Dear Parents, Guardians Students and Parishioners,

We begin Holy Week next week and as people of faith we work together to help the children to understand the death and resurrection of Jesus. We help them to see the historical facts, the way in which Jesus managed the resentment of those in power at the time that he lived in Jerusalem. His community suffered from Roman oppression and corruption in local government. We help them to understand the way he continued to teach what was right even when this angered the lawmakers and rulers.

We help them see how his message of God’s love and the importance of our response through a Christian way of life led him to inevitable conflict. He chose to stand by his message, he was true to himself, and he was true to his relationship with God.

In his life he had challenged the hypocrisy of the powerful people in his community and focused on healing and helping not only the powerful people but the people left out of his community.

We teach them about Jesus’ willingness to walk alongside his own friends who would be too weak and scared to support him when the going got tough. He knew they were weak but he continued to love them.
and forgive them. Only after his resurrection when they saw the new way of life he had made possible for all of us did they develop the courage to teach and act like him.

The rituals and traditions of the church in Holy Week remind us and invite us to look at our own life. When we go through a tough time and our friends fail to support us, do we get bitter? When our friends don’t treat us with compassion and support do we drop them?

Jesus is the one who teaches us to be patient, to stand with dignity with what is right and to be willing to love and forgive those who disappoint us. In his case, he taught us with his whole life and it led to his death. But death was not the end, Death leads to a new life, a life which God promises us will be in a place of hope and love. Those who believe in the words of Jesus know that God’s promise of new life comes to those who build right relationships with their world and follow in his way.

ALLERGIES AFFECT EVERYONE
We all know that some children are at risk when they come into contact with nuts. So everyone at our school is asked NOT to bring nuts or nut products to school. We want to make our school a safe place for everyone. The teachers are trained in recognising anaphylactic reactions and in what to do to help a child who is having one.

We keep records to support children who have reactions to different foodstuffs and we ask children who do bring nut products to school to sit on the visitor’s chairs at the front of the school to eat their nut stuff. Then we get them to wash their hands carefully.

Twice a year the staff have a training session on anaphylaxis. Every year, I remind parents that we all work together to keep everyone safe. Thank you for cooperating with us by not sending nut products to school or on camp or on excursions. Thanks to all parents who have informed us of issues which can cause an allergic reaction for their children.

NANO NAGLE NOOK
This week all the children enjoyed a production featuring Roald Dahl’s books to celebrate the refurbishment of the library being finished. Fr Tadhg came over and blessed the Nook and I told them the story of Nano Nagle who started the Presentation sisters. It was the work of many Presentation sisters who came over from Ireland that really got Catholic Schools established in south east Victoria. Sr. Lyn Farrelly was the Presentation sister who worked with the community of St Elizabeth’s parish to help them start our very own school.

Nano Nagle (1718-1784) was a young girl from a wealthy Irish family who believed that the only way to help her people out of poverty was to educate them. The British Government had forbidden the Catholics to educate their children in faith schools and forbidden them to travel overseas to be educated. Nano decided to start schools for the poor after returning from her own education in Paris. She had been smuggled to France on a cargo ship by her family to get a Catholic education.

Nano was supported by her family even though what she was doing was very dangerous. By the time she died she had 7 schools going and a group of generous women helping her. These were the first Presentation sisters.

Nano was also known as the lady with the lantern in Cork. She went out after school at night helping families whose lives were touched by poverty. Many children died from lack of food and many families were desperate for decent housing. Nano did everything she could to help them but she knew the best way out of poverty is education.

THE NOOK IS YOUR MEETING PLACE!
Please come into the Nook if you are waiting for children to finish school. We often see parents sheltering inside the school. Now we have a place for you to sit and have a cup of tea or coffee and a chance to meet other parents. Please come into the Nook and be part of the community.

ANNUAL GENERAL MEETING OF THE SCHOOL EDUCATION BOARD
Nominations for the School Education Board vacancies for Parent Representatives are now closed and we have 3 generous parents who have offered their services. As there are the same numbers of nominated
representatives as there are vacancies, there will not be an election. So we welcome Mr Murray Bray, Mr Remco Kleinman and Ms Machala Livingston to the Board for 2016/2017. Congratulations to these very generous parents.

All are welcome to attend the AGM in the staffroom next Tuesday (March 22nd) at 6pm. We will have a cuppa and a snack after the meeting.

**Religious Education News**

**Holy Week**

The “Passion” really started a long time before Jesus, from the first time in history, when one person persecuted another. We can find hope in the Passion of Jesus. Jesus’ Passion isn’t about suffering and persecution but Jesus’ response to it.

