Specialist Week Newsletter: 21st August 2015

Dear Parents, Guardians, Students and Other Parishioners,

On Wednesday the sun shone and we had no late comers to school whilst I was out on duty! Hurrah!

That meant that every class was able to start the day with a united focus, no class was interrupted by a child coming in late and every child that was here on time got the full introduction to the day’s timetable.

How I wish that could be the case every day.

Some of our children who come late to school regularly are the ones who most need to be on time! They are often the ones who struggle to organise themselves and who are not developing the ability to know what needs to be done at the right time.

How much happier and successful they would be if they had support to be at school on time every day!

Having a clear understanding in your family that the driver of your family ‘school bus’ will be leaving at the same time every day helps children develop a routine.

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Upcoming Events

Wednesday, 2 September
- Orientation Session 2, 2.15pm-3pm

Thursday, 3 September
- Fathers’ Day Stall
- Pancake Breakfast - Special Men in Our Lives
Having a well organised morning routine is a must!

Children benefit from being at school from 8:30am on. There are some fantastic ball game challenges happening and it is a chance to talk to people from within the learning community and beyond the learning community.

Being in the homeroom at 8:45am gives children a chance to sort out their things for the day, manage reading material, ask teachers a question, build relationships with other students and just get themselves ready in their head for learning.

What to do with the child who holds up all the other children in the family? Have a family meeting and let this child hear how others feel about always having to witness a battle before they get to school. Let the child listen to how frustrated the family is and how they feel angry with the child holding them up each morning. This exercise will help the child to see they need to be a better team member.

Then suggest the whole family work out a morning timetable and put it up where everyone can see it. Get everyone involved, accept everyone’s ideas, but then be the organiser who writes down what will work, so everyone gets to school (and work) on time.

Once you have an agreed routine, consequences for not being ready can be addressed confidently by parents. If children are not dressed in time, then they can come in their pyjamas and get dressed at school! (We will support you! I only had to do this once with one child in my family and everyone else got the message!)

Of course, every family has a bad day now and then, the Monash comes to a grinding halt, the tyre is flat, the car keys are lost or the baby needs a feed.

This is part of family life. We can all appreciate that sometimes we experience a situation that stops us doing what we need to do.

However, these events are not everyday events and yet some children are late over and over again. (If traffic is the problem over and over again, leave earlier!)

When a family that can’t get their child/ren to school on time regularly looks at their child/ren’s report, they have to take responsibility for the fact that being late puts every latecomer behind the game and at risk of not achieving their potential.

Not only does being late affect that child, but when one child comes in late and interrupts the whole community or home-group, we all get frustrated. Those who come on time do not deserve to have others interrupt their learning!

Congratulations to all of you who do have a great morning routine that ensures everyone is at school or work on time. You are giving your children a successful start to the day and showing them that successful people are organised and focused on the tasks that need to be done.

Being on time is a lifelong habit that leads to success!

Being constantly late is the habit of people who are destined to struggle.

At the opposite end of the day, I reckon that we have a community full of very organised and responsible families who come to collect their children on time every day. Thank you!

Christine Ash
The Principal
Catholic Social Teachings

How is dignity upheld? The dignity of every person, independent of ethnicity, creed, gender, sexuality, age or ability, is the foundation of Catholic Social Teaching. No human being should have their dignity or freedom compromised. Poverty, hunger, oppression and injustice make it impossible to live a life in proportion with this dignity. Help should be people centred with empowerment at its heart. People should never be treated as commodities and certainly not just recipients of aid.

At St Elizabeth’s Catholic Primary parents, students and staff understand that we are made in the image of God. We show and treat each other with dignity and respect. This is something that our school is proud of. What else does it mean for us in our world today?

One example of St Elizabeth’s showing dignity to others in the world is our relationship with our sister school, Matutinao Elementary School in the Philippines. Their school was one of the many schools affected on August 31 2012 when a 7.6 earthquake struck off the eastern Philippine island of Samar causing tsunami evacuations, power cuts and destruction.

We have worked with ‘Kadasig Aid’ to provide financial support to Matutinao Elementary, through fundraising and will continue to do so. Last year our students brought in things that the students at Matutinao could use for their learning, for example, pencils, crayons and books. We wrote letters to the students at Matutinao and they wrote back to us.

Our Yr 3 and Yr 4 classes last year, knowing that Matutinao Elementary do not have any commuters or internet, created booklets telling them all about us, our school and our country. Our sister school sent us beautifully made Christmas cards with kind messages wishing us well and hoping we have a joyous time with our families. They thanked us for the sound system and the solar lamp we were able to provide for them. We are now writing to them to find out how they are and let them know what we are learning at school, and later in the year we will have a fundraiser as well.

