Dear Parents, Guardians, Students and other Parishioners,

The weather over the last few weeks has been quite miserable. As I watched the rain come down, I was thinking of how difficult it is the keep children occupied and still keep within a family budget. There is a silver lining to some clouds though, and it does do children good to be bored occasionally. Being bored shifts them into new ideas and allows the creative and imaginative part of their brains the chance to flourish. Bored people feel that their actions are meaningless and so they are motivated to engage in behaviors that bring more meaning to their life, according to research published in one British paper recently. Adrian Savage, a life-coach, is quoted as saying, "Boredom stimulates the search for better ways to things like nothing else does." So do not think that you have to rush off and spend money because you think the children are bored.

Once you have spent what you had set aside for entertainment, let the children think about how they can amuse themselves! It is a good thing, for all of us, to let the mind wander and to find new ways to develop our skills, creativity and engagement with others.

During the holidays we were busy with maintenance tasks that have to be done when the children are not around. The trees were all inspected by an arborist and tress damaged by rot, disease or age were removed. New fencing to houses backing on to the school in Eastern Court and Hennessy Way were installed. The carpets in the Level 2 area, which were really wrinkled, were straightened and cleaned and the damaged shade sail in the back area was repaired. We were to have new sails installed over the new playground equipment, but the demand on the company to repair damaged sails all over Melbourne due to strong winds meant

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Parish Priest : Rev. Tadeusz Ziolkowski SC  School Principal : Mrs Christine Ash
a delay on that project. It will be done some time this term.

New shelving was built in the Level 4 area along the wall to
house computer terminals, as the tables we were using were
too wide and did not allow wheelchair access through to the
ramp at the northern end of the Level 4 link.

Last term, I put our newly developed Learning and Teaching
Design Principles in our newsletter for comment but
unfortunately, the last one did not appear. I am including it
again and hopefully, this time the sixth one will be there
when we go to print!

**DESIGN PRINCIPLES**

1. We are committed to our Catholic faith community,
fostering an environment where all are supported on
their own faith journey, developing and growing to their
full potential.

2. We are committed to developing expert teachers who
collaborate professionally and use data and evidence to
ensure all students achieve success on a personalised,
targeted plan of learning.

3. We are committed to planning using the AusVEIs
curriculum, developing learning programs which meet
the needs of 100% of our students 100% of the time and
achieving student engagement and teacher efficacy.

4. We value and are committed to collaborative planning
based on current research and continuous professional
dialogue with each other, with students and the wider
community.

5. We are committed to maximising the use of technologies
to optimise learning for all (students, parents and
teachers) in a blended learning environment.

6. We are committed to a shared ownership of purposeful
teaching and learning and we are passionate about
creating authentic links to the local and global
community, encouraging our students to make a positive
difference to their world.

**CAMP NEWS**

The Yr5 and Yr6 teachers surveyed the children on Monday to
see what they thought of their camp experience at Mt Evelyn.
The teachers met on Wednesday morning to review the
experience. The students overwhelmingly showed their
appreciation and teachers are already seeing the positive
benefits with new friendships formed and a sense of
confidence and enthusiasm for the work ahead.

It is unfortunate that we are booked during the winter term
(term 3) every time but that is because we are there every
second year, not every year. Schools who go every year get
priority. We are in discussion with Mt Evelyn Camp about the
possibility of moving closer to the beginning of the year.

Once again the behaviour of the children was a very positive
part of the camp experience. The children are to be
commended about the way they encouraged and supported
each other. Many of them actually enjoyed doing chores for
the first time, and when you clean up after 112 children and
12 teachers, that is a lot of work.

There were several children who had to go home because of
illness, it only takes one sick child on the bus on the way up
and the virus spreads in a confined space. The staff from the
camp were very helpful and the food was excellent. Our staff
were delighted with CareMonkey. It made it so easy to track
medication and to help us to contact families. Thanks to Lisa
and all our families who made that possible. Thanks to all
teachers who worked long hours along with our two
Pre-Service Teachers, Catherine and Emma, and special
thanks to Jenny Fenton who was in charge of medication and
did an awesome job.

**SHARING LUNCHES**

At St Elizabeth’s we make it very clear to the children that
sharing of lunches is not allowed. The risks of an anaphylactic
reaction is always a concern.

Not so obvious though is that we do not encourage children to
buy food for other children.

Please do not send money with your child so that they can buy
an icy pole etc for a friend. Bringing extra money to school to
‘buy a friend’ an icy pole leads to problems with missing
money and children ‘standing-over others so that they can be
the lucky friend!

Christine Ash
The Principal
Welcome back to another busy and exciting term ahead!

I hope your school holidays were as relaxing as mine, filled with many outings! I had a wonderful time reading, watching movies, blustery beach walks, catching up with friends and family, and best of all, staying indoors rugged up! It certainly was a lovely and restful break.