During Holy Week we can focus on Jesus’ response to the people in his life, those who love him and those who reject him. Despite his fear, uncertainty, and agony, he focuses on God and others. Through God’s power he offers the last hours of his life as a lesson for how his friends and followers can find meaning in every hour of their lives.

In today’s world, Jesus’ Passion continues. God’s power still inspires people to be courageous. Every day you will find stories about people throughout the world who face persecution and suffering to help others. Look around your school, church, workplace, or family and you will see people who sacrifice their lives for others. In the Philippines, Mr. Andrew and I met many people who still love and help others despite tremendous suffering.

**Who in your life responds to pain or persecution with the same love, courage, and faith that Jesus had in his last hours?**

**MATUTINAO FRIENDSHIP SCHOOL VISIT IN THE PHILIPPINES**

What an extraordinary trip! We visited many people, communities and schools including our friendship school, Matutinao Elementary who are living a life of extreme poverty. We saw the old classrooms destroyed by the ocean storms.

Matutinao Elementary School put their best foot forward and showed us the best that they had. They live and go to school in a beautiful part of the world. The school is on a beautiful beach and it looks like paradise but that is not enough if you don’t have enough to eat and not enough energy to walk to school let alone to learn.

We brought a prayer cloth, candle and uniforms as a gift from St Elizabeth’s to Matutinao Elementary and the Matutinao students sang and welcomed us. The students were so excited to meet us and placed our hand on their forehead as a sign of welcome and blessing. They are a deeply religious and faithful community.

The teachers work extraordinarily hard, long hours with the very little resources they have. Each class has about 65 students and not one computer in sight. Their day starts much earlier than ours and ends much later than ours. The day we visited the students were asked to wear the school uniform if they had one, socks and shoes. As a result many students didn’t come to school that day because they don’t own a pair of shoes or even a pair of thongs. The students usually come to school barefoot! A large amount of students are on a government ‘Severely Malnourished’ feeding program. Many more stay at home because they are hungry. Teachers use their own money to buy pencils and food for the students. We bought 2 sacks of cornmeal for the school so the teachers, who cook every day for the hungry students, could feed more of their students.

The principal, Felix, burst into tears when he saw what we had brought with us to give the school to help the students with their school work. We bought grey leads, pens, coloured pencils, solar calculators and more. We bought what we could carry in 2 suitcases but the school needs many
more resources so each class can have a complete set of materials for the teachers to be able to teach and
the students to be able to learn.

Mr Andrew and I spent time with the students in the classrooms and in the playground. We loved being with
them and now that we have met them and have got to know them, we worry about them and their
wellbeing. We, as their friendship school have always helped Matutinao and will continue to do so.

It was trip I will never forget!

DONATIONS FOR MATUATINAO – First box to Matutinao is on its way!

Fantastic effort everyone.

Many of the children at our friendship school do not have anything to write with or write
on. It would be wonderful if each child could have a pen or pencil of
their own. We are looking for donations to help our Matutinao students
learn at school. You may have many of these items at home already.
For example: pencils, pens, coloured pencils, crayons, textas, rubbers,
sharpeners, rulers, lined exercise books, folder paper, writing pads,
etc. Please bring all donations to the school office. We will send all new donations to our
friendship school in the Philippines.

School Liturgies and Celebrations:
All families are invited and very welcome to come to all liturgies!

Friday 18th March: Year F, 1 & 2 learning community will prepare and lead the 9:15am mass.

Saturday 19th March: Nagle – Blue Hosting Mass All students in Nagle House will be hosting
Mass 6.30pm

Tuesday 22nd March: Stations of the Cross Reflection in Level 3 Link,
9am – 10am Foundation Classes
10am – 10:55am 1 / 2 TL and 1 / 2 DH
11:40am – 12:40am 1 / 2 BK and 1 / 2 DB
12:40pm – 1:35pm 5/6 MD
2:15pm – 3:15pm 5/6 KK

Wednesday 23rd March: Stations of the Cross Reflection in Level 3 Link,
9am – 10am 5/6 IL
10am – 10:55am 5/6 GC
11:40am – 12:40am 3 / 4 HP and 3 / 4 GE
12:40pm – 1:35pm 3 / 4 SO and 3 / 4 RM
2:15pm – 3:15pm School families are welcome to see the Stations of the
Cross art and spend time to reflect in preparation for Easter

NAGLE – BLUE HOSTING MASS: Saturday 19th March, 6.30pm

We are very excited that our first school hosting Mass is this Saturday. We are
looking forward to seeing each of the house teams from Foundation to Yr6 gather together and celebrate
liturgy together. The first Nagle-Blue Mass is this Saturday. Wear something blue!
ALL STUDENTS WHO ARE IN BLUE-NAGLE HOUSE COLOUR ARE EXPECTED TO ATTEND THIS SCHOOL/PARISH MASS.

