Dear Parents, Guardians, Students and Other Parishioners,

I would like to congratulate every parent or carer that manages to get their family to school on time! Well done! You are giving your family a great start in life, making the most of the early morning information at school and setting your children up for success each day.

Living a fair way away from school means that I have to use the Monash Freeway as well as Heatherton Road, and both roads carry a great deal of traffic. When one is blocked due to an accident, I know that I am going to be sitting in the car much longer than I had planned. So I try to make sure that I leave early enough so that even if there is an accident, I will still be on time. I have quite a few meetings in the city and I have to use the same strategy. I leave at least a half an hour before I need to just in case the freeway is blocked. Obviously, most of you have worked that out too.

It is really important for me to be punctual. I hate being late. Sometimes, even though I try really hard, I am late but I do everything that I can to be punctual. It is important to me to be on time because I know that if I miss the beginning of a meeting, or a day of learning, or even a play or a film, I will not have a really good understanding of what is going on. I may have missed something really important that changes everything that I hear for the rest of the meeting, or I may miss out on the information that something will be sent to me or that someone else is responsible for doing things etc etc.

So I am really concerned about the number of children who come late to school. How do they manage their learning for the rest of the day when the community has already finished the important information about what is going on that day? If the student misses information for even one day, that may affect their learning in the week ahead. They may not know that a notice needs to be returned on Thursday or a change of plans for PE means you need...
sports shoes on Tuesday not Wednesday.

When children arrive late for school one day here and there it can have a real effect on both their learning and their self esteem. When they are constantly late they are really at risk.

Being 10 minutes late every day means nearly an hour of learning is lost each week. Over a term that is nearly 10 hours and that is almost 2 whole days of lessons! By the end of a year a student who is late by 10 minutes a day has missed nearly 8 days of learning. However, that is not the total picture as the child has lost much more than time because they have been unaware of events, they are disorganised because they missed important information, they have lost the chance to build friendships in the social time before formal learning begins and they are constantly feeling out of control and disorganised. A recipe for disaster because the adults responsible for getting them to school on time have not been supportive of their child’s need to be at school before the bell! That is the sad part, in most cases, the child is not responsible for getting themselves to school on time.

Ah! I can hear some people saying “the child is responsible for us being late” or “they dilly dally over breakfast” or “they will not turn off the TV” or “they do not get dressed when I ask them to” - “they are the reason why we are late”.

I know about these tactics, I had 3 children of my own! The rules for the morning routine need to be established and agreed to by the whole family so everyone can do what they need to do. Children have no right to be making adults late for their commitments.

If your family needs a routine in the mornings to get out on time, sit down together and work one out. Once it is in place, stick to it. Work out a time for everyone to get up and manage their bathroom time, a time for eating a good healthy breakfast, a time for doing chores (putting dishes in dishwasher or drying up and putting the dogs breakfast in its bowl). If you really can see a benefit in having TV on, make sure everyone knows when it has to go off! I personally never let my children have TV in the morning, it’s like a zombie drug, they can’t take their eyes off it and nothing gets done on time. You are the boss, Mums and Dads, because you are responsible adults. Make a decision to all be on time and I bet you will see a big improvement in every aspect of your child’s school life. If your child is not dressed or fed by the time that you said that you were leaving, bring them without breakfast and in their pyjamas. That is the natural consequence of their choice!

If you really do have to go to work early or often run late for pick up, please investigate using the Out of School Hours Care program. It looks expensive but there is a lot of government support and once you have gone through Centrelink to get your child care number, you get 50% of it paid by the government. Some of our parents get so much funding from the CCB and the CCR benefits that OSHC costs them anything from 75 cents to a couple of dollars for each session. The published cost of the program is subject to means testing and the actual amount that you pay is in fact much less.

SCHOOL EDUCATION BOARD AGM - MARCH 25TH 2014
We have received several nominations for the 4 positions as parent representatives on the School Education Board. It is great to have so much interest. Nominations have been accepted from Pina Martino, Sue Hatley-Smith, Joanne Cameron, Samantha Pirotta and Machala Livingston. As we only have 4 places and there are 5 nominations there will be an election at the AGM. Each nominated person will need to be ready to say a few words about why they want to be a Parent representative so that everyone who is attending can discern who will be most able to represent the parent body! Thanks to everyone for being so generous with their offer of time and support!

