Dear Parents, Guardians, Students and other Parishioners,

Over the last few years we have really been trying to make our school community aware of the need to work towards a culture of sustainability. We are not interested in painting a dark picture for our students, our students do not need to dwell on the thought that they may be heading to a world fighting over access to scarce resources. Children have enough worries as it is. From what I can see, children today are so much more anxious than children of my generation!

We work from the Christian belief that we are here on this planet to be stewards of creation. That has several ideas attached to it. We are here to care for ourselves, and we are called to become the very best people we can be. We are called to work towards building relationships with other people that are based on respect and care. That way we help other people to become the very best people that they can become, and we are here to share the resources we have so that they can be used by everyone for the good of all the people on this Earth.

We have actually done a lot of work to create a
culture of environmental stewardship to which we are called not only as good citizens, but also as Christians and Catholics in particular. Pope Francis last week urged us to make a serious commitment to respect and protect creation, to be attentive to every person we meet and to counter the culture of waste and disposable goods. He called us to promote a culture of solidarity (with those in need) and of encounter (where we still retain a sense of awe and wonder) with everyone and everything.

In terms of a call to respect and to share resources wisely, we have certainly begun to develop a strong approach to Sustainability here at St Elizabeth’s.

Looking back over the last few years, here are some of the main things we have implemented at our school:

**WATER**
- We have installed urinals that flush with less water automatically.
- We asked the plumber to change the taps so they turn off automatically.
- We changed all the cisterns in the toilets to reduce water used to flush them.
- We installed rainwater tanks to use rain water from the roof to water the oval and flush toilets.
- We applied for and won a grant to be part of the School’s Water Efficiency Program which monitors our water usage and alerts us by email if there is an unexpected increase in water usage. We have had 3 such incidents and been able to locate the problem and fix it immediately saving a lot of wasted water – and money!
- We have reduced our waste by halving the number of bins we fill each week.
- All our bio-degradable food scraps are collected for composting.
- All communities are encouraged to take care of a garden bed.
- We promote and encourage a nude food program.
- We have installed a large garden at back of PAC.

**CURRICULUM**
- We have identified the need for a Sustainability Co-ordinator and supported a staff member to take this leadership role on.
- We have employed a Sustainability Support Person and timetabled support across the learning communities for students to learn about Sustainability.
- We are providing opportunities for students to get involved with sustainability projects at recess time.

Over the next few years we will design an approach to Sustainability that will become ever more strategic. We need to monitor our costs and data about energy used and share it with our students so that we can work together to look after our precious resources. Research shows that to become a successful Sustainable School we need a whole school commitment to watch what we are doing in this area and taking whole school action to conserve the good things we use like water, electricity, gas and the foodstuffs we eat.

We would have a greater chance of success if we could harness the energy of our whole community. How well are you going at saving the planet from a culture of waste at your place? I was always asking my children to turn lights off and to stop the 15 minute showers. What I didn’t do was to help them see this as part of God’s invitation to be stewards of this Earth. If we want to have heaven on earth for everyone, we all need to start saving resources now!

Christine Ash
Principal
‘God loved the world so much that he gave his only Son...’
Jn 3:16-18

In the gospel reading, the extent of God’s love is shown in two different ways. The first is the way of divine love; the second is the price that God is willing to pay because of that love.

God’s love for the world is so deep and so generous that nothing is spared for the world’s salvation, not even God's only Son. This Son was truly a gift from God. However, the Son had a sacred, all-encompassing mission to perform. The world, though created good, often stands in opposition to God and, consequently, is in need of being saved. It is this not perfect world that God loved and it is into this not perfect world that God’s only Son was sent.

God loved the world so much that he sent his only son, Jesus, so that we might have eternal life.

CLASS / SCHOOL LITURGIES

Friday 13th June:
‘Yr3 & Yr4 Learning Community’ to lead Mass at 9.15am

Monday 23rd June:
‘Feast of the Sacred Heart’ - Whole School Mass at 9.15am

SACRAMENTAL NEWS

First Communion:
To mark the end of the First Communion program the Yr3 and Yr4 children will host the Sunday 10.30am Mass on Sunday 15th June. This will give all those who have celebrated First Communion an opportunity to come together with all their family and friends and share in this Mass. We hope to see you there.