FOUNDATION PRAYER IN PJ’S NIGHT

Thank you to all the families of Foundation who attended the Prayer in PJ’s night. It was a wonderful night when all the families participated in a range of fun prayerful activities.

Student Wellbeing News

Helping Children Cope with Death

When a loved one dies, it can be difficult to know how to help kids cope with the loss, particularly as you work through your own grief.

How much kids can understand about death depends largely on their age, life experiences, and personality. But there are a few important points to remember in all cases.

Explaining Death in a Child's Terms

Be honest with kids and encourage questions. This can be hard because you may not have all of the answers. But it's important to create an atmosphere of comfort and openness, and send the message that there's no one right or wrong way to feel. You might also share any spiritual beliefs you have about death.

A child's capacity to understand death — and your approach to discussing it — will vary according to the child's age. Each child is unique, but here are some rough guidelines to keep in mind.

Until kids are about 5 or 6 years old, their view of the world is very literal. So explain the death in basic and concrete terms. If the loved one was ill or elderly, for example, you might explain that the person's body wasn't working anymore and the doctors couldn't fix it. If someone dies suddenly, like in an accident, you might explain what happened — that because of this very sad event, the person's body stopped working. You may have to explain that "dying" or "dead" means that the body stopped working.

Kids this young often have a hard time understanding that all people and living things eventually die, and that it is final and they won't come back. So even after you've explained this, kids may continue to ask where the loved one is or when the person is returning. As frustrating as this can be, continue to calmly reiterate that the person has died and can't come back.

Avoid using euphemisms, such as telling kids that the loved one "went away" or "went to sleep" or even that your family "lost" the person. Because young kids think so literally, such phrases might inadvertently make them afraid to go to sleep or fearful whenever someone goes away.

Also remember that kids' questions may sound much deeper than they actually are. For example, a 5-year-old who asks where someone who died is now probably isn't asking whether there's an afterlife. Rather, kids might be satisfied hearing that someone who died is now in the cemetery. This may also be a time to share your beliefs about an afterlife or heaven if that is part of your belief system.

Kids from the ages of about 6 to 10 start to grasp the finality of death, even if they don't understand that it will happen to every living thing one day. A 9-year-old might think, for example, that by behaving or making a wish, grandma won't die. Often, kids this age personify death and think of it as the "boogeyman" or a ghost or a skeleton. They deal best with death when given accurate, simple, clear, and honest explanations about what happened.

As kids mature into teens, they start to understand that every human being eventually dies.
As your teen's understanding about death evolves, questions may naturally come up about mortality and vulnerability. For example, if your 16-year-old's friend dies in a car accident, your teen might be reluctant to get behind the wheel or even ride in a car for a while. The best way to respond is to empathize about how frightening and sad this accident was. It's also a good time to remind your teen about ways to stay safe and healthy, like never getting in a car with a driver who has been drinking and always wearing a seatbelt.

Teens also tend to search more for meaning in the death of someone close to them. A teen who asks why someone had to die probably isn't looking for literal answers, but starting to explore the idea of the meaning of life. Teens also tend to experience some guilt, particularly if one of their peers died. Whatever your teen is experiencing, the best thing you can do is to encourage the expression and sharing of grief.

Mourning the Loss

Is it right to take kids to funerals? It's up to you and your child. It's appropriate to let kids take part in any mourning ritual — if they want to. First explain what happens at a funeral or memorial and give kids the choice of whether to go.

What do you tell a young child about the funeral? You may want to explain that the body of the person who died is going to be in a casket, and that the person won't be able to talk or see or hear anything. Explain that others may speak about the person who died and that some mourners may be crying.

Share any spiritual beliefs you have about death and explain the meaning of the mourning rituals that you and your family will observe.

If you think your own grief might prevent you from helping your child at this difficult time, ask a friend or family member to care for and focus on your child during the service. Choose someone you both like and trust who won't mind leaving the funeral if your child wants to go.

Many parents worry about letting their kids witness their own grief, pain, and tears about a death. Don't — allowing your child to see your pain shows that crying is a natural reaction to emotional pain and loss. And it can make kids more comfortable sharing their feelings. But it's also important to convey that no matter how sad you may feel, you'll still be able to care for your family and make your child feel safe.

