Dear Parents and Guardians and other members of the Parish Community,

I hope that you and your family took the opportunity to remember those who paid the ultimate sacrifice for their country yesterday, on Anzac Day. Many of you may not have been part of the Australian family when the great wars were fought but the country that we have come to call home owes a great deal to the men and women of Australia’s Armed Forces. Lest We Forget!

**Feel Encouraged!**
I sometimes write my part of the newsletter and comment on things that we need to improve as a community! I thought this week, I would catch us being good! So often as a parent, I would hear myself telling my children what they were not doing so well but forget to encourage them by telling them what great things they were doing. Does that ring a bell for some of you too? Here are a few things that come to mind when I think about our work together.

**Parking out the front has been improving steadily over several years!** Less people appear to be putting children into danger by trying to gain an extra minute or two.

**More people coming into school to volunteer their time and energy.** I look at all the people helping in P and F, Tuckshop, sports programs, Working Bee’s, Literacy activities and the list goes on and on! Many thanks to everyone who contributes in the smallest of ways through to those who can and do, give so much more.

**More notices are returned on time and filled in with the right details!** Makes the teachers lives and Lisa’s life a lot easier. Together, we are also expecting our young people to take responsibility for those things that are appropriate. This can only contribute to making them responsible adults!

**More people engaging in Faith activities.** We had over 80 families attending the Stations of the Cross in the last week of term 1. Elisabetta continues to get feedback from you about

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**CALENDAR**

St. Elizabeth’s Parish Mass Times:
Saturday, 6.30pm, Sunday, 8.30am, 10.30am and 5.30 pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Monday, 29th April</td>
<td>School Assembly - 8.45-9.00am</td>
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<td></td>
<td>Level 4 Cross Arts - Dress Rehearsal - 11.30am (gold coin donation)</td>
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<tr>
<td>Tuesday, 30th April</td>
<td>L4 Cross Arts Concert “Beauty Is The Beast” - 7pm</td>
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<tr>
<td>Wednesday, 1st May</td>
<td>School Tour - 9.30am</td>
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<td></td>
<td>Parent Helpers Learning Program - 2.30-3.15pm</td>
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<tr>
<td></td>
<td>Eucharist Family Activity Night - Group 1 - 7pm</td>
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<tr>
<td>Thursday, 2nd May</td>
<td>Round 2 Winter Inter School Sport</td>
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<tr>
<td>Friday, 3rd May</td>
<td>L3 &amp; L4 Cross Country—Barry Powell Reserve - 9-11am</td>
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<td></td>
<td>Radio Assembly - 2ZZ</td>
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<tr>
<td>Saturday, 4th May</td>
<td>First Communion Celebration - 6.30pm</td>
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<tr>
<td>Sunday, 5th May</td>
<td>First Communion Celebration - 10.30am</td>
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</tbody>
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Children are supervised on the playground during recess and lunch times. There is a teacher on duty on the playground before school 8.30am-8.55am and after school 3.15pm-3.30pm. We ask that you collect your child promptly.

If you are for some reason running late, please contact the school office on 9795 5258 and let us know.
how much value you place on the faith part of your child’s education. This week many Level 1 children came in their PJ’s to pray with their families.

**Willingness to trust teachers has also improved.** I know it has been a challenging journey over the last few years as so much has changed in terms of the school environment and our teaching practice, but you have put your trust in us and it shows in our strong sense of partnership and our confidence in the future.

**I think many of you must have been out there talking about your trust in the school and it affects the way in which we are viewed in the community.** I often have visitors to the school who tell me that they have heard about us through so and so who has children at this school. Keep it up! Enrolments are now open and we need the invitation to go out, particularly to our friends with baptized children in their families.

**Learning connections between home and school are strong.** By that, I mean that you seem to see yourselves as very important partners in your child/ren’s learning. (Which is of course the truth, you are VERY important partners.) You come in large numbers to any activity we put on for you and you are so willing to hear about how you can help your children with their learning.

**You support the school’s policies.** You understand that as a community we need to keep everyone safe. Your children are reminded of the right thing to do when they come to school, encouraged to have pride in how they wear their uniform, you support Individual Behaviour Plans when we need to work together to ensure that our children learn appropriate behaviours!

So thank you for the work that you as parents are doing in the school. This is your school, your community and your parish. The staff and I are fortunate to be working with you and your delightful children!

**LOOKING AFTER OUR PLANET!**
I have been thinking about the great amount of paper that we use each week to print the newsletter. Not worried about the cost of it but concerned about the way in which we are using our precious resources for communication.

If you already read our Newsletter on line and do not need to have it in a paper form, could you please let us know? It is easy to find on the website each Friday.

