Dear Parents, Guardians, Students and Other Parishioners,

I am sure that you are all familiar with the expression that `It takes a village to raise a child’. Have you ever wondered how that relates to a school in Dandenong North? At St Elizabeth’s we are serious about what it means to us. We believe in the power of our community to enrich the lives of the children we care for and educate.

How does our ‘St Elizabeth’s village’ raise our children? We keep our children safe when we park properly, cross on the school crossing, help children who are wandering away from the front of the school because they can’t see their family car, notice when children are dropped off at school but wander off to a friend’s place. We keep them safe when we think about all of them as well as our own.

It takes a village to raise a child and this is seen so often in the volunteering that we see at St Elizabeth’s. When people come in to help with Father’s day stall, when adults pack up chairs after Cross Arts nights, when there are parents coming in week after week to sell uniforms at the uniform shop and when parents come in to make lunches for the students in our Tuckshop. We also see it when people take others people’s children to sports Grand Finals as well as their own.
That it takes a village to raise a child becomes obvious at St Elizabeth’s when we pick up the responsibility for getting our child or children to their School House Hosting Mass, or we support other parents by being here to witness their child renewing their Baptism promises, or when we come in to be part of the parish at weekend Masses or we join in meditation when we are helping in the classroom.

The notion that it takes a village to raise a child is part of St Elizabeth’s approach to paying school fees. We know that everyone is sharing the cost of technology, administration, professional programs and safe equipment and facilities. It is part of our support for our Parish Priest, Fr Tad, who provides us with opportunities for Faith experiences. We see the village in action when someone donates resources left over from something at work that can be re-used or recycled in the Developmental Learning Program.

We understand that it takes a village to raise a child when parents come in to cook with the children or to hear them read or to help them with wellbeing activities and excursions. We know it takes a village to raise a child when we contribute our good ideas to the School Education Board or Parents and Friend’s agendas.

We understand that it takes a village to raise a child when parents come in and talk to our teachers about their children. At St Elizabeth’s, we welcome parents into our school. We know that you will understand that sometimes we need to be teaching, but we are always ready and willing to make a time to meet with you if we can’t talk right away. We are busy, but we are there to support your child, so come in and ask us about the things that concern you and we will do likewise with you.

At St Elizabeth’s we know that we are all working on the same page. It takes a village to raise a child!

Thanks to all of you who are active villagers, your role in helping to educate the next generation is valued by everyone!

HELP NEEDED!
Ms Lim is seeking some car magazines. If you have any recent ones in good condition, some of the children would love to add them to their reading material. Just check that the content is suitable for Yr 5 / 6 students!

Parent helpers are needed for our Athletics carnival on Monday at Ross Reserve, Noble Park.

Unfortunately, we will have to cancel some of the activities if we do not get a few more helpers. Thank you to those who have already said that they could come and assist us.

WHATS GOING REALLY WELL?
Congratulations to Level 3 /4 Team on a very enjoyable Cross Arts performance and to the Girls Soccer team and the Netball team for their efforts in the Regional District Finals.

AUSKICK ON WEDNESDAYS
Dean Andrew runs a fantastic after school session of Auskick for our students and it is free. However, parents must attend with their children. We have 50 children participating, and if anyone is injured the teacher can’t manage 50 children and an accident. That is why parents are there. In future, when the child is marked on the roll, the responsible adult must sign in too. If you are not able to be with your child/ren, then they will not be able to participate unless you have made arrangements for another parent to be responsible for them and they will have to sign that they will stay and be responsible for your child on the roll.

Christine Ash
The Principal
This Saturday, the 15th of August, we celebrate the ‘Feast of the Assumption.’ For Catholics, it is a Holy Day of Obligation. St Elizabeth’s will have two Masses on Saturday 9.15am and 6.30 pm.

It is a feast that reminds us of the preciousness of life and death and the respect and dignity we show for those who have died. It reminds us that we belong to what we call, ‘The Communion of Saints.’ Each time we gather at Mass as part of the ‘Eucharistic Prayer,’ we pray;

“Have mercy on us all; make us worthy to share eternal life with Mary, the Mother of God, with the apostles and with all the saints who have done your will throughout the ages. May we praise you in union with them, and give you glory.”

