Dear Parents, Guardians Students and Other Parishioners,

Do any of you remember the old days when the dental bus came once a year and students got free dental treatment? Well it was very convenient for both students and parents, and many people were saddened when the service was withdrawn.

However, there may be a new alternative! The Child Dental Benefits Schedule (CDBS) began on January 1st 2014 and the service provides access to benefits for basic dental services for children aged between 2 and 17 years of age. The total amount of their benefit is capped at $1,000 per child over a 2 year calendar period.

Alpha Mobile Dentistry will be available to visit our school if we are interested in its services. I have spoken to the School Education Board and they have shown great interest in getting the Bus to come to St Elizabeth’s. So I am arranging for the Dental Bus to come here to our school to...
deliver a bulk billed service to eligible students. To be eligible, you or your child must be receiving one of the following:

- Family Tax Benefit Part A
- Parenting Payment
- Double Orphan Pension
- Carer Pension
- Disability Support Pension
- Special Benefit
- Youth Allowance
- Abstudy

Alpha dental will check eligibility and advise parents who are unsure if they are able to have their child’s treatment bulk billed through Medicare.

Students who do not qualify for treatment under this dental scheme, can be seen as private patients and will be billed at the equivalent Medicare dental rates. (Check with your private health fund, as you may be eligible to claim back part or all of the cost of your child's treatment.)

The Alpha Dental team will provide access to the following dental services during their visit:

- Comprehensive Oral Examinations.
- Removal of Calculus (Hardened plaque).
- X-rays and fillings.
- Fissure sealing and tooth treatments.
- Dental care Plans.

The Alpha team describes the service that they offer as quality dental treatment and all staff have Police and Working With Children Checks.

Children requiring more extensive dental treatment will be referred for specialist follow up.

In order for your child to be seen by the Dentists, you will need to fill in one of their consent and medical history forms. These forms must be signed by a parent or guardian.

Once you think the form has been filled in, check the following:

- You have read all the information.
- All relevant sections of the forms have been filled in.
- Return to school within 7 days. (Forms go out Monday 18th May and are due back on Friday 23rd May.)

Please go our school website www.sedandenongnth.catholic.edu.au and under the heading “School Community” you will see a tab called “Alpha Mobile Dentistry”. We will put all the information about Alpha Mobile Dentistry under this tab so you can read it in any language.

Christine Ash
The Principal
The month of May is the month which we dedicate to Our Blessed Lady.

It is the time that we pray and show tribute to the Queen of Heaven. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts, loving prayers.

The Blessed Virgin Mary is the Mother of the Church and therefore the example, as well as the guide and inspiration, of everyone who want to live their lives like Mary had showed us, listening and following her God. Wherever there is faith there is the example of Mary, because she lived a life of faith.

How can we be more like Mary?

CLASS / SCHOOL LITURGIES

We welcome all families and parishioners to attend school Masses with us.

Friday 22 May:
Foundation, Yr1 & Yr2 Learning Community Mass at 9:15am

Friday 29 May:
‘St Elizabeth’s Feast Day’, whole school Mass at 9.15am

Friday 29 June:
‘Feast of the Sacred Heart’, whole school Giving Mass at 9.15am

Saturday 13 June:
POLDING-GREEN Sports Team Hosting Mass at 6.30pm

Friday 26 June:
Yr3 & Yr4 Learning Community Mass at 9.15am

Family Week - International Day of Families
'Stronger Families, Stronger Communities'.

We gathered together in our church to pray together as families and as St Elizabeth’s parish community.

We had a wonderful opportunity to give thanks to God for his great love for us and for the kindness and support of those who care for us, our families and communities. Thank you to the many families who were able to join us to celebrate ‘Family Week.’

SACRAMENTAL NEWS

First Communion:

Congratulations! I would like to congratulate Alan M, Addison M, Hien P, Jacob WD, Heather F, Molly HS, Nathan M, John T, Annie P, Scarlett-Rose D and Kristina B for receiving their First Communion on the weekend. The ceremonies were very sacred and special as the students and their families came together to celebrate this sacrament.

First Communion Reminders:

May I remind those families with children celebrating their First Communion of the Sacramental levy of $25.00 cash that does need to be paid through the office?

Families whose children are not receiving their First Eucharist will need to pay $5 cash towards the whole level Eucharist Activity Day.