Before we begin our new term, it is good to stop and reflect on what we have “sowed” and achieved so far this year before moving forward. Let us look at our journey so far. Term 2 was very busy as we celebrated and shared together within the Religious Education curriculum and the Sacramental Program. Some of the highlights were:

• We began the term in the Liturgical season of Easter and quickly moved into the preparation program for the Sacrament of First Communion. As part of this program all families participated in Family Activity Nights and Liturgy Preparation Evenings. The children shared a Special Activities Bread – Making day here at St Elizabeth’s with our resident head baker Mrs Ash and apprentice baker Miss Olagama! The children celebrated the sacrament and came together as a community. Congratulations to all the First Communion children.

• The sacramental focus continued throughout the term as we marked the end of the Easter season with the Feast of Pentecost and the Confirmation candidates renewing their commitment to their preparation and leading us in prayerful reflection on the Holy Spirit. The candidates were given an ‘Activities Pack’ to be completed at home and given to their teacher by the second week of Term 4. The focus of the activities is to raise the children’s awareness of the Gifts and Fruits of the Holy Spirit and where we see evidence of these in action within our own parish community.

• Our Yr2 students came together to share in the Good Shepherd evening. They gathered together to hear stories, sing, draw and act out the gospel story of the Good shepherd.

• The Mini Vinnies and Wellbeing groups went to St Mary’s Homework Club to cook a sausage sizzle for everyone. So many families came and helped out.

• The Mini Vinnies and Wellbeing groups also met with other Mini Vinnie groups from surrounding schools to collaborate and share ideas as part of the Nazareth Cluster Social Justice Network.

• The Mini Vinnies and wellbeing groups went to visit some of the elderly members of our community at Regis Nursing home and they came to visit us and watch St Elizabeth’s Cross Arts performance.

• Children brought their spare change to make a Coin Trail. The Coin Trail was hugely successful raising much needed money for Matutinao Elementary School in the Philippines.

• We gathered to celebrate our Feast Day of St Elizabeth, where we heard again of the welcome and hospitality shown by Elizabeth to her young cousin Mary. We shared and enjoyed a ‘sweet celebration’ with the children.

• The whole school gathered for the Feast of the Sacred Heart of Jesus and during the Mass the children were invited to show their continuing

The kingdom of heaven is like a mustard seed which a man took and sowed in his field.

It is the smallest of all the seeds, but when it has grown, it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.”

Mt 13:24-43

Religious Education News ...
support for the Parish St Vincent De Paul Society through a donation of food, clothing or a gold coin. We raised $200.15 and 2 full car loads of clothing, blankets and food. On behalf of the St Vincent de Paul Society and the families in our community who look to them for help, I thank you for all the donations so generously given.

- Linked to all of these celebrations was the continuing teaching of units of work from the Religious Education curriculum, “To Know, Worship and Love.” These units were chosen specifically to support and make connections with all that was happening within the Liturgical year, as well as within our own Parish story.

Term 2 certainly was busy. Now we begin Term 3! After the holidays we are now ready to begin another busy term. We are refreshed and ready to take on new challenges with the main focus being on Confirmation.

**CLASS LITURGIES:**
Wednesday 30th July:
Yr2 (Grade 2’s) Renewal of Baptism - Yr2 families and staff 6:30pm in the Church.

Friday 8th August:
‘Feast of St Mary of the Cross (MacKillop)’ - Whole School Mass at 9.15am.

Friday 15th August:
‘Feast of the Assumption’ - Whole School Mass at 9.15am.

Sunday 17th August:
Yr1 and Yr2 - Hosting Mass at 10:30am.

**SACRAMENTAL NEWS:**

**Confirmation:**
A reminder regarding the Confirmation Parent Information night on Wednesday 20th August at 7:00pm at St Elizabeth’s Church. This night is vital for all parents and children to attend.

All candidates have received their take-home Activity pack earlier last term. These packs are due back to me by Wednesday 15th October (Term 4 – Week 2). There is also the expectation that the candidates attend Mass regularly and write their name on the “Sign in Sheets” at the back of the church.

The **Confirmation levy of $25.00 (cash only) can be paid** through the school office by Friday 15 August, Lisa will issue you with a receipt. The levy covers: Dove pins, Lysterfield Reflection day, bus hire, certificates, classroom resources and the key Resource used for the Home Activity Pack. Keep smiling!

Maria Popowycz
Catholic Identity Coordinator
popoma@sedandenongnth.catholic.edu.au
TEACHING CHILDREN THE LANGUAGE OF RESILIENCY

The language of resilience is generally built around the following seven areas:

1. **COPING**
   Resilient children use a variety of simple coping strategies such as humour, relaxation, normalisation and acceptance when they experience social or personal hardships.
   
   **Language of coping:**
   “You’ve got to laugh!”
   “You will get through this!”
   “Some things you just can’t change!”
   “Everyone feels that way sometimes.”

2. **COURAGE**
   Resilient children and young people take learning and social risks, and know that things won’t always go their way. Rejection and failure aren’t taken personally.
   
   **Language of courage:**
   “What’s the worst thing that can happen?”
   “Take a smart risk.”
   “You got to develop the courage to be imperfect.”

3. **PERSISTENCE**
   The ability to keep persevering in the face of difficulty is a characteristic of resilience that leads to success in the classroom, on the sports field or other fields of endeavour, in the schoolyard and beyond.
   