On this feast day, we also celebrate the special favour that God gave to Mary, our Mother. The Assumption means that Mary was taken up into the glory of heaven not only with her soul, but also with her body. Mary was Jesus’s mother so when Mary died, she went to heaven because she did everything that God asked her to do. This was her reward for her love of God and her years of faithful prayers and suffering. Now Mary is in heaven and she is queen of heaven and earth. She is the Mother of Jesus’ Church and queen of apostles. Every time Mary asks Jesus to give us graces, he listens to her request. As we celebrate the feast day of Mary, we can pray,

\[
\text{Hail Mary, full of grace.} \\
\text{Our Lord is with you.} \\
\text{Blessed are you among women,} \\
\text{and blessed is the fruit of your womb, Jesus.} \\
\text{Holy Mary, Mother of God,} \\
\text{pray for us sinners,} \\
\text{now and at the hour of our death.} \\
\text{Amen.}
\]

SCHOOL & CLASS LITURGIES:
We welcome all families and parishioners to attend school Masses with us.

Friday 28 August:
Yr 3 & Yr 4 Learning Community Mass at 9.15am.

Saturday 5 September:
Chisholm (Gold House) Hosting Mass at 6.30pm.
In their early years, children are just beginning to learn about feelings and how to manage them in their relationships with others. From time to time most, young children may display behaviours such as aggression, emotional outbursts and inattention. These are usually due to them feeling overwhelmed for some reason. Many adults overestimate the ability of young children to manage their emotions on their own.

Parents and carers can help children manage their emotions by:

**Being calm.**
- By demonstrating calmness and staying in control of your own feelings and behaviours you are providing a positive blueprint for children to learn from.
- Understanding and managing your own emotions will help you to be relaxed and calm for the children in your care.
- Learning to recognise when a child ‘pushes your buttons’ and developing ways to manage these situations will minimise stress and enable positive experiences for everyone.
- Have conversations with others to share experiences and strategies. This also helps to reduce feelings of isolation (e.g., “you are not on your own”).

**Useful questions to ask yourself.**
- How do you know when you are feeling overwhelmed or stressed?
- What pushes your buttons? (what aspects of children’s behaviour do you react to?)
- What do you do to help keep yourself calm and manage your own emotions? Does it work?
- What else could you try?

**Helping children be calm.**

Observe closely.
- Become a skilled observer to increase your understanding of children’s behaviour. Use knowledge of how each child takes in information, seeks emotional connection and communicates to help them manage their emotions.

Respond.
- Acknowledge, encourage and respond to children’s communications.
- Use positive touch where appropriate such as holding, patting or touching gently on the arm or shoulder.
- Show appropriate levels of emotion in your interactions with children.

Provide structure and predictability.
- Have age-appropriate routines and limits.

Arrange developmentally appropriate environments.
- Avoid competitive experiences for young children (e.g., by having enough of the same toy available for several children or playing more cooperative games).
- Include relaxation breaks in the day (e.g. stretching, aerobic exercise, quiet time).

Show empathy and care.
- Try to see things from the child’s perspective and understand their motives. This helps you to ward off any potential problems and respond quickly and appropriately when challenges do arise.

**Useful questions to ask yourself.**
- How do you know when a child is feeling overwhelmed or stressed?
- What do you do to help them become calmer? Does it work?
- What else could you try?
- What do they do to become calmer themselves?

Helping children learn to manage their emotions on their own.

When children know that they can make themselves and others feel better they feel confident, capable and more in control. Parents and carers can help children learn to manage their feelings, resolve conflicts, and respond to the emotions expressed by others by teaching them ways to reduce stress and maintain a calm state. These include teaching children to:

- minimise stress and optimise ‘feel good’ hormones through breathing techniques, exercise, positive social experiences, diet and rest.
- watch and learn from how others manage their strong emotions.
- problem solve ways of managing situations that prompt strong emotions for them (e.g., having a calm thought, moving away).
- express their emotions in productive ways such as drawing, acting with toys or with play dough.

Learning to manage emotions helps children feel confident and capable.