We care not just about providing material support but also caring about the Matutinao students and staffs and are continuously building a relationship with them.
We believe in treating everyone with dignity. It is important that we treat our friendship school teachers and students with respect and dignity.

At St. Elizabeth’s we believe in the Catholic Social Teachings and we believe that each of us has a God given dignity.

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.

**Friday 11 September:**
Foundation, Yr 1 & Yr 2 Learning Community Mass at 9.15am.

‘CHISHOLM’ – (GOLD SPORTS HOUSE) HOSTING MASS

For students from Foundation to Yr 6 in Chisholm (Gold Sports House) - Saturday 5th of September 2015 at 6.30pm.

All students from St Elizabeth’s School who are in Chisholm (Gold Sports House) will be involved in the hosting of the Saturday Parish Mass. The children will be invited to lead the Entrance Procession with Fr. Tad. They will be responsible for bringing up of the Gifts and leading us in the Prayers of Intercession. Students are encouraged to wear something YELLOW/GOLD to show they all belong to Chisholm Gold House.

It will give the children another opportunity to gather and celebrate with their friends in the parish community. The children will need to be at the back of the church by 6.20pm to meet with the teachers and get ready for the Entrance Procession.

We expect that all Chisholm Gold House families, will be able to be part of this special Hosting Mass. We look forward to seeing you there.

SACRAMENTAL NEWS

**Confirmation:**

Thank you to all the families who attended our Confirmation evening to help prepare for their children to receive the sacrament of Confirmation.

All candidates have received their take-home Activity pack earlier last term. These packs are due back to me by **Wednesday 19th October** (Term 4 – Week 6).

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.

God Bless,

Maria Popowycz
Religious Education Leader
popoma@sedandenongnth.catholic.edu.au
LYING IN CHILDREN

Most children tell lies at some point, but it can be a real surprise for parents the first time it happens. Learning how to lie is part of a child’s development - but so is telling the truth.

Children tell lies for many reasons, depending on the situation and their motivation. Children might lie to:
- cover something up, hoping to avoid consequences or punishment.
- explore and experiment with their parents’ responses and reactions.
- exaggerate a story or impress others.
- gain attention, even when they’re aware the listener knows the truth.
- manipulate a situation or set something up - for example, saying to grandma, ‘Mum lets me have lollies before dinner’.

When do children start lying?
Children can learn to tell lies from an early age, usually by around three years of age. This is when they begin to work out that grown-ups are not mind readers, and that they can give people false information - perhaps to get out of trouble or to cover up.

Generally, children lie more between 4-6 years of age. They may become more skilled at telling a lie through their body language or being good actors, but will often implicate themselves if pushed to explain further. Studies suggest that four year olds can lie about once every two hours, and six year olds about every 90 minutes.

When children reach school-age, they lie more often and can do so more convincingly. The lies also become more sophisticated, as their vocabulary grows and they better understand how other people think. By eight, children can lie successfully without getting caught out.

What to do when your child lies.
Be positive, and emphasise the importance of honesty in your family.

You can tell your child that you appreciate being told the truth and don’t like it when she lies to you. For example, try saying ‘When you don’t tell me the truth, I feel sad and disappointed’. You could also try books or stories that highlight the importance of honesty. For example, ‘The Boy who Cried Wolf’ gives a good example of how lying can work against you.

Generally, it’s better to teach children the value of telling the truth than to punish them for minor misdeeds. Praise your child for honesty, even if it sometimes takes you a while to get it.

Children like to make things up. They exaggerate stories to give them a bit more ‘flavour’. In fact, pretending and imagining are important to your child’s development. It’s good to encourage this kind of play. ‘Tall tales’ don’t need to be treated as lies, especially for children under four.

Tips for encouraging honesty.
Once children grow old enough to understand the difference between true and not true, it’s good to encourage and support them in telling the truth.

If your child is telling you something that is imaginary or make-believe, you can simply go along with it. Pretending and imagining are important to your child’s development. For example, your child might tell you that she’s a super-hero. You could respond by asking her about her super-powers.
Help your child avoid getting into situations where he feels he needs to lie. For example, you see your child has spilled some milk. You could say to him, ‘Did you spill the milk?’ He might lie and say no because he thinks he’s about to get into trouble.

To avoid this situation, you could just say, ‘I see there’s been an accident with the milk. Let’s clean it up’.

Exaggerated stories that involve bragging can be a child’s way of getting admiration or respect from others. If this is happening often, you might want to consider using more praise to boost your child’s self-esteem.

