Dear School Community and Other Parishioners,

On Tuesday you would have all received a letter about the School Education Board and a reminder that you are all welcome to attend the Annual general Meeting on Tuesday, March 19th at 6pm in the Level 4 Learning Link. After the meeting, which will be brief, there is a light supper. On the back of the letter was a nomination form in case you wanted to nominate someone to be on the Board for the next 2 years. The work of the School Education Board is highly valued by the school. The work of the Board is to give advice to the Principal and Parish Priest on matters concerning the students and the future of the school.

The School Education Board works in a positive way to develop the community in Faith and in Education. So if you are wanting to make a difference in these areas and can contribute to the work of the School Education Board working in partnership with the staff and Father Tad, either nominate yourself or ask someone to nominate you for the position. Our meetings are held 8 or 9 times a year and we always begin with a meal together. If there is time, I cook it myself!

You can nominate more than one person, extra forms are available at the office. Make sure that you ask the person that you are nominating if they are willing to accept the job.

I want to thank Mr Patrick Ferdinands and Ms Cate Kavanagh who will step down from their positions on the School Education Board after 2 years. Both have made significant contributions to the good of the school and its community. Board members may seek to be nominated for a second period of service if they wish to continue their work.

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Ms Maria Popowycz finishes her time as the staff representative. Staff will nominate a new staff representative next week. As with Parent representatives, staff representatives can be re-elected for a second term. I want to thank Maria for her contribution as staff member which has always been very generously given and has helped us in all our decision making. Ms Janine Phillips will continue as parish representative.

**SUBWAY LUNCHES**
The manager from the Subway store that supplies our lunches on Tuesday has been concerned about the drop off in people using the service. I promised him that I would ask the school community why this was so. If you were using the Subway service and have not been using it lately, can you please ring me (9795 5258) or email me (principal@sedandenongnth.catholic.edu.au) and let me know why you have changed. Then I will pass the feedback on to Ben, the Subway manager.

**HENNESSY WAY WALKWAY**
Every year I advise the community that parking in Hennessy Way at the back of the school is illegal. The signs are very clear. The signs are there because it is dangerous to park your car in the very narrow road.

The only reason we have a gate in the back fence is to allow students who live in the few streets at the back a quicker way home on foot. It is a *WALKWAY* only.

Those parents who do park there can expect to be fined.

Worse still, if they are involved in an accident involving a child they can expect to feel traumatized because they have made a decision which suits them and their family, but is not in the best interests of everyone else!

I have seen children running out across that stretch of road to jump into a car parked illegally. In only a matter of seconds that child could have tripped over and be hit by a car flying around what is a very narrow corner. Then all the efforts to make life easier for that driver, that mother, that father, will be turned up side down!

**PARKING IN HENNESSY WAY AT THE BACK OF THE SCHOOL IS ILEGAL!**

**AMBULANCE COVER**
Just a reminder that if your child is hurt in any kind of accident at school and we are worried about their health or we cannot make contact with you as parents, we will call an ambulance. An ambulance ride to the nearest hospital taking patients could be very expensive. It’s not very expensive to join the Ambulance service, it is actually $78.60 a year for a family. I think that an average hospital trip would be in the thousands figure. If you can stretch yourself to take up membership, you might be saving yourself from paying thousands for an unexpected accident.

Christine Ash
Principal
“Lent is a time when we wonder at how God works in our lives”.

This week’s gospel looks back to ancient times, when people thought death was the result of sinfulness. Quite confronting? Yes, however, the crowds asked Jesus if that was true. He replied that it was no truer than the contrary. People lived because of righteousness. The point Jesus did make, however, was that repentance was necessary and necessarily immediate.

Jesus then gave the people an illustration of a fig tree that had not produced fruit for three years. The vineyard owner wanted the tree cut down, but the gardener promised to aerate and fertilize it for one more year. If, by then, it did not bear fruit, the gardener would cut it down. Some scholars think the three years of no yield correlate with Jesus’ three years in ministry, but the main point is that with nurturing, all may come to bear fruit in the Kingdom.

Some children worry whether or not their parents will live as long as the child needs them….basically forever! But often, parents worry more that they will someday be a burden to their children. Once in a while, parents know they only have a short period of time left with their children and they quickly take stock of what is truly important and act accordingly. Even without this notice, it would be good to evaluate each day and be grateful for each moment we have with each other.

