagui Library – Fri 3 Oct, 10.30am

Mystery Family Movie Screening
 Get ready for a fun-filled, frog-led road trip like no other! Packed with heart, humour, and classic charm, this family-friendly film is a joyful adventure. Rated G.
Tura Marrang Library – Tue 7 Oct, 10.30am

Science Experiment Extravaganza
 Learn how to make your own Salt Volcano, create a Storm in a Glass and more. For ages – 6 to 10.
Eden Library – Thu 9 Oct, 10.30am

Splash into Spring - Stories, Songs & Splashy Fun!
 A family-friendly event that combines water safety with stories, songs, and games! Meet real lifeguards, learn essential safety tips, and enjoy interactive games that build confidence. For ages 0 to 12
Bermagui Library – Tue 30 Sep, 10.30am
Bega Library – Thu 9 Oct, 10.30am
Tura Marrang Library – Mon 27 Oct, 10.30am
Eden Library – Tue 11 Nov, 10.30am

Youth

Forge your Hero! A Guided Character Creation Workshop.
 Get Step-by-step instructions on designing a character, from choosing a class to selecting skills and equipment and even writing your character's backstory! For ages 12 and over.
Bega Library – Mon 29 Sep, 11.00am

Glass Painting
 Transform plain glassware into unique art pieces. We will learn some easy techniques then create beautiful designs on glass. All material provided. For ages 11 and over. Cost – \$10
Eden Library – Fri 3 Oct, 10.30am

Storytelling for Radio and Podcasts
 Learn the basics of storytelling for radio and podcasting. From interviewing skills and scripting, to recording equipment. For adults and youth over 14.
Bega Library – Sat 20 Sep, 10.00am
Tura Marrang Library – Sat 27 Sep, 10.00am

Book online at
begavalley.events.mylibrary.digital
 Phone the library on 6499 2127

BEGA AFL HOLIDAY PROGRAM

GIRLS ONLY! GIRLS ONLY!

REGISTER NOW!

PARENTS: Fully supervised so NO need to hang around!

AUSKICK: Girls turning 5 - 7 years

Rego Link: <https://www.playhq.com/afl/register/c4ce27>

SUPERKICK: Girls 8 - 12 years

Rego Link: <https://www.playhq.com/afl/register/8ed02e>

https://stpatsbega.schoolzineplus.com/_file/media/7256/merimbula_holiday_bash_flyer_1st_oct.pdf

https://stpatsbega.schoolzineplus.com/_file/media/7257/kameruka_come_try_flyer_2nd_oct_1_.pdf

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