Confirmation Candidates:
Last Sunday was the Feast of Pentecost and the Confirmation came together with the parish of St Elizabeth’s to formally enroll themselves in their on-going Confirmation program. It was wonderful to see so many young people come together to participate in Mass together.

Monday 23rd June: Feast of the Sacred Heart of Jesus:
On this day as we celebrate this Feast that speaks to us of the love of Jesus, we are invited to think of those who are in need within our own community though reaching out to help them through supporting the great work of the St Vincent De Paul Society.

We are encouraging family’s to support in a particular way. Where possible, we are asking you to send along a gift of non-perishable food, warm winter clothing or a gold coin donation to be placed before the altar. Father Daniel will lead us in prayer on Friday the 23rd June at 9:15am.

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

BRAVE - Free Anxiety self-help program - Youth Beyond Blue.

BRAVE is a free evidenced based program that has been proven to help prevent and treat anxiety in young people.

The BRAVE program is an interactive online program that helps young people between eight and seventeen, and their parents, to seek support for anxiety in the comfort of their own home.

The program uses Cognitive Behaviour Therapy (CBT) techniques and includes up to 10 sessions for children and young people. Parents can also take part in a separate program to learn ways to help their children manage anxiety. Parents can complete the program together with, or independently, of their child and not everyone will need to do all sessions.

Simple anxiety and depression checklist - the questions concern how the individual has been feeling over the past 4 weeks:
- About how often did you feel tired out for no reason?
- About how often did you feel nervous?
- About how often did you feel so nervous that nothing could calm you down?
- About how often did you feel hopeless?
- About how often did you feel restless or fidgety?
- About how often did you feel so restless you could not sit still?
- About how often did you feel depressed?
- About how often did you feel everything was an effort?
- About how often did you feel so sad that nothing could cheer you up?
- About how often did you feel worthless?

None of the time / A little of the time / Some of the time / Most of the time / All of the time

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where a person feels under pressure, it usually passes once the stressful situation has passed or the ‘stressor’ is removed.

Anxiety is when these anxious feelings don’t subside. Anxiety is when they are ongoing and exist without particular reason or cause. Anxiety can be a serious condition that makes it hard for a person to cope with daily life. Anxiety is the most common mental health condition in Australia. The sooner people get help, the more likely they are to recover.

There are many types of anxiety. While symptoms for each type are different, some general signs and symptoms include:
- Feeling very anxious or worried most of the time.
- Finding it difficult to calm down.
- Feeling overwhelmed or frightened by sudden feelings of intense panic / anxiety.
- Experiencing recurring thoughts that cause anxiety but may seem silly to others.
- Avoiding situations or things which cause anxiety e.g. crowded places or social events.
- Experiencing ongoing difficulties e.g. nightmare/flashbacks after a traumatic event.

It’s often a combination of factors that can lead to a person developing anxiety.
- Family history of mental health problems.
- Stressful life events.
- Physical health problems.
- Substance use.
- Personality factors - some research suggests that people with certain personality traits are more likely to have anxiety. For example children who are perfectionists, easily flustered, lack self esteem or want to control everything sometimes develop anxiety during childhood or as adults.

The program can be accessed at www.brave4you.psy.uq.edu.au

Nan Perazzo / Wellbeing Coordinator
Learning and Teaching ...

Supporting your child’s safe use of online games and in-app purchases.

If your child plays online games and uses apps it is important to understand how the costs can add up. Apps and online games provide great social interaction and entertainment but additional costs can be incurred even after you have already paid for the game.

For example, while playing the online game or using the app, your child may be given the option to pay again for extra content such as bonus game levels or points.

To help control the costs of online games and apps:

- **Turn off ‘in-app’ purchases** in the settings of your phone and other devices so your child has to ask to buy additional levels/characters/lands.
- **Keep passwords to yourself** so others can’t purchase apps and add-ons without you knowing.
- **Talk to your child about costs.** Explain that games, apps and the extra features in them all cost real money. Watch your child play a game or app and explain which parts cost extra.
- **Set a reasonable weekly or monthly spend** for apps or games and help your child track their spending so they can make good choices. For older kids talk about data costs as well.
- **Check what your child is doing.** Are the games and apps appropriate? Online games have ratings—some apps or games have inappropriate ads with links to adult websites, contain offensive material or replicate gambling games.

