**St. Elizabeth’s Parish School**

*Specialist Week 1* Newsletter: 10th October 2014

Dear Parents, Guardians, Students and other Parishioners,

Welcome back to Term 4 and I hope that you had a chance to enjoy being with your children during the holidays. I know that for many families, holidays are times when children are looked after by our team in the Holiday Program or relatives or friends because so many of us are working parents. Will this affect the children? The guilt parents sometimes feel about having to leave children with other people when they are not at school is a wasted emotion! Life is what it is. If you have to work, then you have to work. What matters is how you as a family handle it. In fact that goes for everything really, life is what it is but what you actually do with it is the most important factor. The very worst of things can happen to us but it is our attitude to the event that shapes us as people, it is not just that the event happened, it is how we manage it.

Viktor Frankl was a long-time prisoner in the most dreadful of places, a concentration camp. He found himself stripped to naked existence. His father, mother, brother, and his wife died in camps or were sent to gas ovens, so that, excepting for his sister, his entire family perished in these

| **Monday, 13 October** | School Assembly - 8.45-9am  
| | Foundation, 2015 - Orientation Session 3 - 2.15-3pm |
| **Tuesday, 14 October** | 5/6IL - Reconciliation, 11.30am |
| **Wednesday, 15 October** | 5/6DL - Reconciliation, 11.30am  
| | Regional Athletics - 8.20am—12noon |
| **Thursday, 16 October** | Yr3 & Yr4 - Tennis Lessons  
| | Soft Ball Finals - 11am-1pm  
| | 5/6AL - Radio Assembly  
| | Market Night - 7pm |
| **Friday, 17 October** | St. Elizabeth’s Parish Mass - 6.30pm |
| **Saturday, 18 October** | St. Elizabeth’s Parish Mass - 8.30am, 10.30am, 5.30pm |
| **Sunday, 19 October** | **UPCOMING EVENTS:** |

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School Principal : Mrs Christine Ash
camps. In the agony of being in the camp, he decided that although he was a prisoner to the situation, he would focus on those he loved and face each day with hope. This hope was hope that they were in a better place and hope that one day they would be reunited. He saw that those around him who had nothing to live for, ended up dying. They were vulnerable and without hope. He determined that the most precious thing that he had, the only thing that he had left really, was the capacity to manage his own internal thoughts and feelings. He determined that this would not be taken from him by the Nazi guards.

Even when he was released from the camp and understood that those he loved had perished, he did not stop loving them. He did not lose hope. He believed that they would and could continue loving each other. He said that he began to understand that the only thing that matters in the world is love.

So in this week which is a special week devoted to awareness of Mental Health, it is important to know that events and circumstances that are part of our life can be treated in different ways and it is our choice that determines how we manage. We also need to be aware that our choices and our attitudes affect other people.

As parents we have an enormous influence on the way our children develop their attitudes to life. If we are cross and vexed at having to leave children with carers when we go off to work, they will feel anxious and uncertain. If we are positive about the chance for them to meet and know new people and new situations, they will approach the new things in their life with positive feelings and confident attitudes.

Mental health is as important as physical health and this week, Australians are asked to talk about it and learn about it.

This week is a great time to alert you all to a great website that will help all of us in our work in Mental Health development in our parenting roles. As parents, our work is to support the development of good mental health in our children and this website is dedicated to supporting all of us in that part of our role, its called ‘Kidsmatter’. Anyone can use it, just go to www.kidsmatter.edu.au and you can log on to lots of great articles which are easy to understand and which give you lots of suggestions for bringing up children with a healthy attitude to life that is sound mental health!

We all hope that our children live a wonderful life and very different from Viktor Frankl’s experience but even small things can be changed completely by our attitude and approach. Let us teach our children to be aware of their responsibility for their own attitudes. This is the only way to be resilient and is the only way to making sure that whatever life throws at us we can find a way to work through it. As Christians and people of faith we are called to be people of hope, people with a good attitude to the life we have to live and we are guided in our choices by the Gospel messages.

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We are blessed!

Christine Ash
The Principal
We all remember how much it hurt. Perhaps it was in high school when a friend told you that you were not invited to hang out at their place because another person, who didn’t like you, didn’t want you there.

We’ve all faced rejection. We’ve been the last person chosen for a team. We’ve been ignored at a party. We’ve sat alone at lunch. A friend has turned on us.

That’s why this week’s Gospel is such good news. Sunday’s gospel compares a feast to the Kingdom of Heaven to try and give us a hint of what God’s kingdom is like. We are the very welcome guests at the wonderful feast the Lord has provided. The first people invited are those who reject God’s way of living. The second people are those who don’t expect the invitation, but are delighted when it comes, and they accept it wholeheartedly. And the person not properly dressed represents those who may say that they have accepted God’s invitation, but whose life choices show that they have not yet really said yes to God.

