Dear Parents, Guardians, Students and Other Parishioners,

I have lots of stories to share following my trip to walk the Camino pilgrim trail in Spain. I have been referring to it as an ‘Epic’ experience, both exhilarating at times and excruciatingly painful at other times. One of the really wonderful aspects was having the time to pray in a beautiful setting. When the weather was good, the scenery was fabulous and I enjoyed the serenity and peace of rural Spain. I also had times when I prayed with a sense of real urgency that I would be able to continue walking. We had terrible weather on the last 2 days, walking in pouring rain and strong cold winds. I was also suffering from a very sore throat and terrible blisters on my feet.

However, with God’s help through the support and encouragement of my colleagues, I made it. We walked 116 kilometres up and down small mountains and on country paths. All the while, you were all in my prayers and I realised how lucky I am to be part of the faith community of St Elizabeth’s.

The Camino Walk was the most difficult physical challenge that I have ever had and whilst it did not really change the way I think, it did highlight things that I need to work on to become a better person as well as giving me time to recognise things that I should be proud of. I will share some of them because the trip to the Camino was meant to be a learning experience.
Here are some of the things that I learned, painfully at times!

Looking after your body is as important as looking after your mind and almost as important as looking after your soul.

(I need to get my own body into better physical shape and that might mean sleeping longer or eating more healthily or even trying to leave work a little earlier occasionally!)

Looking after your soul means that you need to consciously feed it with experiences and thoughts and feelings that support you to explore the meaning of your life.

(Life is full of beautiful things and spending too much time watching poor TV shows or fiddling with a computer is a waste compared with the other opportunities that life offers.)

Having a spiritual connection to an organised religion is a very positive experience, even if you have over the years, wrestled constantly with your beliefs.

(I noticed how much of my life is full of the richness of story, ritual and tradition and this is like a seam of preciousness that runs through my life, filling it with colour and meaning.)

The self talk you generate inside your head is powerful. You can limit your possibilities just by listening to unjustified negative criticism that you alone are creating.

(If you are always taking notice of that internal negative voice that is often critical of everything you do, you will achieve very little of your potential.)

You can achieve so much more than you think you can achieve if you work in a supportive team.

(Making sure that you work with people who complement your skills, rather than people who have similar skills is one of the keys to success.)
The second part of the trip was time with other colleagues exploring Madrid and Barcelona. I loved the chance to learn more about colleagues that I did not know really well. I tried experiences that were not in my usual range of interests including a soccer match at Nue Camp Stadium in Barcelona. The standout experience was visiting Gaudi’s Sagrada Familia Cathedral in Barcelona. It was so beautiful that I was moved to tears not words. That was very strange for me to experience such profound feelings that I could not put them into words. Pure emotion released by an artist’s work.

The third part of the trip was a visit to Ireland in an organised tour to see why everyone thinks it is beautiful and also because as my own Family Tree is being explored, I am learning about more and more ancestors that came from this part of the world.

This also tested my courage as I knew no-one on the trip and being the stranger in a group for over a week sets new challenges, but also has its own rewards.

Finally, the fourth part of the trip was to touch base with my family and my past.

This was a most moving and emotional time for me as I walked as an adult where I had previously walked slowly as a child. Being a migrant is hard because you lose the connection with your childhood. You lose a sense of being at one with your personal and historical past.

My English Family could not really understand the need that I had to be in touch with my place of childhood because they could only see the opportunities that I had been given. I found it very hard to explain that a migrant leaves behind the everyday things that are meaningful and cannot revisit them during time away. There is a sense of loss that is part of me as a migrant. I was not initially a migrant by choice, but by someone else’s choice, my Father’s. Going back deliberately to get in touch with that sense of loss affirms the good things that happen in a new country but also values that which was lost. I can’t explain it any other way except to say that I feel much better about my life’s journey because I can see who I was becoming before leaving my home and I can see more clearly why I am who I have become! I am also grateful to my Dad for moving us to Australia!

The very best part of the trip was coming home to Australia! How blessed we are to live here.

I am very grateful to everyone for managing without me. Obviously a great team works here at St Elizabeth’s.

Nan Perazzo and Rebecca Gage are both now on leave and I hope that they are having a wonderful time and recharging their batteries! They deserve it!

I look forward to hearing about everything that you have been up to since I left. So much happens in a few weeks!

It is good to be back with you and your children!

CONGRATULATIONS

Ms Hollie Zachariassen and her husband Scott and Ms Louisa Chalk and her husband Nathan, are thrilled to be expecting an addition to their families in 2016. I am sure that you will be delighted for them at this lovely news.

NOOK RENOVATIONS

This week we finally received Diocesan and Council approval for the work and it goes to tender next week.

Christine Ash
The Principal
Drop Your Bags!