If your child has accessed content that has disturbed them or concerns you seek professional support. You or your child can also visit the Cybersmart Online Helpline (www.cybersmart.gov.au/report.aspx) or call Kids Helpline on 1800 55 1800.

cybersmart.gov.au

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Across the entire school we are running a gymnastics program for the next six school weeks. Students are learning about balance, flexibility, poise and strength as they go through a series of rotations in our PAC each lesson. Each week each station becomes a little more challenging, and it is very rewarding to see the student's growth each week.

Last Friday we had six students represent our school at the Division Cross Country carnival. Our runners all tried their best and we managed to get one of our students qualified for the next round amongst elite company - the Southern Metro Regional Carnival. Congratulations to Emily. Thank you to the parents who transported our athletes to and from the event and supported their running on the day.

Our Winter Inter-School Sports program is nearing its completion with only three more rounds to play. Every week you can see the teams improve as the students are now well past the "learning the rules" stage and are focussing on the "strategic playing" and "working as a team" part of the sport.

Much thanks goes to the several parents that are able to come down and help us with scoring, umpiring and coaching. Your efforts are incredibly supportive to our students and I am sure you have seen the growth in the teams as the season progresses.

Yours in Sport
Dean Andrew

The next Parents and Friends meeting will be Monday 21st July 2:15pm in The Nook, all very welcome.

Do you read the Herald Sun? Would you please send the masthead along to the school. We are collecting them from the 1st June to the 14th June. The school that collects the highest amount of masthead per student enrolment wins $10,000. It would be great for us to try.
School News cont ...

**CareMonkey**

Can I ask everyone to provide their child’s details via the CareMonkey program. It is safe. No-one, except you and the school, can access it and it puts you in instant control over the information that you share with us. Change a phone number or move house, you can change it immediately, you do not have to come in to tell Lisa!

Can I stress this for parents/guardians of children going on camp in a few weeks. If we do not have everyone on CareMonkey, we are going to have to take paper as well as electronic information with us on camp, which can be confusing. It would be so much easier if we can use the electronic version for information on all students and have those details at all staff’s fingertips.

**School Banking**

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

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. Currently the rewards available are a Handball, Scented Pencils, Shark Pencil Case, Shark Key Ring or a Penguin Key Ring.

**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.
**Market Night - Friday 17th October**

Do you have things to sell? Are you crafty? Do you wish to have a stall? Application forms are available from Lisa at the school office, Trixie in The Nook, or on the school’s website. The market is held in the Yr5/Yr6 Link flowing into the Performing Arts Centre.

**Buddy Play Mates Shed**

We would appreciate any donations of dolls in good condition, tea sets, dolls clothes and blankets etc.

We also need small matchbox cars in good condition and a totem tennis set if anyone has one not being used.

We can’t accept any broken toys as they are not safe for children to use.

Any good quality toys that your children have grown out of will be appreciated.

Thank you for your help and assistance with this cause.

**Lost Property**

The lost property basket in the office foyer is full! At the end of the term, all lost goods, hats, jumpers, water bottles etc. will be moved! Some will be given to St. Vincent DePauls. Some will go to our second hand uniform shop.

**If you have lost it - claim it now!**

**Parish Dinner Dance**

Saturday 21st June in the Performing Arts Centre. Banquet Dinner, Band ~ Next Generation plus a DJ. There are limited tickets still available. If you are interested, please come and see Trixie in The Nook. Tickets $40 adults. Children under 12 $25.

Raffle Tickets are also for sale. 1st Prize 50” Digital LED Television, 2nd Prize 32” Digital LED Television, 3rd Prize Travel Voucher. Tickets $2 each or $5 for 3 tickets. Tickets are available after weekend Masses as well as via Trixie in The Nook.
You Can Do It …

I have been persistent in learning new routines and procedures.

I am confident in making new friends at St Elizabeth’s.

I am new to the open space we have to be organised by ensuring that my space is tidy and ready for learning.

