Dear Parents, Guardians, Students and Other Parishioners,

Have you ever found yourself being caught up in a lot of hype about something that you have to do and realized that the whole purpose of what you set out to do is being lost? Well, that is how the staff at St Elizabeth’s feel about the process of transition to high school. We understand that parents want to celebrate the move from primary to secondary school, we do too. However, there is a great range of opinions in terms of what we do to celebrate that move.

Father Tad wants to celebrate their move to high school with a very beautiful Mass on the last Sunday morning before the end of the year. He wants them to recognize that although they leave our school, they do not leave their parish. This is their spiritual home until they move physically out of the area.

The staff want the students to celebrate in a way that is really meaningful to EVERY student not just the ones who can afford to go out for an expensive meal. They want the celebration to be appropriate for the working demands of families, some can’t attend things after school and some can’t attend to events on the weekend.

The staff know that if we celebrate in our usual school hours we will make Transition a wonderful experience for every child. We do not want a celebration that is not a real possibility for every child as we see that as divisive and inappropriate in a Catholic school.

So we will be inviting all students and their families to attend the Mass on December 15th. We know only 70% of our students on average attend but we see the importance of the Parish wishing them a wonderful start to their new school experience. We are a Catholic school and we celebrate in our tradition.

On Tuesday 17th of December, we will provide the student’s with a wonderful in school experience which will include the End of Year Mass, a Disco at noon delivered by Bop Till You Drop Disco Party Company, the School Captains Assembly and time to say farewell to
students and staff. The students will also lead a Wellbeing Activity morning and enjoy an excursion to the beach.

We trust that parents will get together in their own groups if they want a special celebration. We trust that they will arrange an appropriate farewell experience for their students after school hours should they want to do. Some families have formed lifelong friendships whilst your children are here at school, so it would be great to go out to dinner, or have a party. For many of our parents, that is not the case and they may choose to have a family dinner or party at home. We leave these arrangements to parents, you know what you like to do and what you can afford to do and that is good!

The staff will have just finished report writing, preparing for the end of the year and managing their own family commitments at that busy time. Most will have worked for the last 3 -4 weekends leading up to the end of the year on their report writing commitments, therefore I do not expect them to do more than give the time on the Sunday to attend the Transition Mass.

Should parents like to organize to bring a plate of food and have a cuppa after the Mass on Sunday, that would be excellent.

I hope you understand that our School Staff and the School Education Board are agreed that the focus needs to be on providing all the students in Yr6 with a memorable last few days regardless of their family situation.

Let us keep this transition in its right focus and leave the hype of Graduation to the time when they actually leave high school!

Christine Ash
Principal

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**EMOTIONAL RESILIENCE**

Emotional Resilience means knowing how to stop yourself from getting extremely angry, down or worried when something ‘bad’ happens. It means controlling your behavior when very upset. Emotional Resilience also means being able to calm down when you get overly upset. It means bouncing back to work or play after being upset.

**Negative Types Of Thinking To Eliminate To Help Build Emotional Resilience**

- **Self Downing** - thinking that you are useless or a total failure when you have been rejected or have not achieved a good result.
- **Needing to be perfect** - thinking that you have to be successful or perfect in everything important that you do and that it is not okay when you are not.
- **Needing Approval** - means thinking that you need people to approve of what you do and that when they do not, it's the worst thing in the world.
- **I can't do it** - thinking that when you have not been successful at something important, you are not good at anything and that you never will be.
- **I can't be bothered** - thinking that life should always be fun and exciting and that you can't stand it when things are frustrating or boring.
- **Being Tolerant of Others** - thinking that people should always treat you fairly and considerately (and be the way you want) and when they do not, they are not okay people and you have a right to get back at them.

**Eliminating Self Downing**

Explain to the young person that he/she is made up of many characteristics - some good, some not so good. Have the young person come up with five good things about his/her skills, talents, and personality and five things that could be improved on. You can help the young person if he/she gets stuck.

**Eliminating Needing To Be Perfect**

Explain to the young person that one of the greatest mistakes he/she can make is being afraid to make mistakes. Explain that mistakes are a natural part of learning and that while it is good to do the best you can in your work, it is not helpful to insist that everything is done perfectly.

**Eliminating Needing Approval**

In order to help a young person who is overly concerned with what others think of him/her, parents and teachers should find an opportunity to explain to the young person that, while it is nice to be liked and approved of, he/she does not need the approval of others all of the time.