We will be contacting all those people who currently get the newsletter sent to them by mail to let them know that from the end of this month we will not be posting it out as it is available for everyone to read online.

**St E’S GLEE CLUB**
A company called Junior Rockers will be supporting our lunchtime musical activity this term. They will send us a singing teacher called Jen who will take 31 children who have volunteered to be our first Glee Club members. These children are all in Level 3 or 4 and will be in for a lot of fun on Fridays this term. If the activity is as successful as I hope it will be, we will continue for another term. Cost is $1 a session and the school is paying the rest.

**PLEASE SEND LARGE EMPTY SOFT DRINK BOTTLES TO SCHOOL.**
If you are in the habit of buying large plastic bottles of soft drink, can we ask you to recycle them through the school for the next few weeks. We need to put a layer of soft drink bottles (empty of course!) into each of the garden boxes. This means we can then cover the bottles with a layer of black plastic with holes poked into it and it reduces the amount of soil that we need to fill the box without putting the plants at risk.

Christine Ash
Principal
Jesus tells us in this week’s gospel that while he was with his disciples at the Last Supper, he pointed toward his future glory following his death and resurrection where he would be reunited with his Father in heaven. He also gave the disciples a command: to love one another. But the disciples didn’t have to figure out how to do this on their own. Jesus told them to love one another in the same way he had loved them.

Jesus wanted the disciples to love one another and all followers with a binding love. It is this same kind of love that binds families together. When other people turn their backs and walk away, it is symbolic of Jesus’ love that families are bound by a love incomparable anywhere else in our own experience. We fail at times, but rarely in any other setting do we see anything close to the unconditional love God has for us, as we see in the love parents show their children.

Over the next week, find someone in your neighborhood, school, place of work, or within your family who sometimes feels left out. Reach out to that person with the kind of love Jesus describes in this Gospel. Make them feel welcome and know they are a child of God. Perhaps you will send them a greeting card, say a special prayer for them, visit them or invite them to your home. When your action is complete, share with one another where you saw Jesus in the experience you had with the person.

We began this new term with all levels developing units of work that focus on the Easter story and the centrality of the Easter event for all who name themselves as Christian. All classes will continue to reflect on and break open the weekly Gospel stories that also speak to us of the presence of the Risen Lord.

**Level 1** Learning community will develop the Unit -  ‘**Jesus is Alive! Alleluia.**’ In this unit students learn about Jesus Christ’s passion, death and resurrection and the sending of Jesus Christ’s Spirit through New Testament stories which explore these events and experiences.

**Level 2** learning communities beginning the Unit -  ‘**Easter.**’ In this unit, students become familiar with the Easter story and are introduced to the Pentecost and Ascension experiences.

**Level 3** begin the Unit, ‘**Lent and Easter - A Journey of Hope,**’ and the sacramental focus will shift from Reconciliation to First Communion. In this unit, students explore the seasons of Lent and Easter as a journey of Christian hope. They learn about the symbols, colours, texts and events of these seasons and what they mean. Throughout the Lenten journey students are supported to take on acts of service and hope. They examine the events of Holy Week and Easter with a particular focus on the actions and responses of the characters throughout these events.

**Level 4** begin the Unit, ‘**New Beginnings.**’ In this unit, students explore the Catholic beliefs about death, resurrection and eternal life. They examine the Resurrection stories in the gospels and the symbols of the Easter Vigil that express light, hope and new life. They consider ways they may be a witness to resurrection, hope and life in their words and actions.

As you can see, a very busy, but fulfilling term ahead of us all!

Elisabetta Salierno
Catholic Identity Coordinator *(CIC)*

saliel@sedandenongnth.catholic.edu.au
ENROLMENTS FOR LEVEL 1, 2014

Enrolments for Prep 2014 opened 1st week of term 2. Any existing families with younger siblings due to start next year and wanting an enrolment form, please collect from the School Office, and make an appointment for your interview.

If you know of any children wanting to enroll at St. Elizabeth’s in 2014, could you please let the School Office know.

**Class Liturgies:**
- Friday 10th May: Level 4 Learning Community Mass at 9:15am.
- Friday 17th May: Whole school Mass: International Families Day at 9:15am

**SACRAMENTAL NEWS:**

**First Communion:**
May I remind those families with children celebrating their First Communion of the Sacramental levy of $25.00 that does need to be paid through the office? This week, I sent home a copy of ‘Preparing to Celebrate’. This resource becomes a link between what we are doing here at school to help the children prepare for the sacrament and what you are doing at home.

**Confirmation Candidates:**
Commitment weekend - Feast of Pentecost: weekend of 18th and 19th May.
We ask the candidates to attend the Sunday 10.30am mass to formally enrol themselves in their on-going program. Thank you to the many candidates with their families who are continuing their commitment to regularly attend mass here within this parish community.