WORKING BEE
We will be holding our first working bee for the year next Friday the 21st of March at 3.30-5pm. A note went home on Thursday explaining how to register your attendance on our website. If you have any queries, please contact Lisa at the front desk on 9795 5258.

Remember there is a curriculum day coming up on Friday 28th March!
There are times in every life when everything is going along smoothly and things are just right. We are on a high, cloud nine. If only these times would last forever! But all too soon things change and we come down from the mountain, or the mountain comes crashing down on us.

Our Lenten journey continues. Last week the journey began in the wilderness, this week with Peter, James and John we are taken to the mountain top where they encounter the glory of the beloved Son of God. They see beyond the humanness of Jesus. We are encouraged to listen to him.

For Peter, James and John, for Jesus and for us, it is not up on the mountain where life is lived. We need the vision of what life could be, so we can keep persevering the daily journey. Lent can seem a long, hard journey. Is there light at the end of the tunnel? In this week’s gospel, we are given a vision of Christ transfigured: a sign of the glory that comes out of the cross, and an assurance that God is here. We need it as much as the disciples, who were beginning to discover that following Jesus was not as easy or exciting as they had first expected.

Like the disciples, our Lenten journey is about following in the footsteps of Jesus, not standing still or remaining in the one place. We need to move on, not to remain where we are. For each of us that is the challenge of Lent! By the end of Lent, I should not be the same person I was when I started this journey. I need to change in some way, within myself and my relationship with my God or my community. Lent is not a static time. Ask simply how or what can be changed over this coming week?

**PROJECT COMPASSION**

A reminder that the Project Compassion boxes can be collected from the church foyer, school office or one can be sent home by filling a form for a Project Compassion box to be sent home with your child.

Thank you to the many families who have been focusing on the needs of others during this Lenten Season.

**SACRAMENTAL NEWS**

**Confirmation**

Thank you to the many candidates who have started attending Mass during this Lenten Season. It is great to hear that you are turning up and being prepared to publicly stand and come forward as a Confirmation candidate ready to take on your preparation for this sacrament. I ask if for any reason you are unable to attend the Mass you nominated to please let me know and organize another Mass time so I can add your name to the roster sheet.

**Reconciliation**

There is a $25.00 *cash* Sacramental levy for this Sacrament. The levy covers the cost of their books and ALL resources needed to prepare your child. The levy must be paid through the office as soon as possible. The ‘Preparing to Make Peace’ book has been sent home for you to use at home with your child.

**Foundation Prayer in PJ’S Night**

Thank you to all the Foundation families who attended the ‘Prayer in PJ’s’ night. It was a wonderful night when all the families participated in a range of fun prayerful activities.

Maria Popowycz

Catholic Identity Coordinator (CIC)

*popoma@sedandenongnth.catholic.edu.au*

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**AUSKICK AND NET SET GO!**

Next term we will be running two exciting sporting programs for our students to be a part of. They have the opportunity to be involved in specially tailored programs that teach the first skills in two of our nation’s biggest sports.

The benefits to our children are as follows:

- Children learn the fundamental motor skills for future physical activity and sports participation.
- Children learn the basics of fitness conditioning, including how to train and practise.
- Children learn the basic principles and importance of health and nutrition.
- Through specially arranged physical activities and games, some very important mental and psychological skills are nurtured. These include self-motivation, self-responsibility, self-management, persistence, resilience and positive attitude.

Through specially arranged team activities, children learn important social skills, including cooperation and respect for others.

- Generally, children benefit from greater levels of confidence and self-awareness and improved health, fitness and overall well-being.
- Physical activity develops motor and social skills and intellectual capacities.
- Physically active children are more attentive, have a more efficient memory, enhanced creativity and better learning, and problem solving and attitude capabilities.