Getting More Help

As kids learn how to deal with death, they need space, understanding, and patience to grieve in their own way.

They might not show grief as an adult would. A young child might not cry or might react to the news by acting out or becoming hyperactive. A teen might act annoyed and might feel more comfortable confiding in peers. Whatever their reaction, don't take it personally. Remember that learning how to deal with grief is like coping with other physical, mental, and emotional tasks — it's a process.

Parents can't always shield kids from sadness and losses. But helping them learn to cope with them builds emotional resources they can rely on throughout life.
Learning and Teaching News

Why Your Child Can’t Skip Their 20 Minutes of Reading Tonight

<table>
<thead>
<tr>
<th>James</th>
<th>Travis</th>
</tr>
</thead>
<tbody>
<tr>
<td>reads 20 minutes per night.</td>
<td>reads only 4 minutes per night ...or not at all</td>
</tr>
<tr>
<td>5 times per week</td>
<td>4 times</td>
</tr>
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**In one week:**

- **100 minutes of reading**
- **20 minutes of reading**

**In one month:**

- **400 minutes of reading**
- **80 minutes of reading**

**In one school year (9 months):**

- **3600 minutes of reading**
- **720 minutes of reading**

**By the end of sixth grade:**

- **21,600 minutes of reading**
- **4320 minutes of reading**

Which student would you expect to read better?
Which student would you expect to know more?
Which student would you expect to write better?
Which student would you expect to have a better vocabulary?
Which student would you expect to be more successful in school and life?
How do you think each student will feel about himself as a learner?

St Elizabeth’s Community/ Fundraising Group / Parents and Friends

Did you know that we invite everyone to come along and enjoy a chat and a cuppa after Monday morning assemblies? It is held in The Nook and is open to all. We would love to see you there.

Easter is fast approaching and we would like to hold an Easter raffle. We are asking for donations towards the raffle e.g. Easter Eggs, Easter Bunnies. Donations can be left with your child’s teacher or at the school office.

Upcoming News:

We are very excited to announce that next term we will be offering free “Get Computer Savvy” 9:30am – 11:30am and “Craft and Friendship Circle” 1pm – 3pm groups for adults. These will be held on Mondays in The Nook.

Please keep your eye out for further information.
The Nook News:

The Victorian Premier Reading Challenge for 2016 is now open and closes on Thursday 8th September.

Consent forms will be available via CareMonkey soon.

SPORTS NEWS

Last Friday our swim team competed in the Greater Dandenong Division Swimming Carnival. It was held at the Noble Park Aquatic Centre in perfect conditions. I would like to thank the array of parents and families who attended and helped transport our swimmers to the event and back to school.

This year we sent a record amount of 9 students to the event. We were able to field 2 relay teams which is an awesome effort. Our school managed to win a number of ribbons on the day. Nam and Trung finished first in their events and will now go to the next level, the South Metro Championships! We wish them all the best.

Next term we will be running an after school Auskick program. More details to come.

Our St. E’s Intra-school Cross Country run will be held on the morning of Friday 15th April at Barry Powell Reserve.
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
Contact Details ....
St. Elizabeth’s Out Of School Hours Care Program

111 Bakers Road, Dandenong North
Ph. 0422 803 709

Before School Care
Permanent: $13.50 /Casual $16.00
7:00am to 8:55am Monday to Friday during school term, excluding all Victorian Public Holidays.

After School Care
Permanent: $14.50 /Casual $17.00
3:15pm to 6:15pm Monday to Friday during school term, excluding all Victorian Public Holidays.

Vacation Care / Pupil Free Days
Per Day: $50.00
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.

Fortnightly Activities ....
Beginning Monday 21\textsuperscript{th} March 2016

Monday    Scrunch Art blackline masters,
           Postcards with doilies, Weird pompom animals

Tuesday   Mosaic squares, Envelopes with doilies,
           Easter rabbit door hangers

Wednesday Colour diffusing painting. Mystery painting.
            Easter rabbit paper chain

Thursday  Folding face masks, Making flowers using patty pans,
           Easter rabbit puppets

Friday    Cardboard 3D hearts, Doll making

Holiday Program begins see school website for details.

Dear Parents,
School Holidays begin on 25\textsuperscript{th} March and Vacation Care is open to all children from the 29\textsuperscript{th} March.

If you need care, please contact Elarine or Anita on 0422 803 709