   **Language of persistence:**
   “Have another go.”
   “Hang tough!”
   “Push through the hard stuff to get the rewards.”

4. **RELATIONSHIPS**
   Resilient kids are able to develop and maintain strong relationships with a number of peers over time. They are supportive of others; they can handle common conflict situations and don’t take rejection personally.
   
   **Language of relationships:**
   “Is that how a good friend acts?”
   “Who have you spoken to about this?”
   “It’s not all about you!”

5. **THINKING**
   Children may not be able to control a situation, but they can control how they look at it and think about an event. Resilient kids look for the positive side in negative situations, and see negative events as temporary. Reframing, remaining flexible and using realistic language are common resilience traits.
   
   **Language of resilient thinking:**
   “Look on the bright side.”
   “Let’s look at this another way?”
   “It’s not a disaster. It’s just unpleasant!”
   “Where does this fit on the disaster scale?”

6. **PROBLEM SOLVING**
   Resilient children and young people have feelings of personal competence that come from resolving their problems and challenges. This develops the expectation that they can overcome fresh challenges, just as they have in the past.
   
   **Language of problem solving:**
   “How can you work this out?”
   “What’s the first step?”
   “Let’s set some goals together.”

7. **LEARNING**
   Resilient children and young people learn from negative situations, and importantly develop greater awareness of their own strengths. Self-knowledge is perhaps the best knowledge of all that we can impart to children.
   
   **Language of learning:**
   “What have you learned for next time?”
   “You’ve learned a lot about yourself.”
   “You’re more capable than you think.”

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Michael Grose – Parenting Ideas

Nan Perazzo – Wellbeing Coordinator

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I was fortunate to be able to attend camp with our Yr5 and Yr6 students at the end of last term. Spending time away from school, getting to know students in a different environment, watching them make new friends and work together to support each other, listening to the encouragement to have a go and take risks in the activities are just some of the benefits of the camping experience.

One of the ways we kept our school community informed of the fun we were having was by updating the school Facebook page. Have you liked us? You can see photos that we posted of the fun we were having while we were away.

Here are some of the comments the students have shared with me about their experience:

**The high ropes were a challenging activity as I’m scared of heights, but I did it because my group cheered me on.**

The activities were pretty fun. The giant swing and high ropes were awesome!

It was very exciting, especially the giant swing and leap of faith.

**Camp was fantastic, awesome, really fun.**

Activities were very active and it was great to have a go.

The giant swing was really hard for me but my team mates helped me to at least go half way. Next time I’d like to go to the top!

Camp was really enjoyable and fun because we got to explore the bush and see lots of different animals.

I enjoyed all the activities, especially the flying fox as it was really fast.

It was all about challenging myself and taking risks in a safe and supportive environment.

**You had to push yourself and make the most of it as it was a once in a lifetime opportunity.**

**Can we go back next year?**

Rebecca Gage
Learning & Teaching Leader
gagere@sedandenongnth.catholic.edu.au
School News ...

Parents and Friends News

Thank you very much to all who sent in the Herald Sun mastheads, we gave it a great try. Unfortunately we did not win the competition. Congratulations to "Insight Education Centre for the Blind and Vision Impaired" for winning the competition.

Everyone is welcome to come along and enjoy a cuppa at the next Parents and Friends meeting which is on Monday 21 July at 2:20pm in The Nook (library).

Market Night - Friday 17th October

Market Night is Friday 17th October, please mark it in your calendars. Would you like a stall? There is information and an application form on the front page of the school website. Reminder - you can chat to any of the Parents and Friends members, Pina Martino, Paula Manago, Sue Hatley-Smith, Kellie Andrikopoulos, Samantha Pirotta, or see Trixie in The Nook.

News from the Nook

Premier Reading Challenge update:~

Congratulations to the 20 children who have already completed the challenge.

Please either come and see Trixie or email her on marttr@sedandenongnth.catholic.edu.au if you would like a list of the books your child has borrowed for the year. All books need to be entered onto the Challenge by Monday 1 September so that they can be verified before the challenge ends.

Reminder:
The Nook is open for parents, grandparents and carers Monday to Thursday.

Furniture for Sale

We have a few excess tables, would you like one?

They are the same as the tables used in Learning Link 4 - they can be used as a large table or pulled apart. Come and see Stan or Trixie.

All we are asking for is a gold coin donation.

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.
School News cont ...

CareMonkey

Can I ask everyone, who hasn’t completed a profile for their child, to please 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!

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.

School Banking Day Reminder

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

Each week we have approximately 70 students who participate in School Banking even though we have over 150 students registered.

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.

Remember our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

If you have misplaced your deposit book or have lost tokens, please leave a note for me with the Office and it will be replaced on Thursday.

Thank you for supporting the School Banking program.

Community News ...

Parish News:

Thank you to everyone who supported the Parish Dinner Dance - $12,000 was raised. The money raised went towards the cost of the heaters and air conditioners which have recently been installed in the Church.
### 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 ...

| Beginning: | Monday 21st July, 2014  
The Wacky Science Week |
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