Isabella F.
<table>
<thead>
<tr>
<th>Monday 30th June</th>
<th>Tuesday 1st July</th>
<th>Wednesday 2nd July</th>
<th>Thursday 3rd July</th>
<th>Friday 4th July</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Letter M Day&quot;</td>
<td><em>Pyjama Day</em></td>
<td><em>Fun and games day</em></td>
<td><em>Excursion Day</em></td>
<td><em>Frost Friday</em></td>
</tr>
<tr>
<td>M</td>
<td>Come dressed up in your PJs</td>
<td>We will be playing lots of games &amp; activities</td>
<td>Rush Laser Tag Arena</td>
<td>Winter mural</td>
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<td></td>
<td>Bring a blanket and your favourite DVD</td>
<td>- scarecrow Tizzy</td>
<td>Live action play in fountain gate</td>
<td>Frosty snowman</td>
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<td></td>
<td>Share stories and create a family tree</td>
<td>- lots of ball games</td>
<td>Laser tag, dogem ride time freak</td>
<td>Winter word puzzle</td>
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<td></td>
<td>Snuggle up with a hot chocolate</td>
<td>- cricket &amp; footy</td>
<td>laser maze challenge mini golf</td>
<td>Games</td>
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<tr>
<td></td>
<td>and your favourite movie</td>
<td>- challenge yourself with tennis competition, skipping, hula hoops.</td>
<td>BYO: lunch/snack/drink</td>
<td>Pick as many cotton ball you can find</td>
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<td></td>
<td>Come along and enjoy a Marvelous day.</td>
<td></td>
<td>Please be at the service by 8.00</td>
<td>Gift unwrap relay</td>
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<td></td>
<td>Crafts</td>
<td></td>
<td>bus leaves at 8:30 am</td>
<td>Peg game</td>
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<tr>
<td></td>
<td>Making mobiles</td>
<td></td>
<td>Cost:$23</td>
<td>Freeze</td>
</tr>
<tr>
<td></td>
<td>Monster puppet</td>
<td></td>
<td></td>
<td>Cooking</td>
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<tr>
<td></td>
<td>Mosaic pictures</td>
<td></td>
<td></td>
<td>Chocolate snow balls.</td>
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<tr>
<td></td>
<td>Games</td>
<td></td>
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<tr>
<td></td>
<td>Musical mayhem</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Marbles</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>M bingo</td>
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<tr>
<th>Monday 7th July</th>
<th>Tuesday 8th July</th>
<th>Wednesday 9th July</th>
<th>Thursday 10th July</th>
<th>Friday 11th July</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>News paper craft</em></td>
<td><em>Bubble Bounce</em></td>
<td><em>Stufflers Bear Building</em></td>
<td><em>Scooby &amp; loom bands day</em></td>
<td><em>Goodbye to the holiday</em></td>
</tr>
<tr>
<td>Use your imagination to make &amp; create the following with news paper:</td>
<td>Bubbles, bubbles everywhere on your toes and on your nose.</td>
<td>Excursion day at Mary Mackillop</td>
<td>Make your own</td>
<td>Make your own</td>
</tr>
<tr>
<td>- 3d pop up cards</td>
<td>Activities Included:</td>
<td>- Each child take home a special friend</td>
<td>Rhythm stick</td>
<td>Rhythm stick</td>
</tr>
<tr>
<td>- book mark</td>
<td>Bubble burst painting</td>
<td>- child safe</td>
<td>Musical instruments</td>
<td>Musical instruments</td>
</tr>
<tr>
<td>- scenery</td>
<td>Bubble prints</td>
<td>- entertainment</td>
<td>Musical chairs</td>
<td>Musical chairs</td>
</tr>
<tr>
<td>- palm tree</td>
<td>Make your own bubbles.</td>
<td>great for all ages</td>
<td>Balloon fun</td>
<td>Balloon fun</td>
</tr>
<tr>
<td>- paper boats</td>
<td>Then have fun playing with balloons volleyball &amp; the chocolate game</td>
<td>Cost: $23</td>
<td>Bring prepackaged food to share for afternoon tea</td>
<td>Remember no nurot policy</td>
</tr>
</tbody>
</table>

For information & booking contact your coordinator Elainse on 04228803709 or visit [www.ylv.com.au/holiday/program](http://www.ylv.com.au/holiday/program/) you must provide your child with packed lunch and snack.
### 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.

### Weekly Activities ...

<table>
<thead>
<tr>
<th><strong>Beginning:</strong></th>
<th>Monday 16th June, 2014</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Winter collage painting</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Painting chalk drawing</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Marbel painting</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>Paint with pebbles</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Curriculum Day - We will be open with a day full of fun - string painting, decorative sponging, painted post cards</td>
</tr>
</tbody>
</table>

We will be open on Friday the 20th of June (St. Elizabeth’s - Curriculum Day).

If you need care please contact Elarine on 0422 803 709.