Make sure that you have clear rules about what is acceptable behaviour in your home. Children are more likely to behave within acceptable boundaries if clear rules are enforced.

When your child owns up to doing something wrong, praise her for being honest. Say things like, ‘I am really glad you told me the truth. I like it when you are honest’. In fact, it’s important that your child knows that you won’t get upset if she owns up to something.

If your child is deliberately misleading you, let him know that lying is not acceptable. Explain why it’s not a good thing and that you might not be able to trust him in future. Then use appropriate consequences to deal with the behaviour that led to the lie. For example, if your child drew on the wall, get him to help you clean it up.

If your child continues to stick to a deliberate lie, you might want to reinforce the idea that lying is not acceptable by using an appropriate discipline strategy. If you explain to your child the consequence of lying, it can help her get out of the habit.

Try to deal separately with the lying and the behaviour that led to it. First, deal with the lying the way you said you would (for example, use time-out). Then have a look at what caused the behaviour behind the lie. If your child lied to get your attention, consider more positive ways you could give her attention. If she lied to get something she wanted - for example, lollies from grandma - consider a rewards system that lets her earn special treats. You might also need to look at changing her environment to help her avoid situations where she feels the need to lie.

Try to avoid telling your child that he is a ‘liar’. Labelling him in this way might negatively affect his self-esteem, or lead to even more lying. That is, if your child believes he’s a liar, he might as well keep lying. It’s more helpful to label and talk about your child’s actions and behaviours.

One way to discourage children from obvious lying is to make a joke, or exaggerate the untrue statement. For example, a young child might explain a broken toy by saying, ‘A man came in and broke it’. You could say something silly like, ‘Why didn’t you invite him in for dinner?’ Continue the joke a bit longer until the child ‘confesses’. This way, you uncover the lie and teach a lesson without any need for discipline or conflict.

Raising Kids Network

Nan Perazzo
Wellbeing Coordinator
Have you liked our St Elizabeth’s Facebook page? If not and you have a Facebook account, visit us at https://www.facebook.com/StElizabethsPS if you are trying to find us as that is the official page created and updated by the school. We ask that you read our Code of Conduct for this page and note that this page is a place where we build our community by building school spirit.

On this page you will find information such as:

- links to the weekly school newsletter
- many of our TiqBiz updates
- class blog posts
- sharing of information from other relevant Facebook pages such as the Office of the Children’s eSafety Commissioner and Wakakirri.

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Through reading picture books, children encounter novel images or actions that linger in their minds, which they can combine with previous experiences, and on which they can build new thoughts and understandings. This means that the pictures and the situations in the stories can function as ‘cognitive hooks’ for the children (Lovitt & Clarke, 1992) that trigger and form a foundation for their mathematical development.

Picture books not only engage children and help them make mathematical connections but also provide visualisations of mathematical concepts in illustrations (Murphy, 1999).

‘A Lion in the Night’ is a wonderful picture book that allows children to describe the position and movement of the story characters and allows them to follow directions to familiar locations and interprets simple maps.

Courtesy of Sarah Ferguson, ACU Dec 2014

Lyn Dennett
Numeracy Leader / F-4 Number Intervention Leader
ldennett@sedandenongnth.catholic.edu.au
Hi All

The only thing you can predict about Melbourne weather is it is unpredictable. Last Monday’s Athletics were cancelled due to an awful day of rain, wind and low temperatures. We were fortunate enough to be able to reschedule for Thursday. We have a parent of St. Elizabeth’s who works in the Bureau of Meteorology and she assures me it will be a fine day.

The house captains are raring to go. They have organised relay teams and the house chants. A lot of logistics and preparation goes into running these events. At the end we will have over 200 students travel to and from the venue by bus and compete in 8 different events.

Bring on the good weather!

Yours in Sports
Dean Andrew
Sports Coordinator

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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.

http://www.education.vic.gov.au/about/events/prc/Pages/students.aspx
School News cont ...

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.

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 under the heading “Community” - “(CSEF) Camps, Sports & Excursions Fund” - “CSEF Application Form”

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

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

St. Elizabeth’s Book Club

A new Book Club magazine has been distributed to all children at our school.

If you are wanting to make an order, please return by Monday the 31st of August.
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
WHERE Wheeler Auditorium
RSVP
Tuesday 1 September

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

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

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

**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 ...

**Beginning:** Monday 24 August 2015

**Monday**  
Dotty paintings, Fruit bowl fun

**Tuesday**  
Make an abstract painting

**Wednesday**  
Mirror printing, Easy butterfly print

**Thursday**  
Sponge stamps

**Friday**  
Movie

**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.