How would Jesus finish this sentence if he looked at you and said: “Follow me. You’ll have treasure in heaven if you go and …”

The man in last week’s Gospel wanted to follow. Maybe Jesus had grabbed his heart or given him hope that things could be much better. But something held him back - wealth. Jesus knew that possessions held the man hostage, and he offered him freedom. But the man couldn’t accept it.

We all carry “baggage,” something that’s slowing us down, keeping us from following Jesus more closely. That’s partly because our society breeds attachment to such “baggage”. For some of us, possessions hold us back. Jesus spends some extra time talking about possessions because he knows that people with a lot of possessions can easily become possessed by them.

Other forms of “baggage” society holds onto is revenge. People who can’t forgive are held hostage by the anger that is in their hearts.

Pride is also a form of “baggage” in our society. People who never show weakness are fake and people who never apologise end up lonely.

Jesus wants to help us let go. He offers us strength through prayer and Mass, guidance through the Scriptures and other Christians, forgiveness when we reattach to our “baggage”.

So look honestly at your “baggage”. What’s keeping you from a life of love and service? But don’t go away sad. Over time Jesus will help you drop it all. What might Jesus tell you to drop if you asked him how you could follow him more closely?

Be conscious of the power of words. Listen to the words you speak to others, and take care to make real the word of God’s love to everyone around you.

Welcome back to another busy and exciting term!
LYSTERFIELD REFLECTION DAY FOR ALL YR 6 STUDENTS

On Tuesday 20th October we will take the Confirmation candidates with all students in Yr 6 to the Salesian Retreat Centre at Lysterfield. We have planned an exciting day with lots of activities to help prepare the students for their Confirmation. I am looking forward to spending a day of reflection and prayer with our Yr 6’s focusing on the Gifts and Fruits of the Holy Spirit. The students are asked to wear comfortable casual clothing so they can enjoy the day in the beautiful country surroundings. I will write more about how the day went in next week’s newsletter. Stay tuned.

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.

God Bless,

Maria Popowycz
Religious Education Leader
popoma@sedandenongnth.catholic.edu.au
School is not only about reading, writing and arithmetic. It’s also about making friends, learning how to work with others and knowing how to be responsible for yourself.

Knowing how to manage feelings and get on with others are important skills for everyone.

This kind of learning starts in early childhood with parents and carers as children’s most important first teachers.

Research has found that teaching children social and emotional skills at school as well as at home makes a positive difference to their wellbeing. Social and emotional skills help school children settle in the classroom and get on with learning.

Useful skills to learn include:

- coping with frustrations or worries,
- getting along with others, and
- solving problems.

The kinds of social and emotional skills that are important for children to develop have been identified by researchers as:

**Self-Awareness**
Understanding feelings and self-confidence.

**Social Awareness**
Respecting and understanding others and appreciating differences between people.

**Self-Management**
Managing emotions and being able to set goals and stick to them.

**Responsible Decision-Making**
Choosing wisely and thoughtfully.

**Relationship Skills**
Co-operating, communicating, making friends and resolving conflict.

Research shows that children benefit most from social and emotional learning when it is taught in regular school lessons and matched to children’s learning stages. All national, state and territory curricula include personal and social development as a major learning area for primary school children.

Children learn best when they are encouraged to practise the skills they learn at school, at home and in the real world.

Nan Perazzo
Wellbeing Coordinator
**Sport News …**

Hi all

On Monday the 26th of October we will be holding our annual Picnic Sports Day. The entire school participates in a timetable of games and activities such as sprints, kanga sack races and ball games. Children are encouraged to wear their team colours on the day. In fact, wearing your team colours is the easiest way to earn points for your team and it makes the children feel part of their team. Other ways students can earn points are by winning a race, displaying acts of sportsmanship and cheering loudly when their team has their "Chant Off!"

Parents and Guardians are more than welcome to come along and help cheer on the athletes and add to the atmosphere of the day. We will be having an all-school picnic on the oval and parents are invited to sit in amongst your child’s class and enjoy a picnic lunch.

Yours in Sport  
Dean Andrew  
Sports Coordinator

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**School News …**

To everybody who collected and forwarded the Woolworths Earn and Learn stickers onto us, whether it be via the school, church or the box at the Woolworths store.

We collected a total of 18,420 stickers which has enabled us to order wooden furniture and appliances for the Yr 1 & Yr 2 classes for next year.

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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
Parents and Friends News:

End of Year Get Together

We invite all the St. Elizabeth’s Parents, Grandparents and Carers to celebrate the year by joining us for a get together. We will be asking for preferences of either Lunch or Dinner on Thursday 26th November - and will go with the majority. Meals and drinks are at own cost. The venue will be announced at a later date. Please go to CareMonkey and complete your preferences by Friday 23rd October. Looking forward to seeing as many families as possible for an end of year catch up.
School News cont ...

Parents and Friends News:

On Friday November 20 we are having a gold coin donation Casual Day. The money will go towards the current fundraising which is to improve the Stage Lighting in the Performing Arts Centre.