If you are looking for First Eucharist or Confirmation cards, medals, figurines, etc, please come and visit St Elizabeth’s Piety Store inside our Church.

Confirmation Candidates:

Commitment weekend - Feast of Pentecost: weekend of 23rd and 24th May. We ask the candidates to attend the Sunday 10.30am Mass to formally enroll themselves in their on-going program. If you are unable to attend on Sunday then attend any of the Masses at St Elizabeth’s Parish in the Pentecost weekend (Saturday 8.30am, 10.30am or 5.30pm). A reminder, there is a Mass Attendance Sheet at the back of the church for Confirmation Candidates.

Thank you to the many First Communion and Confirmation candidates with their families who are continuing their commitment to regularly attend Mass here within this parish community. It is an expectation that all families attend Mass regularly as part of their children’s preparation to receive sacraments.

Keep smiling!

Maria Popowycz
Religious Education Leader
popoma@sedandenongnth.catholic.edu.au
When Things Go Wrong at School

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience and their future relationships with teachers and peers.

Every parent wants the best for their children, and that includes having great experiences at school.

Despite best teaching practice, things do go wrong at school. Most kids experience learning difficulties from time to time. Conflict and peer rejection are a normal part of school life. The developmental nature of childhood means that there will always be some turbulence, particularly around key transition ages, such as the start of adolescence. During these times young people frequently experience a dip in their learning as well as significant relationship difficulties.

1. **Stay calm and rational.**
   It’s natural as a parent to protect, or defend your children, particularly when you think that they’ve come in for some unfair treatment. But acting when you are full of emotion is not always smart. Take time to think through how you might assist your child.

2. **Get all the facts.**
   Once you have calmed down, then get the facts about the situation. Kids are faulty observers and often see only one side of a story when there’s a problem with a teacher or fellow student. It’s the job of parents to help kids process what happens in an incident, so that all facts emerge and understand their place in the any problem. Ask good questions to help the full story emerge.

3. **Assess whether to go to school or not.**
   Kids, like adults, like to vent and will benefit from having told their side of a story to a trusted source. Often problems can be dealt with at home, simply by talking through an issue, and giving kids some common sense tips to help them cope.

   If your child has a recurring problem that he/she can’t solve himself, or you think adult intervention maybe need to sort out a relationship issue with a teacher or peer, then consider a meeting with your child’s teacher.

4. **Go through the right channels.**
   Approach the school calmly.

5. **Look for solutions rather than blame.**
   Talk about your concerns and keep the discussion focused firmly on what’s best for your child. Listen to your teacher’s viewpoint, valuing a different perspective.

6. **Stay in touch.**
   Be realistic with your expectations, remembering that some problems can’t be solved to your satisfaction, nor will they be resolved straight away. Be prepared to work with the school over the long term, which means you need to keep communicating with each other.

   Parenting is easy when things are going well, but testing when your children struggle or experience difficulty. Stepping back and taking a long term, reflective view is often the best approach when your child experiences difficulty at school.

   Michael Grose – Parenting

   Nan Perazzo / Wellbeing Coordinator
Safe use of location-based services

Portable communication and entertainment technology has evolved with many devices now connected to the internet and using new features to deliver customised content and functionality. Some smartphones, cameras, tablets and other small devices have a built-in feature called a geolocator that can pin point your exact location. This data is often published online through social networking sites, or used by location-based services such as maps, public transport apps, retail services and so on. It can also be embedded in images you take with your smart phone camera.

You can support your child’s safe use of location-based services by:

- **Making sure** that their location is only visible to friends they know in the real world. Check that the social networking site doesn’t also show their details to those nearby who they might not know.
- **Checking their privacy settings** so that if they do share location information, it’s only going to the people they want to see it. If they are in doubt, they shouldn’t check in.
- **Customising** their location-based services so that only particular applications can access location information.
- **Switching off** location-based services when they are not using them. Most devices and applications allow you to switch location information on and off as needed.
- **Encouraging them to contact** the police if they feel like they are in physical danger or are unsafe.

If you, your child or someone you know wants to talk about location-based services, 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**

**Glossary:**

**Location-based services**

Location-based services help you to find a location or to let others know where you are located. This technology can be used to find people, locations like restaurants, or services like ATMs. Location-based services are also used by social networking services to help you provide location-based information to status updates or photos.