The programs will run every Wednesday from 3.30-4.30pm throughout term 2 - that's 11 weeks! The costs of the programs will be $60 for Auskick and $50 for Net Set Go and include participation bundles of backpacks and other giveaways.

Both Auskick and Net Set Go are open to all boys and girls. Please note the programs are not a form of after school care, parent’s attendance is required. In fact, the success of programs such as these rely on the participation of parents as volunteers.

Online registration details will be detailed in next week’s newsletter.

Yours in Sport / Dean Andrew
WELLBEING & DISCIPLINE POLICY

At St. Elizabeth's School we are committed to the development of the whole person and to the provision of a school environment that nurtures the growth of all individuals towards full maturity as participating members of the community.

We recognize the innate goodness of every individual and our policies and practice embrace this belief and aim to assist students in growth towards healthy autonomy. At all times the valuable partnership which exists between home and school is valued and promoted and we recognize that parents play a vital role in the education of their children.

Our Wellbeing & Discipline Policy is based on psychology of Alfred Adler which is founded on a value system based upon social democracy with equality of people at the core and which recognizes that the basic motivation of all human beings is to belong. Adlerian Psychology also recognizes that we are social beings whose behavior is purposeful, that we are active decision makers and that our behavior is influenced by our environment.

Our school environment is committed to the establishment of the following values:

- **Cooperation** - fostering cooperative relationships and decision making processes.
- **Self Discipline** – recognizing the primary responsibility for behavior belongs to the individual.
- **Shared Responsibility** – valuing participatory decision making.
- **Mutual Respect** – understanding the right of individuals to self determination, to make decisions concerning their own values, behaviors and attitudes and to experience the consequences of those decisions.
- **Social Equality** – recognizing those parents, teachers and other significant others have the responsibility to guide, to stimulate, to understand and to model appropriate behavior.

We aim:

- to provide our students with the opportunities to develop the skills, knowledge, values and attitudes that will enable them to participate fully and effectively in society and the workplace;
- to support our students to appreciate individual difference and develop an understanding and appreciation of different cultures and lifestyles which exist in the community and the wider Australian society;
- to provide an environment that promotes a healthy self esteem, confidence and a sense of responsibility for self;
- to provide experiences whereby students gain a feeling of self worth, develop confidence in their individual identity and grow toward self discipline;
- to provide a school environment in which all students are able to participate and feel safe, welcome and valued for their contribution and effort; and
- to develop practices which enable every individual to develop to his/her full potential.

We believe our goals are best achieved through the establishment of a school climate that promotes the development of 4Rs in students:

- **RESPECT** - Believing that all people have equal worth and equal claim to being treated with dignity and kindness.
- **RESPONSIBILITY** - Accepting one's accountability, not blaming others, becoming reliable and trustworthy and seeing themselves as a primary cause of their own decisions and actions.
- **RESPONSIVENESS** - Having concern and caring for others and cooperating with them, evoking a strong sensibility to the feelings of self and others as well as an empathetic awareness of family, school, community, nation and world.
- **RESOURCEFULNESS** - Making use of one's talents and skills, fostering the ability to devise innovative ways of meeting new situations, seeing these as a positive challenge and using internal resources as well as the assistance of others to solve problems.

Nan Perazzo
Wellbeing Coordinator

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The support has been wonderful, thank you. If you would like another box of Chocolates to sell, please come and see either Pina, Paula, Sue or Trixie. If you haven’t returned the money for the Chocolate that was sent home, please send it in as soon as possible.

The Easter Raffle is now under way. We are asking our school families to donate Easter items eg Easter Eggs, Easter Bunny’s, box of chocolates etc for the raffle. The more donations we have the better the prizes can be won by the children and families. Donations can be left with your child’s classroom teacher or at the school office.

Thursday 3rd of April is the night. The Parents and Friends are organising a “Come along and meet other parents” dinner at The Vale (Springvale Hotel) 2277 Dandenong Road Mulgrave. If you would like to come along and join in the fun, please let Lisa at the school office know. Counter meals are available at own cost.

The next Parents and Friends meeting is Tuesday 22nd April 2:15pm in The Nook, all very welcome including toddlers, babies, grandparents etc.