We invite all the St. Elizabeth’s Parents, Grandparents and Carers to celebrate the year by joining us for a get together. We will be asking for preferences of either Lunch or Dinner on Thursday 26th November - and will go with the majority. Meals and drinks are at own cost. The venue will be announced at a later date. Please go to CareMonkey and complete your preferences by Friday 23rd October. Looking forward to seeing as many families as possible for an end of year catch up.

Late November we will begin organising our Christmas Raffle, if you would like to donate goods earlier, please send them along to the school. The raffle will be drawn on Carols Night 9th December.

Exciting News:

The Nook (library) renovations will be underway shortly.

Mini libraries are being created for the junior students within their communities.

The students in Yr’s 3-6 will still have access to their sub-libraries.

If you have spare time to be able to come along and give me a hand in sorting and packing the main library, I’d appreciate the help anytime Monday to Thursday.

Trixie Martin

Community News ...

Dandenong Little Athletics Centre

Interested in Little Athletics. New athletes are welcome to come and join us for a two week trial period. The season commences on the 10th of October on Saturday mornings at 8.45 am at Robert Booth Reserve, Clow Street, Dandenong.

For further information contact Peter Craig 0417 744 992

Nazareth College Open School Tours

Come and see Nazareth College in ACTION!

Our open school tours are a great way to see teachers and students in our diverse learning environments. We have several open school tours this term:

Thursday 15 October, Thursday 22 October and Friday 6 November. Tours commence at 9am.

Please contact our College Registrar on 9795-8100 to register your attendance.
MARKET DAY
Sunday 15th November
8.00am - 12.00 noon

New & used items for sale include
Bric-A-Brac          Plants
Toys                Cakes
Arts & Craft        Sausage Sizzle
Jumping Castle      Face Painting
Giant slide and more...

All proceeds raised by the school will be put towards the purchase of a Liberty Swing for our students

13-15 Sandown Road, Springvale (opposite the station)

Stalls available from $15.00
For Stall Enquiries, contact 9546 7666
Don't forget to like our Facebook Page
Springvale Park SDS Market Day
Community News cont ...

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO INTRODUCE BOUTIQUE ESTATE AGENCY.

We represent a genuine hands on approach which has lead the way in local real estate services. Located on the border of Dandenong North and Mulgrave whilst covering a wide network of suburbs from Clayton right through to Berwick makes Boutique Estate Agency able to cater to a large portion of the south eastern corridor.

As the only Real Estate Agency located in Dandenong North. We are committed in supporting our local schools and businesses to ensure we maintain great relationships and provide exceptional services throughout the area.

As part of this commitment we are happy to contribute $500 to St Elizabeth’s Parish School for every time a property is SOLD or PURCHASED by a family member of a student of the school.

It’s our way of saying thank you for supporting your local businesses.

YOUR LOCAL AGENTS

SHOP 12/46 OUTLOOK DRIVE DANDENONG NORTH
ABN: 36 600 561 019 | PHONE: 03 9795 8889 | FAX: 03 9795 8869

www.boutiqueestate.com.au

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
St. Elizabeth’s Out of School Hours Care Program …

YOUTH LEADERSHIP VICTORIA PRESENTS - ST ELIZABETH’S OUT OF SCHOOL HOURS CARE

<table>
<thead>
<tr>
<th>Contact Details ...</th>
<th>Weekly Activities ...</th>
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<tbody>
<tr>
<td>St Elizabeth’s Out of School Hours Care Program 111 Bakers Road, Dandenong North Ph: 0422 803 709</td>
<td>Beginning: Monday 19 October 2015</td>
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<tr>
<td><strong>Before School Care</strong></td>
<td></td>
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<tr>
<td>Permanent: $12.00 / Casual: $13.00</td>
<td>Monday</td>
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<tr>
<td>7.00am to 8.55am Monday to Friday during school term, excluding all Victorian public holidays.</td>
<td>Stained glass lanterns, Chalk drawings</td>
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<tr>
<td><strong>After School Care:</strong></td>
<td></td>
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<tr>
<td>Permanent: $13.50 / Casual: $14.50</td>
<td>Tuesday</td>
</tr>
<tr>
<td>3.15pm to 6.15pm Monday to Friday during school term, excluding all Victorian public holidays.</td>
<td>Iron on beads, Make cardboard puppet doll</td>
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<tr>
<td><strong>Vacation Care / Pupil Free Days:</strong></td>
<td>Wednesday</td>
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<tr>
<td>Per Day: $45.00</td>
<td>Make coloured dough</td>
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<tr>
<td>7.00am to 6.00pm Monday to Friday. (No vacation care available in January.)</td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>Late Pick Up Fees:</strong> Per minute: $1.00</td>
<td>Art sponges, Shape stamps</td>
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<td>For enquiries or further information, please contact Elarine on 0422 803 709 during session times.</td>
<td>Friday</td>
</tr>
<tr>
<td></td>
<td>M &amp; M Bingo</td>
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</tbody>
</table>

**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.