A full cybersafety glossary may be found at [www.cybersmart.gov.au/glossary.aspx](http://www.cybersmart.gov.au/glossary.aspx)
For children to make sense of measurement, we need to show how measurement is used in practical situations. We also should encourage the language associated with measurement, by talking about:

- things that we can measure,
- things we can use to measure, and later
- the units we use to measure things, such as minutes and hours or degrees.

**How do children learn to measure temperature and time?**

Children need opportunities to compare two or more things to understand measurement. To understand temperature they need to compare two things to measure the “hotness” or “coldness” of a substance. They need to see and talk about how temperature can affect things, as well as the ways we can measure temperature. Initially, children will learn about time through using language such as yesterday, today and tomorrow and through comparing the time it takes to complete activities. I can clap my hands three times while you throw a ball in the air and catch it. Later, children will read the time from both digital and analogue clocks.

**What can you do at home?**

- Talk about events in terms of time. For example, “It’s going to take about three minutes to cook this, so you might have time to butter some bread.
- Look for different kinds of clocks and watches in the house. Ask your child if they are analogue or digital.
- Have your child help you set a kitchen timer or an alarm clock.
- Record special events on a calendar and talk about how many days or weeks before the event.
- Watch athletics and swimming events and talk about the times the athletes are achieving in the events.
- Locate the “use by” dates on groceries and discuss how many days left before the item should be used.
- Watch the weather report together and talk about the predicted temperatures. Ask your child what they might need to wear or have with them.
Hi All,

Our Yr1 and Yr2 students are having a ball learning about balance in their Physical Education classes this term. We are learning to walk across a balance beam, stand on one leg, balance bean bags on our heads and use partners to carry objects across crocodile infested waters without falling in! Balance is a very important motor skill and involves those small micro changes in our body to ensure our body is in position to execute more involved motor skills.

Our older students are learning golf, as well as running to improve fitness. Golf combines developing hand/eye coordination with the discipline of honing in on technique. The results of poor technique are as immediately evident as a "fresh air" shot, and tells our budding golf pro that something needs to change. On the other hand, a hole-in-one also rewards us for good technique!

Complimenting our gentle sport of golf is cross-country running. Every lesson this term the students are running laps of the oval. This helps develop stamina and fitness and compliments are term 2 cross-country season.

The Noble Park District Cross Country will be held on Friday 22 May at Tatterson's Park, Keysborough. All parents are most welcomed to attend. The top ten from each race will then go on to compete at the Greater Dandenong Division event a week later.

Yours in Sport
Dean Andrew / Sports Coordinator

**INTER SCHOOL SPORT NEWS**

On Thursday the 7th of May, St. Elizabeth's netball teams (A and B) for inter school sports played against Noble Park Primary School. The A team won and they scored 18 to 4. It was a cold and sunny day, but all the netballers enjoyed playing. They played extremely well as a team. The A team played with persistence and they used there awesome skills.

The B team played as good as the A team. They showed lots of confidence and team work. The A team and B team cheered for each other. The B team lost and they scored 6 to 15. The two netball teams got a score together of 24. We congrats the two netball teams for participating.

:) Zoe Adamopoulos
School Banking
School Banking will be Monday 18 May for next week only, instead of Tuesday 19 May.

Parents and Friends news ...

We hope that all mothers, grandmothers and carers had a wonderful day on Sunday.

Congratulations to Dylan P for winning the Mothers’ Day raffle.

Thank you all very much for your support with our Mothers Day stall.

The next meeting is Monday 1st June at 2:20pm in The Nook.

We would like to remind the few who haven’t returned the Chocolate Drive money to do so as soon as possible, we really need to finalise this.

Thank you
P & F Committee.
**St. Elizabeth’s Out of School Hours Care Program**

### Contact Details ...

St. 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 ...

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<tr>
<th>Beginning: Monday 18 May 2015</th>
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<tbody>
<tr>
<td>Monday</td>
</tr>
<tr>
<td>Jewellery making, Paper necklace with beads</td>
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<td>Tuesday</td>
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<td>Fake cooking, Create your own restaurant</td>
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<td>Wednesday</td>
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<td>Crazy pom pom creations, Multi cultural writing games</td>
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<td>Thursday</td>
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<tr>
<td>Paper creations, Scrapbooking</td>
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<td>Friday</td>
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<tr>
<td>Put on a puppet show with all the dress-up’s</td>
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