This week, make a Lenten ‘fruit bowl’ as a family by writing down on strips of paper simple tasks that can be done during this season of Lent that ‘bear fruit’ for God’s Kingdom. Ideas might include praying for someone who is sick, or sending a cheerful greeting to someone who is alone. Perhaps you could visit an elderly relative or do something kind for a family member. Each day, everyone in the family takes a ‘piece of fruit’ from the bowl and tries to accomplish the task written on the strip. If you want to make sure the suggestions are age-appropriate, you can use different colors of paper for the children and adults.

Keep smiling!

Elisabetta Salierno
Catholic Identity Coordinator (CIC)
saliel@sedandenongth.catholic.edu.au

CLASS LITURGIES:
Friday 1st March: Level 4 learning community will prepare and lead the 9:15am mass.
Friday 8th March: Level 3 learning community will prepare and lead the 9:15am mass.

SACRAMENTAL NEWS:

Confirmation Candidates
The Lenten Season began last week and we have a number of candidates presenting themselves at one of the parish masses.

Please, if you need to change the date or mass time you have given me let me know so I can adjust the rostered names for the commentator.

There are still a few names missing. I hope these families will get in touch with me during the next week. This expectation of Lenten mass attendance is part of the candidate’s preparation for the sacrament.

STAFF COMMISSIONING MASS:

Next week, we begin Catholic Education Week. In preparation for this, the staff of St Elizabeth’s will be formally commissioned by Fr Tad for their ongoing work in catholic Education. This Commissioning Mass will take place this Sunday 3rd March at 10:30am. We invite all the school community to join with us for this mass. We will present our Vision Statement that shows our ongoing commitment to all who are part of the school community; the children, the teachers, with the many families, and the wider parish community. We believe this statement reflects the many and varied partnerships that we share here at St Elizabeth’s. We also take this opportunity to welcome those families who are new to the community, with children in their first year of schooling.

“We must accept finite disappointment, but never lose infinite hope”.

MARTIN LUTER KING, JR
Understanding St Elizabeth’s Parish School Wellbeing & Discipline Policy

Embedded within our school values of:

- Cooperation
- Self Discipline
- Shared Responsibility
- Mutual Respect

Social Equality are the Nine Values for All Australian School:

*Care and Compassion* - Care for self and others.
*Doing Your Best* - Seek to accomplish something worthy and admirable.
*Fair Go* - Pursue and protect the common good where all people are treated fairly for a just society.
*Freedom* - Enjoy the rights and privileges of Australian citizenship and stand up for rights of others.
*Honesty and Trustworthiness* - Be honest, sincere and seek the truth.
*Integrity* - Act in accordance with principles of moral and ethical conduct; ensure consistency between words and deeds.
*Respect* - Treat others with consideration and regard, respect another person’s point of view.
*Responsibility* - Be responsible for own actions.
*Understanding, Tolerance and Inclusion* - Being aware of others and their cultures, accept diversity, being included and including others.

At St Elizabeth’s Parish School the following principles provide the basis for our beliefs about behavior:

- Belonging is the most innate need.
- All behavior has social meaning.
- Behavior exists for a purpose.
- Humans are essentially active decision makers.
- “Lifestyle” (an individual’s cognitive belief about how he/she belongs) is unique and unified.
- Discouragement underlies all inappropriate behavior.

“Self esteem is a quiet sense of self respect, a feeling of self worth….With high self esteem you don’t waste your time impressing others; you already know you have value…….” Briggs 1970

We believe that inappropriate behavior is behavior that violates self, others or the social order. It should not be confused with a lack of skill or behavior students are not aware is inappropriate.

We believe that behavior is goal oriented and that it exists for a purpose and seek to gain a particular reaction/response from the individuals to whom it is directed.

There are four goals of inappropriate behavior:

- Attention
- Power
- Revenge
- Withdrawal

At St Elizabeth’s Parish School we believe in the innate goodness of every human being and uphold the unconditional acceptance of each individual. In supporting a strong sense of belonging for all within the community we maintain the following beliefs and principles and the language of encouragement is at the heart of all we do and say.

In our efforts to promote belonging through encouragement we recognize:

- An encouraged person possesses the courage to accept him/herself unconditionally.
- To encourage means to give heart to a person.
- Encouragement is different to praise; encouragement recognizes contribution and effort while praise is an external reward for a well done task.

Discouragement underlies all inappropriate behavior.