“When I first open my eyes upon the morning meadows and look out upon the beautiful world, I thank God I am alive”.

Ralph Waldo Emerson
ANXIETY

Anxiety is a normal part of children’s development. But it’s estimated that anywhere between 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life.

Anxiety: ages and stages
In most cases, fears in childhood are fairly transient and short-lived. Different anxieties develop at different stages:

- Babies and toddlers might fear loud noises, heights, strangers and separation.
- Preschoolers might start to show fears of being on their own and of the dark.
- School-age children might be afraid of supernatural things (like ghosts), social situations, failure, criticism or tests, and physical harm or threat.

Infants and young children don’t tend to worry about things. For children to be worried, they have to imagine the future and bad things that might happen in it - this is why worries become more common in children over eight years of age.

Children also worry about different things as they get older. In childhood, they might worry about getting sick or hurt. In older childhood and adolescence, the focus becomes less concrete - for example, they may think a lot about war, economic and political fears, family relationships and so on.

What causes anxiety?
Some people are more likely to be anxious because it runs in the family (just like eye colour). People can also learn to think and behave in an anxious way by watching others, or by going through scary experiences. Certain things in a child’s environment might also increase the child’s chances of becoming anxious - for example, if a parent is overprotective of a shy child it might help the child in the short term, but can increase the child’s anxiety overall.

Ways to support your child
If your child displays signs of anxiety, you can support him in several ways:

- acknowledge your child's fear - don’t dismiss or ignore it.
- gently encourage your child to do things she’s anxious about, but don’t push her to face situations she doesn’t want to face.
- wait until your child actually gets anxious before you step in to help.
- encourage your child when they do something they are anxious about, rather than criticising them for being afraid.
- avoid labelling your child as ‘shy’ or ‘anxious’.

Types of child anxiety
Children experience several types of anxiety. A child might have only one type of anxiety, or he/she might show features of several of them.

Social anxiety
Social anxiety is fear and worry in situations where children have to interact with other people, or be the focus of attention.

Separation anxiety
Separation anxiety is the fear children have of being parted from their parents or guardians. It’s common and normal among babies and toddlers. A very small number of preschoolers and school-age children develop a more serious form of the condition, called separation anxiety disorder.

Generalised anxiety
Children with generalised anxiety tend to worry about many areas of life - anything from friends at playgroup to world events.

Next week: understanding the different types of anxiety.

Nan Perazzo
Wellbeing Coordinator
Last week’s first round of the winter season was unfortunately washed out. We have had glorious weather all year except for Thursday mornings for some reason. Next week we will be hosting Wallarano Primary School. Our students are chomping at the bit!

Term 2 is also the cross country season. Our house captains have been proactive in organising a running club during Tuesday lunchtimes. This week they ran a beep test and it involved around 80 students on the basketball courts! A beep test is a fitness test.

The first event is the Intra-school Cross Country we run alongside our neighbours Silverton Primary School. It will be held at Barry Powell Reserve in the morning of Friday 3rd May. All parents are welcome to attend.

Any extra training your child can do on a weekend will help them run this grueling event. A couple of laps of the local footy oval or a good 7 to 10 minute run in the park would be ideal.

Yours in Sport
Dean Andrew
Sports Teacher

Community News:

St Elizabeth’s Debutante Ball.

After organising the Deb ball for over 15 years, the current committee is stepping down. If you would like the Deb ball to continue a new committee is needed.

Anyone interested please contact Cheryl at the Parish Office Tuesday—Friday 9am—3pm.

The new committee would be welcome to come and help out at this year’s Deb ball to gain an insight to enable them to run it next year.

ROLL UP YOUR SLEEVES AND GIVE BLOOD

DANDENONG MOBILE UNIT
St Mary’s Community Centre
20 – 24 New Street, Dandenong

Wednesday 22 May 2:30pm - 7:30pm
Thursday 23 May 1:30pm - 7:30pm
Friday 24 May 9:30am - 3:30pm

Appointments essential & new donors welcome.

To book your appointment please call 13 14 95
One of the best ways to help your child develop their reading skills is for them to read every day. However the amount of time spent reading and what is done with the reading is important too.

Research projects from the University of Melbourne have shown that one of the strategies those students who are successful in their reading use is to visualize what they are reading. Visualizing is creating a picture or image in your mind after reading a sentence or passage. After you have created a picture in your mind you describe the picture. Visualizing helps students recall what they have read and then helps them understand the meaning of both the words and the whole text.

The good news is that there are some very simple steps we can use with our children at home to help them develop their visualization skills. We call this R.I.D.E.R.:

**R: Read.** Read a small part of the text. For our junior students this might be one sentence. For others it may be a paragraph.