**Kids Matter – Australian Early Childhood Mental Health Initiative**

Nan Perazzo / Wellbeing Coordinator
The ABC provide fabulous resources to help support your child’s learning, all for free! Visit the link below or scan the QR Code to see what is available.

http://splash.abc.net.au/home#!/games/

One of these free resources, Spell Block Academy, is also available as an app for both Apple or Android devices.

Spell Block Academy is designed for students in Years Foundation to Three. By playing the game, students develop knowledge of high-frequency words and common word families.

ABC describe the game as:

- Your natural talent and hunger for knowledge have led you here to Spell Block Academy - the pre-eminent School of Magic.

- The first lesson that Magicians learn in this cool game is that command of language is the key to shaping the world around them.

- As a Magus-in-Training, we will provide you with the tools which you can use to enhance your magical vocabulary.

- The Spell Blocks are the key! Spell Blocks will sharpen your familiarity and recognition of the words which will shape your destiny.

- The more you play, the more you learn!

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Math is all around us especially in books. Did you know Andy Griffiths ‘The 26-Storey Treehouse’ has many mathematical questions and problems to solve. Here are just a few.

Jill has two dogs, a goat, three horses, four goldfish, one cow, six rabbits, two guineapigs, one camel, one donkey and thirteen flying cats. How many animals altogether?

How long is a short story? How long is a long story?

If there are 78 different ice-cream flavours to choose from, how many different two scoop combinations can I choose from? How many three scoop combinations?

How long does it take for an ice cube to melt?

What’s the difference between 1864 and 2015?

Next time you read a book keep a look out for mathematics hidden in the story.

Lyn Dennett
Numeracy Leader / F-4 Number Intervention Leader
ldennett@sedandenongnth.catholic.edu.au
ST. ELIZABETH’S
ATHLETICS
CARNIVAL

WHEN
Monday 17th August
10 am - 2.30 pm

WHERE
Springvale Little Athletics Centre
Ross Reserve
Memorial Drive, Noble Park

FEATURING • Shot Put • Sprints • High Jump • Discus • Long Jump • Relays • Team Chants • the 800m and more....

KEEN TO HELP OUT?
Contact Dean Andrew on

AT THE DOOR
There is no cost to get in for spectators. We love you to come down and help cheer on the athletes!

COSTS
The cost per child will be approx. $7.00 to cover bus, venue and equipment hire. More details to come

PERMISSION
Permission (via care Monkey) and money needs to be returned by Thursday 13th August
Hi All

This week our girls’ soccer team travelled to Cranbourne to play in the Southern Metro Regional Finals. There were 8 teams in the finals from all over South East Melbourne. The girls won their first game 2-1, then drew nil-all against eventual grand finalists Hampton Primary School. Fatigue must have set in their last game as the girls were defeated 0-5 by Langwarrin Primary School. St. Elizabeth’s finished 4th out of the eight teams playing. An awesome effort to get as far as they did and then be super competitive at this level. Well done girls and Ms. Lim. And a big special thank you to Deanna and the rest of the families for getting the girls there and back safe, sound and in good spirits.

Next Monday we have our Intra-School Athletics Carnival at Ross Reserve, Noble Park. It is an all-day event as every child will be participating in the hurdles, sprints, high jump, long jump, triple jump, discus and shot put. The gruelling 800m is optional and our house captains have assembled super fast 4 x 100 teams for their respective houses. Points are awarded for wearing your colours, top 3 finishes and the Big Team Chant-Off! Our District Athletics team will be selected on the results, but the real focus is on fun and effort over winning.

It is not too late to volunteer some of your time. We really require parent helpers to help ensure the day’s success (to date, I have one volunteer). Please email me at dandrew@sedandenongnth.catholic.edu.au and let me know the time frame you will be able to volunteer for.

Yours in Sport

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**School News ...**

**Victorian Premiers’ Reading Challenge**

Congratulations to the 54 children who have already completed the Challenge.

There is still time to enter the books your child / children are reading into the Victorian Premier Reading Challenge.

**Earn and Learn**

Do you, your family or your friends shop at Woolworths?
Are you asking for the Woolworths Earn and Learn stickers?

If so, please put them into the St Elizabeth’s Primary School box at Woolworth’s Waverley Gardens or send them along to school with your child and we will put them on sticker sheets.