**Next week: Teaching Being Independent/Teaching I Can Do It/Teaching Working Tough/Teaching Being Tolerant of Others**

Nan Perazzo
Wellbeing Coordinator
"You must love the Lord your God with all your heart, with all your soul, and with all your mind."

Matthew 22: 34-40

We are now well into the last term of the year! Where has this year gone? I can’t believe how quickly my year has gone! I always reminisce my first RE News and stressing about what to write... now, you can’t stop me! I look forward to writing RE News each week reflecting on not only the Gospel, but making it real and meaningful for all of us today. Our God walks alongside us as we try to make faith real in our lives and this is all we can really ask of ourselves.

CONFIRMATION REFLECTION DAY:
On Friday 18th October we took the candidates with all students in Yr6 to the Salesian Retreat Centre at Lysterfield. Each year we have offered this as a day of prayer, reflection and a time away from the usual school program to think more deeply about the sacrament they are preparing to celebrate and the changes that they are all preparing for as they move on from the familiar surrounds of primary school into secondary education.

Our day was shaped and led by students from Nazareth College, from Yr7 through to Yr11. I would like to thank them for all that they did in preparing and leading this day. The day began with some fun activities before dividing the students into activity groups. For the rest of the day they moved through the different activities gathering together for breaks and prayer to mark the end of the day.

Each activity was different, each activity was a prayerful experience for the students and each activity in some way encouraged them and challenged them to use their own gifts and talents. For me it was an enjoyable day it was an enjoyable day spent with the students and which I believe has given them the opportunity for prayerful reflection on the presence of the Holy Spirit within their own lives and how they can, through very simple participation within this community, enrich the parish community of St Elizabeth’s.

ALL SAINTS DAY / ALL SOULS DAY:

November is a special time when we as members of the Church community remember and pray for all those who have died and whose memories are sacred to us. On Friday 1st November we will gather to celebrate the Feast of All Saints, remembering that we are now able to name St Mary of the Cross MacKillop, as one of our Saints. The parish Mass will be at 9.15am on Friday morning.

Saturday 2nd November is All Souls Day, when we remember the faithfully departed within our families. We invite you at any time during this month to speak to Father Tad or Cheryl about entering the names of family and friends who have passed away this year into the Memorial Book. This feast gives us the opportunity within our own families to think about and remember those who have died and to talk with our children and share those special stories and memories that we hold on to and that celebrate the life of the loved one who has died.

God Bless!

Elisabetta Salierno
Catholic Identity Coordinator (CIC)
saliel@sedandenongnth.catholic.edu.au
Last Thursday, five St. Elizabeth students travelled to Casey Fields, Cranbourne for the Regional Athletics Carnival. This is the last step before the State Championships - big expensive grammar schools, coaches, spikes and starting blocks were aplenty as the competition is fierce at this level. Joyce O. was only a fraction of a second away from going through to State. All five girls acquitted themselves very well among elite junior company.

I would like to thank the Ware-Drakeford and Gibbon families for their assistance on the day. Their support allowed us to take the girls to and from the venue as well as provide all of the cheering and barracking for the troupe.

Yours in Sport
Dean Andrew
Sports Teacher

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**Students leaving St. Elizabeths at the end of 2013**

Could any families, who are planning on leaving St. Elizabeth’s School at the end of the year, please notify Lisa in the School office on 9795 5258.

This will enable us to accurately plan for next years classes.

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**Market Night - Friday 18 October 2013**

A very big thank you to everyone who came along, enjoyed and supported the Market Night. $1,590.00 was raised and this will go towards stage lighting, which is our new fundraising focus.

We would like to thank all our stallholders for making our market such a success, Nazareth College not only for the wonderful Trio Singers who delighted us all and the face painting, colouring and mini competitions, but also for their ongoing support.

We also thank Sponsors: Evan from Universal Meats and Bakers Delight in Waverley Gardens for Sponsoring our sausage sizzle and McDonald Real Estate, Waverley Gardens for our signage.

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**Parents & Friends Meeting**  
Monday 11 November 2013

The next Parents & Friends Meeting is Monday 11th November, 2.20pm in the back of the LRC.

See you all there.

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**Sports Top for Yr 5 and Yr 6, 2014**

If you have not already placed an order, can you please send in your order as soon as possible, as we need to place an order with the supplier.