**I: Imagine.** Make a picture of the text in your mind or using a greylead pencil, draw it on a piece of paper.

**D: Describe.** Tell someone about your picture, starting with “In my mind I see...”

**E: Evaluate.** Check that what was described includes all of the information that was read. If there is some information missing, reread the sentences and add in the missing information.

**R: Read On.** Repeat the above steps until all of the information has been read.

Using this process might mean that your child doesn’t read as many pages as they have been, however your child is much more likely to have understood what they have read. And really, that is why they are reading!

Rebecca Gage

Learning and Teaching Leader

gagere@sedandenongnth.catholic.edu.au
School News...

Victorian Premiers Reading Challenge is still open. Enrolment forms are available from the school office or the LRC. Congratulations to those students who have already completed the challenge.

Community News:~ St Elizabeth’s Debutante Ball. After organising the Deb ball for over 15 years, the current committee is stepping down. If you would like the Deb ball to continue a new committee is needed. Anyone interested please contact Cheryl at the Parish Office Tuesday—Friday 9am—3pm.

Woolworths Earn & Learn

Please keep those Earn & Learn Points Sheets coming in.

This program ends Sunday 9th June. The more points we can collect the greater our selection can be. We have a designated box at Woolworths Waverley Gardens as well as one in the school foyer and in the church foyer.

Thank you for your support in this.

Mothers Day Stall is on Thursday 9th May. Classes will be allocated a time to come to the stall.

There is a display of the items for sale in the school foyer for you to have a look at.
Raffle tickets will go home this week.

LRC help needed.
If you have some spare time, I’d love some help putting labels into books, stamping, taping and some covering. It is all very easy to do. If you can help, please come and see me Monday - Thursday.

Thanks
Trixie Martin

MENTAL ARITHMETIC WITH ABACUS PROGRAM

An amazing program is now available to interested parents with children from Prep to Year 6 where students can learn mental and manual arithmetic with abacus. Abacus is a “Whole Brain Development” program with a proven concept that can improve arithmetic skills and also enhances the mental abilities like concentration, observation, visualization, imagination and memory.

Tuition Fees: $16.00 per session (1 hour per session)
Abacus set plus 2 exercise books: $30
Venue: Ferntree Gully
Time: After School Hours and Saturday

Please contact Choon Lim at GCM Abacus Method:-
Mobile: 0431 616 364 After hours: 03-97580731
Email: choonbaelim@yahoo.com

“FREE Trial Lesson”

“Looking for ways to enhance your child’s learning, then music may strike the right chord”.

Keyboard Kids Music School would like to offer your child the opportunity to learn the piano/keyboard. Learning to play a musical instrument has been shown to have great benefits for a child’s development.

COST: Shared Lesson in group of 2 - $18
Private Lesson 20 min - $19
Private lessons 30 min - $28

Lessons are held once a week on a Wednesday. Please email keyboardkids@bigpond.com for an enrolment form or call Shelley for more information on 0417 390 489.

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 contact Choon

Mobile: 043 1616 364
After hours: 03 9758 0731
Email: choonbaelim@yahoo.com
<table>
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<tr>
<td>Single Fridge Magnet</td>
<td>$1.00</td>
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<tr>
<td>Mothers Day Cards assorted</td>
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<tr>
<td>Funky Nail Files assorted designs</td>
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<td>Small Candle and Incense Pack</td>
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<tr>
<td>Votive Candle Set of 2</td>
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<td>Magnetic Wooden Storage Pegs (Set of 3)</td>
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<td>Sweet Cake Face Towel</td>
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<td>Glamorous Keyring (5 Different Designs)</td>
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<td>Notebook &amp; Pen set</td>
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<td>Butterfly Keychain</td>
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<td>Slimline Stylus Pen (Pink, Black, White or Silver)</td>
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<td>Tibetan Bookmarks (Metal with sea shell and Tibetan charms)</td>
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<td>Heart Shaped Cookie Cutters</td>
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<td>Pink Glow-in-Dark torch</td>
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<td>Oil &amp; Rattan Fragrance Diffuser</td>
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<td>Nibbles bowls assorted designs (size 120x65mm)</td>
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<td>Bead Bracelet (assorted designs and colours)</td>
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<td>Heart Measuring Cups</td>
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<td>Kitchen Set (Whisk, Pastry Brush &amp; Spatula)</td>
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<td>Easy Cup Cake Recipe book</td>
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<td>Necklaces</td>
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<td>Garden Tool set in bag</td>
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<tr>
<td>Recipe Book Stand</td>
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<tr>
<td>Evening Clutch Bags with metal chain (Black, Navy, grey or champagne)</td>
<td>$12.00</td>
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