The Nook is open Monday to Thursday before school and after school for parent to come in and borrow books. Parents are encouraged to become members of our library, and have extended borrowing rights.

The Victorian Premiers’ Reading Challenge is now open. Registration forms are available from The Nook and the Front Office.

Children in Foundation, Yr1 and Yr2 are asked to read 30 books, 20 of which need to be “Challenge Books”, Children in Yr3, Yr4, Yr5 and Yr6 are asked to read 15 books, 10 of which need to be “Challenge Books”. In The Nook, “Challenge Books” have a coloured dot on the spine so it is very easy for parents and children to find them.

Could any families who have children planning on coming to St. Elizabeth’s in 2015 for their first year of schooling please contact Lisa on 9795 5238 to register.

Small group lessons for 30 minutes during school hours.
- Chords, notes, tabs and strum & sing along style.
- $16.50 per lesson (group of 3).
- Enrolment forms at school office or contact Choon Mobile: 043 1616 364, After Hours: 03 9758 0731 or email: choonbaelim@yahoo.com
Protecting your child’s digital reputation

Children, especially during their teenage years, learn the importance of their reputation as a part of growing up.

Offline, a child’s reputation can be established through behaviour in the classroom and the playground, their treatment of friends, and academic, artistic or sporting achievements. Your child’s online reputation is defined by both the content they post about themselves and what others post about your child.

Tagged photos, blog posts and social networking interactions will all shape how your child is perceived online and offline. A poor digital reputation can affect friendships, relationships and future job prospects.

Children can protect their digital reputation by:

- **Thinking** before they post. Does everything about their life really need to be online? How might this affect them in the future?
- **Setting their profile to private** and checking privacy settings regularly to make sure default options haven’t changed. This will allow them to control who sees what they post online.
- **Keeping an eye on photos tagged by friends**. Even if your child’s profile is private, the content friends post might be available for the world to see. Some social media sites allow users to approve tags before they are attached to their profile.

If you or your child wants to talk about digital reputation issues, visit the [Cybersmart Online Helpline](http://www.cybersmart.gov.au/report.aspx) or call Kids Helpline on 1800 55 1800.

Glossary:

**Blog**

Blog is derived from the combination of the words web and log. Blogs are virtual journals created by individuals and stored on the internet. Blogs generally consist of text and images and can appear in a chronological format. While there are dedicated blogging services, such as Google’s Blogger, many social networking services offer a blogging facility as part of their service. Many online news services now also generate blogs and encourage readers to follow them. A blog can follow a theme, for example ‘Tips on parenting a 13 year old boy’ or ‘My cat blog’, or provide a viewpoint on current news events.

**Social networking**

Social networking occurs via an online site where a user can create a profile and build a personal network of online ‘friends’. In the past five years, sites such as Facebook and Twitter have engaged tens of millions of internet users.

A full cybersafety glossary may be found at [www.cybersmart.gov.au/glossary.aspx](http://www.cybersmart.gov.au/glossary.aspx)

Rebecca Gage
Learning & Teaching Leader
gagere@sedandenongnth.catholic.edu.au
You can do it

In Year 3/4HP, Taylor has shown the pillar of persistence.

She is always ready to begin each task on time and she always strives to achieve her goals, no matter how difficult the task may be.

Taylor never gives up and does not let others distract her when she is working independently.

She has an ‘I Can Do It’ attitude and shows great learning due to the effort she puts in.
Beginning: Monday 17th March, 2014

Weekly Activities ...

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<td>Mystery Paint, Make Stained Glass Catchers, Tunnel Ball, Soccer</td>
<td>String Paint, Sparkling Effects, Kick Ball, Cricket</td>
<td>Paint / Decorate Your Salt Dough Mould, Fruit Salad Game, Skipping</td>
<td>Paint Fingers and Hands, Decorate Butterflies, Running Race, Volleyball</td>
<td>Colour Mixing Fun Day</td>
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WE WILL BE OPEN ON FRIDAY THE 28TH OF MARCH. IF YOU NEED CARE PLEASE CONTACT ELARINE ON 0422 803 709