God invites all people to a life full of friendship. Jesus told this parable to criticise religious leaders of his time who rejected his message. Sadly for them, they missed the feast.

Jesus’ parable has two important points. Nothing stops God’s party and God tries to get everyone there.

That’s important to remember when life may not be much of a party for you at times, because you’re lonely or sad. During those times look out for God’s invitation. It might come through a parent who wants to listen and help. It might come through a person who invites you to hang out with a different group of people. It might come during prayer, when warmth, peace, and hope soothe the pain that troubles your heart. It might come during that time you spend reading God’s word.

But the party is going on. Millions of people in the world have lives filled with friendship. Millions celebrate daily as they make a difference in the world. Though you may have struggled with loneliness, there is a party invitation. During those lonely times, don’t miss God’s invitation.

How has God invited you to happiness during those times you’ve felt hurt or lonely? Don’t Miss the Invite.

OCTOBER IS THE MONTH OF THE ROSARY:

‘Hail Mary, full of Grace, The Lord is with you’

As we begin this fourth term in this month of October we keep before us these words taken from the familiar prayer of the ‘Hail Mary’. Within the traditions of the Church, this month of October is the month of the Rosary. We pray simple prayers that invite us to reflect on the mystery and wonder of God, incarnate, born of Mary who said ‘Yes’ to God’s call in her life.

SACRAMENTAL NEWS:

Confirmation:

There are many dates to remember in preparation for Confirmation. A reminder that the following forms and items are due. Keep checking for any new dates I will be adding as we get closer to Confirmation day.

Confirmation Banner:

If you have chosen to make a banner for Confirmation it would be a great idea to make a start on it now as they are due in three weeks. I will not be able to hang any banners handed in after the due date.

Maria Popowycz
Catholic Identity Coordinator
popoma@sedandenongnth.catholic.edu

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<thead>
<tr>
<th>EVENTS &amp; FORMS</th>
<th>DUE DATE</th>
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<tr>
<td>Lysterfield Reflection Day Permission form and payment.</td>
<td>Was due Friday 12 September - Please return ASAP</td>
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<td>Confirmation student activity packs to be handed in.</td>
<td>Wednesday 15th October</td>
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<td>Confirmation Banners (optional).</td>
<td>Friday 24th October or earlier</td>
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<tr>
<td>“Parent letter” to your Confirmation child.</td>
<td>Friday 24th October or earlier</td>
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<td>Lysterfield Reflection Day</td>
<td>Thursday 23rd October</td>
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<td>Bishop Elliott’s School visit</td>
<td>Thursday 6th November</td>
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<td>Family &amp; Individual Confirmation photos.</td>
<td>SUNDAY 9th November 11.00am-12.15pm</td>
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<tr>
<td>Group Confirmation photo.</td>
<td>SUNDAY 9th November. Arrive 12.30pm, Photo 12.45 sharp.</td>
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<tr>
<td>CONFIRMATION SUNDAY</td>
<td>SUNDAY 9th November 1.00 pm</td>
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**EVERY DAY COUNTS**

*Every Day Counts*: the Victorian Government’s campaign to improve school attendance, reflects the belief that going to school each day is the ‘single most important part of your child’s education’.

There is compelling evidence that children and young people who regularly attend school, and complete Year 12 or equivalent, have better health outcomes and higher incomes across lives.

Attending school regularly and being engaged in learning are critical factors in both academic and personal learning. For example, merely walking into a classroom each day promotes teamwork and the knowledge that in any community - be it at school, at work or when playing sport - people rely on each other and the slightest break in the chain can make a difference.

Principals and teachers who see firsthand the effect non-attendance or lateness can have are the most powerful advocates for the importance of coming to school and being on time each day.

There are unfortunately occasions where students have difficulties at school and are reluctant, or refuse, to attend school. In this instance parents should be aware there is help at hand. Talk with the child’s teacher about how home and school can work together and address any issues that may be facing a young person not fully engaged in his/her learning. It’s often a matter of building a shared sense of responsibility for supporting a student facing difficulty in getting to school and then following up by focusing on support and engagement.

While parents need to monitor their child’s school attendance and set clear expectations about regular attendance, it is crucial that there is open communication between parents and teachers whenever health, anxiety or other factors start to impact on a young person’s ability to fully engage in their learning.

If your child seems anxious about going to school it is important to act early. Make opportunities for your child to talk to you about how they are feeling and what they are finding difficult. Things are often not as bad as they seem and parents can help their child think of strategies to deal with the situation. Parents need to encourage their child to try the strategies and see how well they worked. Parents also need to talk to the school to see how the school might be able to help.

**Reluctance to go to school**

Act early. If your child is anxious about going to school:
- Listen to them and encourage them to tell you how they are feeling.
- Help your child see that things might not be as bad as they think.
- Discuss ways they might handle the situation and encourage them to try these solutions.
- Talk to your child’s teacher to see how the school could help or to seek advice for further support.