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**Billy G’s Gourmet Cookie & Biscuit Dough Fundraiser**

Fundraiser forms and monies are due Friday 1st November.

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**School Canteen Changes to Menu**

Drinks now $2.00, new drink Apple PopTop, Deleted items - Fried Rice, Sushi, Chicken Pies and Topical Drink.
Teachers in Years 3-6 have been introducing aspects of the Walker Learning Approach. One aspect that teachers in Years 5/6 introduced last term was what is known as an ‘ERP’ or Education Research Project.

Students complete a project proposal that outlines their interest. The teacher sets learning intentions that the students will link their learning to. The students decide whether they will work by themselves or with others. They identify the links with literacy and numeracy that their learning will make and how they will present their project.

Each term there is a specific subject focus that teachers use to develop the key learning intentions. Last term the 5/6s were learning about Civics and Citizenship.

- provides a more authentic and wider choice for students in their projects
- emphasises a broader range of skills & concepts
- students are clearer about their learning intentions
- emphasises the process of research, links to what knowledge students already have and the processes of investigating, discussion and self responsibility for students
- link in specific elements of literacy and numeracy skills
- provides a wide range of ways that students can demonstrate their project
My name is Daniel,
I have been persisting with my learning and participating more in our classroom discussions.

My name is Rison,
I have been persistent with my writing. I always have a go and try to sound out words that I don’t know!

My name is Madison,
I have really enjoyed being in my reading group and trying lots of new activities!

My name is Isharna,
I always use my manners when I talk to my teachers and my friends in the community!
St. Elizabeth’s ……

No. 4 Working Bee
Friday, 8 November 2013
3.30pm to 5.00pm

If you are able to spare some time on Friday 8 November, 2013 … we need you! Our final Working Bee for the year involves: general tidy up, sweeping pathways, cleaning drains, tidying up gardens and trimming trees as well as spreading tanbark under play equipment.

Refreshments will be provided afterwards. If you can spare some time, please come along and assist. A full attendance at this Working Bee or one in Term 1, Term 2 or Term 3 sees your Working Bee Levy of $60 credited to your account.

OH&S - please make sure you wear appropriate clothing; shoes that completely cover your feet, a hat and gloves.

Please return reply slip by Wednesday 6 November.
Thank you.

WORKING BEE NO. 4 2013 —REPLY FORM

Family Name: _______________________________

Child/ren Name/s: __________________________

No. of Adults Attending Working Bee: _______ No. of Children Attending Working Bee: _______
<table>
<thead>
<tr>
<th>Weekly Activities ...</th>
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<tbody>
<tr>
<td><strong>Beginning:</strong> Monday 28th October, 2013</td>
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<tr>
<td>Monday</td>
</tr>
<tr>
<td>Trouble, Computer Games, Colouring Sheets, Hula Hoops, Basketball</td>
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<tr>
<td>Tuesday</td>
</tr>
<tr>
<td>Drawing, Lego, Card Games, Marble Games, Rope-Pully, Skipping, Badminton</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Halloween Day Activities</td>
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<tr>
<td>Thursday</td>
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<tr>
<td>Halloween Day Activities</td>
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<tr>
<td>Friday</td>
</tr>
<tr>
<td>Dominoes, Twister, Battleships, Pool, 40-40, Basketball, Cricket, Volleyball</td>
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<tr>
<th>Contact Details ...</th>
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<tr>
<td>St. Elizabeth’s Out of School Hours Care Program</td>
</tr>
<tr>
<td>111 Bakers Road, Dandenong North</td>
</tr>
<tr>
<td>Ph: 0422 803 709 / 0402 133 225</td>
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| Before School Care: Permanent: | $11.50 / Casual: $12.50 |
| 7.00am to 8.45am Monday to Friday during school term, excluding all Victorian public holidays. |

| After School Care: Permanent: | $13.00 / Casual: $14.00 |
| 3.15pm to 6.15pm Monday to Friday during school term, excluding all Victorian public holidays. |

| Vacation Care / Pupil Free Days: Per Day: | $45.00 |
| 7.00am to 6.00pm Monday to Friday |

| Late Pick Up Fees: Per minute: | $1.00 |

For enquiries or further information, please contact Elarine on 0422 803 709 or 0402 133 225 during session times.