The last time Woolworths did this campaign we managed to get a lot of the wooden furniture that is in the Foundation classrooms.

Of course the more we collect the greater our selection of free resources for our school becomes.

Thank you for your support.

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**Fathers Day** stall is on **Thursday 3rd September** and we need your help in manning the stall.

Are you able to help us? Classrooms are rostered to come to the stall from 9am—1:45pm for the children to have the opportunity to purchase something for their dad or that special man in their lives.

However for this to happen we need your help in running the stall.
If you are able to come and help for an hour or more, please let us know.

You could chat to Paula Manago or Sue Hatley-Smith when you see them on the school grounds, or ring Lisa at the school office on 9795 5258.
CSEF (CAMPS, SPORT AND EXCURSION FUND) MONEY - APPLY NOW!

Did you know that if you have a Health Care Card, you can get $125 to help you pay for the Excursion Levy and Sports Programs and Camp costs for every child in the family at Primary School?

The Victorian Government has extended the deadline so you can get the form in for this support. The money goes to the school to pay up to $125 towards each of your children’s expenses in sports, camps and excursions.

If you have a Health Care card, you can pay all the Excursion Levy and have money left to pay for either the Swimming program or Tennis or Camp.

Please ask Lisa for the form or print it off our Website at [www.sedandenongnth.catholic.edu.au](http://www.sedandenongnth.catholic.edu.au) under the heading “Community” - “(CSEF) Camps, Sports & Excursions Fund” - “CSEF Application Form”

The form must be in by the 18th of September 2015

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**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: 0431 616 364, After Hours: 03 9758 0731 or email: choonblim@yahoo.com.au
Community News ...

NAZARETH COLLEGE
Celebrating 30 years of Catholic Co-Education!

OPEN SCHOOL AND ARTS & TECHNOLOGY EXHIBITION
Sunday 13 September
TIME 11.00am - 1.00pm
WHERE Wheeler Auditorium
RSVP Friday 11 September

WHEELER AUDITORIUM BLESSING
Sunday 13 September
TIME 2.00 pm - 2.30pm
WHERE Wheeler Auditorium
RSVP All Welcome

30TH ANNIVERSARY ALUMNI REUNION
Sunday 13 September
TIME 2.30 pm - 4.30pm
WHERE Wheeler Auditorium
RSVP Tuesday 1 September

To book or if you have any enquiries regarding the above events, please call 9795 8100 or email reception@nazareth.vic.edu.au
We look forward to celebrating Nazareth College's 30th Anniversary with you in 2015.

NAZARETH COLLEGE
Celebrating 30 years of Catholic Co-Education!

SUNDAY 13 SEPTEMBER 2015

11.00am - 1.00pm: Open School and Arts & Technology Exhibition

2.00pm - 2.30pm: Opening and Blessing of the Wheeler Auditorium and Gymnasium
by Bishop Peter Elliott DD MA STD VG EV

2.30pm - 4.30pm: Alumni Reunion - Past Students & Staff
The afternoon will provide an opportunity to renew old acquaintances and take a tour of the College facilities. Please register your attendance for catering purposes with Ms Sue Formanek via email: forms@nazareth.vic.edu.au by Monday 7 September 2015

111 Bakers Road, Dandenong Nth, Vic. 3175  Tel: (03) 9795 5258  Fax: (03) 9790 0933
www.sedandenongnth.catholic.edu.au  admin@sedandenongnth.catholic.edu.au
Parish Priest : Rev. Tadeusz Ziolkowski SC  School Principal : Mrs Christine Ash
### Contact Details ...

| St Elizabeth’s Out of School Hours Care Program  
111 Bakers Road, Dandenong North  
Ph: 0422 803 709 |
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**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 during session times.

### Weekly Activities ...

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**Monday**  
Cardboard assorted shapes (penguins, pigs etc.)

**Tuesday**  
Cardboard peg safari animals

**Wednesday**  
Paper mache heart / shirt frame

**Thursday**  
Giant wooden peg magnets

**Friday**  
Assorted shape fridge magnets

## Breakfast

Breakfast is provided on Monday through to Friday for all the children who attend the before school care sessions at St. Elizabeth’s Out of School Hours Care.