**Extended holiday during school term time**

Act early. Ask the school for an Absence Learning Plan. This will include simple tasks that fit naturally within your holiday. For example:
- Write a diary or blog that the class back home can follow.
- Take plenty of pictures and identify the one that means the most at the end of each day.
- Identify new words and phrases each day if travelling in another country.
- Work through foreign currency conversations.
- Calculate travel distances.
- Set aside 15 minutes each day for school specific reading.
- Research the places you are visiting.

Nan Perazzo
Wellbeing Coordinator
Avoiding online spam, scams and phishing

If it seems too good to be true, it probably is!
The online world provides you and your child with incredible access to communications and information. However, there are also a number of things that you must be aware of to avoid being taken advantage of.

- **Scam**s are ways of obtaining information or money through false means.
- **Spam** is an unsolicited commercial electronic message.
- **Phishing** is the use of email or SMS to encourage individuals to reveal financial details like credit card numbers, account names and passwords or other personal information. Phishing messages can look like genuine messages from a real bank, telecommunications provider, online retailer or credit card company.

Discuss these actions with your child to avoid this illegal activity.

- **Avoid** giving out your email address or mobile phone number publicly. Check the terms and conditions of anything you sign up for. You may be consenting to receive commercial messages.
- **Do not accept** friend requests or respond to text messages from people you don’t know.
- **Remember** that banking institutions will never contact customers by email seeking specific account details. Call your bank directly if you have any concerns about a contact claiming to be your bank.
- **Ensure** that you only disclose financial information on websites that you trust and that have secure payment facilities. Look for a URL that begins with ‘https://’ and padlock symbols once you get to the payment page to check it is likely to be secure.

If you or someone you know has been affected by spam, scams or phishing, visit the Cybersmart Online Helpline ([www.cybersmart.gov.au/report.aspx](http://www.cybersmart.gov.au/report.aspx)) or call Kids Helpline on 1800 55 1800.

Cybersmart.gov.au

Rebecca Gage
Learning and Teaching Leader
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Sport News …

The annual St. Elizabeth’s Picnic Sports Day will be held on Monday 27th October. The opening ceremony will commence at 11.30am and all students are encouraged to wear their sports colours.

All of our St. Elizabeth’s families are invited to attend and help add to the atmosphere of the day. Then you are invited to join us for a picnic lunch at 1pm.

Best wishes to the 5 athletes representing us at the Regional Athletics this week at Casey Fields and also to both boys and girls softball teams who will be playing Division finals next week.

Next week in our P.E. classes our Yr3, Yr4, Yr5 and Yr6 students will be learning the Olympic sport game of European Handball. The sport is a cross between basketball and indoor soccer. We will learning new skills, new rules and new strategies and will culminate in a round robin tournament. To know more about the sport just google "European handball" and there are plenty of clips to view.

Yours in Sport
Dean Andrew

School News …

Guitar Lessons - St. Elizabeth’s

- 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

Piano/Keyboard Lessons - A Musical Journey!

Keyboard/Piano and music theory lessons conducted with a focus to promote general musicianship skills and artistic growth through creative and fun teaching methods and apps to make the learning more exciting. Great opportunity to experience music through the keyboard!

For further details please contact Pik Mobile 0450561878 or email pikfoong@yahoo.com
Parents and Friends:~

**Monday** coming (13th October) our meeting is just after the morning assembly with morning cuppa. Everyone welcome.

At 2:15pm all **parents and carers of this year’s Foundation students** are invited to an afternoon tea in The Nook (library). 2015 Foundation parents and carers are also invited. **The Parents and Friends Association are extending a welcome to all parents and carers of our community.**

**Friday** (17th October) is **Market Night**, many of **stalls**, lots of goodies, **face painting, temporary tattoos, pony rides, raffles** to name a few.

Come and enjoy a wonderful night.

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**School Banking Day Reminder**

Don’t forget that **THURSDAY** is School Banking day and students should bring in their weekly deposit.

Each week we have approximately 70 students who participate in School Banking even though we have over 150 students registered.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).
## Contact Details ...

| Elizabeth’s Out of School Hours Care Program  
| 111 Bakers Road, Dandenong North  
| Ph: 0422 803 709 / 0426 282 721 |

### Before School Care
**Permanent:** $12.00 / **Casual:** $13.00  
7.00am to 8.55am Monday to Friday during school term, excluding all Victorian public holidays.

### After School Care:
**Permanent:** $13.50 / **Casual:** $14.50  
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. (No vacation care available in January.)

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

For enquiries or further information, please contact Elarine on 0422 803 709 or 0426 282 721 during session times.

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## Weekly Activities ...

| Beginning: | 13 October 2014 |
| Monday | Create a city using mixed media |
| Tuesday | Card building, straw construction |
| Wednesday | Make a wooden tower with wooden blocks, dominoes |
| Thursday | Build sand castles in the sand pit |
| Friday | Outdoor sports |