Nan Perazzo
Wellbeing Coordinator
Last week we played our local derby against Silverton Primary School on a very warm Thursday morning. The results were evenly spread including both volleyball games that went down to the wire. Our volleyballers have been out practicing at lunchtime and have shown huge improvements.

At assembly next Monday we will be visited by an Olympian/Para Olympian to talk about the upcoming Premier's Active Families Challenge. For further information on the challenge please read the attached flyer.

Yours in sport
Dean Andrew
Sports Teacher

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Learn Guitar at St Elizabeth’s

- Small group lessons for 30 minutes during school hours
- $16.50 per lesson (group of 3)
- Enrolment forms at school office or call the below number

Phone: Choon on
Mobile: 043 161 6364
After hours: 03 9758 0731
Email: choonbaelim@yahoo.com

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MENTAL ARITHMETIC WITH ABACUS

A program available to interested parents with children from Prep to Year 6 where students can learn mental and manual arithmetic with abacus. A proven concept that can improve arithmetic skills and also enhances the mental abilities like concentration, observation, visualization, imagination and memory.

Tuition Fee: $175 per term (1 hour per session)
Abacus set plus 2 exercise books: $30

Contact Details:
Choon Lim
Mobile: 0431 616 364 After hours: 03 97580731
Email: choonbaelim@yahoo.com

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BOOK CLUB

Book Club is due back on Friday the 15th of March.

No orders will be accepted after this date.

Thank You

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EMA FORMS

Please don’t forget to return all EMA forms and copy Healthcare Card to the office by no later than Monday the 4th of March 2012.

No late forms can be accepted after this date.

Thank You
Learning and Teaching...

CYBERSAFETY

The internet is an incredible tool. It is a powerful resource, enabling people of all ages to learn and communicate in many new ways. For children, growing up in a world where the internet has always been available, it is virtually essential.

Children use the internet for many reasons. These could include finding assistance with school projects, learning skills, gaining knowledge and keeping in touch with friends.

But there are risks. Knowing how to use the internet safely is essential to having a positive online experience. For parents and their children it is important to know how to apply these skills at home, at school and in public spaces such as the library and internet cafes. Cyberbullying, identity theft, scams and inappropriate content are some of the issues that can pose challenges for young people online.

As a parent, you have an important role to play in helping to educate and guide your child in their online experiences. The following tips provide some helpful points to remember:

- Remember that even when children seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance.
- Spend time online with your child – using the internet can be a fun family activity.
- Try to locate the computer in a shared or visible place in the home.
- Teach your child positive online etiquette. Encourage them to treat others online in the same way they would like to be treated.
- Set rules – make sure your child knows what information they can share by phone or post online and which websites they can visit. Discuss the amount of time they spend online and ensure they maintain a balance.
- Teach your child that there are ways they can deal with disturbing material – encourage them not to respond to any communication that makes them feel uncomfortable or worried and to report it to a trusted adult.

Last Monday you would have received a copy of the ‘Student ICT Acceptable Use Guidelines’ which outlines the expectations of all students when they use ICT equipment at school. This might be a helpful starting point for a conversation about what expectations you have as a family when using ICT at home.

The “Student ICT Acceptable Use Policy” page needs to have been returned to school now. Any child that has not returned this will be unable to use any ICT equipment until they do so. This form is available to download from the school website under Info / Documents & Forms / Student ICT Acceptable Use Policy.

Rebecca Gage
Learning & Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Do you shop at Waverley Gardens?
When shopping at Bakers Delight mention our school name, and they will donate a percentage of your purchase back to the school through their Dough Raiser Program.

Exciting news:
We have raised enough for new playground equipment!
Designs are being investigated and plans will be up on display shortly.

Calling all Junior Netballers!

Welcome back and we hope everyone enjoyed their summer holidays. After a very successful and fun first year together, the new netball season commences in just a few weeks. Please see the information provided below and return your registration forms (which you will find as an insert in this newsletter) and fees at the first training session on the 6th March.

- **Training:** Every Wednesday after school at the St. Elizabeth's courts (PAC training)
  - Starts Wednesday 6th March 3.30pm - 4.15pm
  - Make sure you bring your runners to school
- **Age:** Netball is offered to both boys and girls who are 8 years and older. Minimum age - you must be 7, turning 8 in 2013 to be eligible to play.
- **11 & Under - for those aged between 7 & 9:**
- **13 & Under - for those aged between 12 & 13:**
- **Season:** Commences Saturday 23rd March at Greaves Reserve, Bennett St, Geelong
  - 11 & Under - Saturday at 9.30am
  - 13 & Under - Saturday at 10.30am
  - There are no games or training over the school holidays
- **Cost:**
  - 11 & Under $70
  - 13 & Under $80
  - This includes Vic Netball Association (VNA) registration
- **Uniforms:** Maroon Netball skirt
  - Navy blue polo shirt or t-shirt
- **Runners**
- **Coaches:** Melinda Ware-Drakeford 0459 444 463
  - Jackie McCormick 0419 867 296

Please do not hesitate to contact us on the numbers above should you have any questions, otherwise we look forward to seeing you at the first training session on Wed 6th March. If you are unable to attend this training session, please make sure you contact us to register your child’s interest as we will be selecting teams on that first training night.

G'day regards

Melinda & Jackie

Parents and Friends:

Easter Raffle.

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 more prizes can be won by the children and families. Donations can be left with your child’s classroom teacher or at the school office.

We thank you for your support in helping us raise funds for our school.

ST ELIZABETH’S SCHOOL BANKING

School Banking has now commenced. Before you hand in your bank book next Thursday, please make sure that you remember to put your new classroom on the front cover.

Thank You.

Community News ...

1974 Graduates of Mercy Teachers’ College Ascot Vale

You are invited to attend a 40 year Anniversary Reunion of the commencement of our Certificate of Teaching 1973-1974 on Saturday 22nd June 2013 from 4-6pm at The Laurel Hotel, 289 Mt Alexander Road, Ascot Vale.

Please contact Margaret James (Lucardie) on 0407 834 598 or Catherine Fraser (Dullard) on 0427 572 549 if you have any questions.

St. Mark’s, Dingley Community Fete

On Saturday the 16th of March 2013 from 12-8pm St. Mark’s Dingley are holding a Community Fete which plans to be a great Saturday afternoon/evening event filled with exciting rides, silent auction, face painting, children’s craft activities, food and lots more.

There will also be a Licensed Bar from 1pm through to 7.30pm.
Information for Parents

The Premier's Active Families Challenge encourages Victorians to participate in 30 minutes of physical activity for 30 days over six weeks. It's free, it's fun and it's part of the Victorian Government's commitment to get more people more active, more often.

It's fun and it's free!

You have received this flyer because your school is supporting your child to complete the Challenge.

Establishing the importance of physical activity during childhood can help ensure lifelong participation with resulting health, social, economic and environmental benefits for individuals and communities.

Now in its fifth year, the 2013 Challenge will be held from March 4 to April 14.

Families that register to participate will be supported with healthy eating and physical activity tips and incentives. You will also receive:

- 20 free YMCA passes
- 15% off at Rebel Sport
- One hour free court hire at Melbourne Park or Albert Park Reserve
- One free child pass to the Melbourne Aquarium
- One free child pass to the National Sports Museum and MCG Tours
- A chance to win great prizes, including Apple iPads and sporting good vouchers.

The 2012 Challenge was an overwhelming success, with more than 80,000 Victorians participating. This year is set to be even bigger and better.

You can help support your child by joining in the Challenge and being active as a family after school and on weekends.

Physical activity during childhood can help with:
- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

The National Physical Activity Guidelines recommend that children aged between five and 12:
- Need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, Internet), particularly during daylight hours.

What can you do to help?
- Be active with your children
- Turn off the TV and computer or limit the time allowed and substitute with a fun activity
- Plan some activities with your children – let them choose
- Find out what the school is doing – ask if they are keeping track of the activity time

Things to consider when being active:
- Be sun-smart when outdoors
- Keep hydrated
- Wear comfortable shoes and clothing
- Know your children’s limits

Suggested activities you can do as a family:
- Walk to school
- Walk the dog
- Bike riding
- Explore where you live - walk a different course direction
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and mix a downball or hop-scotch court on your driveway
- Play a game of backyard cricket
- Backyard lawn bowls with the balls you have
- Kick-to-kick with the footy or soccer ball
- Wall tennis
- Backyard volleyball with a balloon or keep the balloon up
- Frisbee
- Rebound – throwing the ball against the wall
- Jump rope
- Hula hoop competition
- Hide and seek
- Throw and catch – and take step back when successful
- Head to the local playground
- Fly a kite
- Stand, stretch and walk around during every ad break on TV
- Three-legged races
- Sack races
- Roll a dice and the winning number selects the activity

Challenge Partner: [Logo]
Challenge Supporters: [Logos]
These advertisers support us, please support them: