Dear Parents, Guardians, Students and Other Parishioners,

Did any of you read the article by Susie O’Brien in the Herald Sun on Tuesday? Her article was titled, ‘Time to Rethink Extent of Food Bans in Schools’. Her story was prompted by the newly released Guidelines from the Australasian Society of Clinical Immunology and Allergy which suggests that there is evidence that total bans of nut products do not work in preventing anaphylactic reactions. The Society believes that it may even be dangerous to suggest that a school is nut free as it lulls students at risk of a reaction into thinking they are in a totally nut free environment.

At St Elizabeth’s, I hope that you are aware that we cannot totally ban nut products, but we do ask parents and guardians to avoid sending their children with nuts or nut products to school. We can never guarantee that students will be in a nut free environment because we cannot police every lunchbox. Our job is to educate everyone and help students at risk to manage their condition.

### Upcoming Events

- **Monday, 10 August**: Yr3 & Yr4 - Rehearsal, Cross Arts Production
- **Tuesday, 11 August**: Yr3 & Yr4 - Cross Arts Production
We try to educate the families in our school by communicating that the danger to some children is very real and we ask that parents and guardians consider the implications of sending nut products to school. We know that occasionally some foodstuff slips through despite our request not to send nut products for snacks or lunch. These things can happen if routines at home change or we don’t read labels carefully. We live in a real world where we are all very busy, problems can and do happen. However, if staff see someone eating a nut product, we ask them to eat in the office area and wash their hands afterwards.

The Society is believed to be recommending that older students in primary school and definitely secondary school students should be capable of making decisions about what is safe to eat. Their school mates should be able to bring nut products to school because the anaphylactic student should be able to choose responsibly to avoid eating things that will set off an allergic reaction.

Younger children are not capable of choosing wisely all the time. They do not have the wisdom or maturity. So it is our responsibility to go on teaching them about appropriate decisions regarding what they choose to eat (in some cases, just touching nut stuff will be an issue) and trying to keep them in an environment with limited dangers. We also ensure that our staff are trained to deal with any issues.

To support at risk students and their families, we will continue to ask you not to send nut products to school. It is too difficult in the one environment to say that Yr 5 & Yr 6 children can bring nut products to school but children in Yr F to Yr 4 can’t. I can imagine that parents and guardians would have difficulty managing this too, as they pack lunch boxes and snack packs!

I am really alarmed by figures quoted by Susie that state that 1 in 3 parents object to their own children being restricted in eating nut products at school. What kind of parent would be only interested in seeing their own child eating happily but take no account that a playmate could suffer serious consequences if they tasted the same foodstuff.

Do parents really believe that as long as their child is happy, the rest of the children are not their issue? What has happened to the idea that we are a community and our work on Earth is to make life as good as it can be for ourselves AND also for others? As Christians, this is our mission but it is also the mission of all mainstream religions.

Christine Ash
The Principal
As Catholics, ‘The Principles Of Social Teaching’ help us in living our lives and bringing God’s message, which will change the world we live in to be a world that heals and unites people in the love of God.

Stewardship of Creation

Gen 1:26: The Message

God spoke: “Let us make human beings in our image, make them reflecting our nature So they can be responsible for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth.”

God created human beings; he created them godlike, Reflecting God’s nature.

He created them male and female.

God blessed them:

“Prosper! Reproduce! Fill Earth! Take charge!
Be responsible for fish in the sea and birds in the air, for every living thing that moves on the face of Earth.”

How do I show respect for Creation? We must all respect, care for and share the resources of the earth, which are vital for the common good of people. Care for animals and the environment is a common and universal duty, and changes in the environment call for a change of mentality and the adoption of new lifestyles. We need to be attentive to environmental concerns and seek to promote care for the earth and its resources.

At St. Elizabeth’s we work hard to look after the environment we live, play and learn in:

- We REUSE boxes and craft materials for our investigations and props for or performances.
- We RECYCLE paper so it can be made into other products.
- We bring NUDE FOOD so fewer wrappers go into landfill.
- We put our rubbish into rubbish bins so that it doesn’t get washed into the drains and pollute our water ways and oceans.
- We use tank water and use half flush in our toilets so drinking water is not wasted.
- We turn off lights in rooms that we are not using.
- We turn off our computers, chrome books, iPad’s when we are not using them so then we won’t need to charge them as often so we are not wasting electricity.
- We plant our gardens with vegetables that will grow in Autumn and Winter so we don’t waste water watering them.

I wonder, is there anything else we could be doing at school and at home to take care of God’s world?

SCHOOL & CLASS LITURGIES:

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

Wednesday 5 August:
Yr 2 Renewal of Baptism Evening.
Yr 2 families & staff welcome, 6:30pm in the Church.

Saturday 8 August:
MacKillop (Red House) Hosting Mass at 6.30pm.
‘Feast of St Mary of the Cross’.

Friday 14 August:
Yr 5 & Yr 6 Learning Community Mass at 9.15am.

Friday 28 August:
Yr 3 & Yr 4 Learning Community Mass at 9.15am.

Saturday 5 September:
Chisolm (Gold House) Hosting Mass at 6.30pm.

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

SACRAMENTAL NEWS:

Confirmation:

A reminder regarding the Confirmation Parent Information night on Wednesday 19th August at 7.00pm in the 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 16th 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.

God Bless,

Maria Popowycz
Religious Education Leader
popoma@sedandenongnth.catholic.edu.au
Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future - which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

The benefits of mindfulness with children

Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.

Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.

Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.

Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.

Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child’s sense of self-worth and self-esteem.

Mindful play:

Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that’s fine – that’s just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

Mindful cooking:

Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

Mindful dinnertime:

Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It’s a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

Mindful teeth brushing:

Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Nan Perazzo
Wellbeing Coordinator
FOUNDATION

**PE & PMP**
Students will practise many fundamental motor skills including running, kicking, forehand striking, bouncing and catching. Students will identify and describe how their body moves in relation to effort, space, time, objects and people. They will test possible solutions to movement challenges through trial and error.

**MUSIC AND VISUAL ARTS**
Students will embark on a musical adventure, exploring instruments from around the globe! We will look at and listen to a variety of instruments, both common and somewhat unusual. We will examine the sound, shape, texture and materials used in their production. Students will also be given the opportunity to get their creative juices flowing and make their very own instruments. An exciting term full of exploration, discovery and creativity awaits us!!

**MEDIA**
Students will be discovering and learning different techniques to photograph using cameras and iPads and be introduced to a number of photographic artists.

**PERFORMING ARTS**
Students will be focusing on Drama and Improvisation. They will be given opportunities to showcase their talents by performing on stage and in front of an audience. We will be working towards preparing items for their upcoming 'Prep 100 days' Performance, and will focus on simple stage techniques.

YEAR 1/2

**MEDIA**
Students will be creating a narrative sequence of photographs showing various digital manipulations and effects using the iPad.

**PERFORMING ARTS**
Students will be focusing on Drama and Improvisation. They will be given opportunities to showcase their talents by performing on stage and in front of an audience. We will be working towards preparing items for their upcoming 'Cross Arts' Performance, and will focus on simple stage techniques.

**PE**
Students are now learning how to punt a ball. This is a continuation on their dribbling with hand and by foot with a round ball from last term. Later on in the term our focus will switch to balance, core strength and basic gymnastics. In the last weeks of term the focus will be skipping! This improves coordination, timing, teamwork, strength, fitness and the students have a lot of fun with the short and long ropes.

**MATHS, DESIGN, CREATIVITY & TECHNOLOGY**
Students will focus on 3 dimensional shapes to design puppets out of socks and paper bags. They will be encouraged to think about the colours, materials and shapes that they will need to use to successfully create puppets that have character. Later on in the term, we will focus more on locational and directional language and will be designing a map for an imagined place.
**YEAR 3/4**

**MEDIA**
Students will be introduced to a range of apps to create an animated presentation using text and digital processes.

**PERFORMING ARTS**
Students will be focusing on Music. They will learn the difference between beat, tempo, pitch in pieces of music and will begin reading simple music pieces. They will also be given opportunities to perform simple music pieces to an audience.

**PE**
Our focus sport is AFL 9s. The game is basically Aussie Rules footy played on a smaller oval with 9 players per team. It is strictly a non-tackle sport and is accessible to players of all ages. The students will be focusing on developing their marking, kicking, dodging and the uniquely Australian skill of handballing. 3/4 students will concentrate on improving their skills and understanding the rules. Each team will be voting on the various team roles of captains, coaches, trainers and umpires. By week 7 they will all be able to play a full game of AFL 9’s in a competitive, safe environment. In the last weeks of term the focus will be skipping! This improves coordination, timing, teamwork, strength, fitness and the students have a lot of fun with the short and long ropes.

**CHINESE**
Students will learn about family, family members, different countries and languages.

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**YEAR 5/6**

**MEDIA**
Students will be using the app—Book Creator and will construct a digital storybook, which illustrates a narrative story as well as using typography and creative illustration.

**PERFORMING ARTS**
Students will be focusing on Dance. They will learn simple choreographed dances and will attempt some ‘street’ hip hop steps. They will be given lots of opportunities to work in small groups, making up their own dances and performing to an audience. They will explore different styles of dance and experiment with new steps.

**PE**
Our focus sport is AFL 9s. The game is basically Aussie Rules footy played on a smaller oval with 9 players per team. It is strictly a non-tackle sport and is accessible to players of all ages. The students will be focusing on developing their marking, kicking, dodging and the uniquely Australian skill of handballing. Our 5/6s will be organising themselves into teams. Each team will be voting on the various team roles of captains, coaches, trainers and umpires. By week 7 they will all be able to play a full of AFL 9's in a competitive, safe environment. In the last weeks of term the focus will be skipping! This improves coordination, timing, teamwork, strength, fitness and the students have a lot of fun with the short and long ropes.

**CHINESE**
Students will learn about family, family members and their jobs. We will learn about different countries, their languages and cultures.

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Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
CAFÉ Reading

An individualised reading program from Yrs 3 to 6 using the CAFÉ approach is being implemented this year at St Elizabeth’s. The students in Yrs 3 to 6 are being introduced to the CAFÉ reading approach through a Reading Workshop, literature/literacy menus and individual conferences with their teacher. CAFÉ stands for Comprehension, Accuracy Fluency and Expanding vocabulary. These strategies that proficient readers use when they read are being taught to the students during a mini lesson and then during independent reading they will be practising the strategies, applying them to their reading. The teachers will be able to talk with the students about how they are going with applying the comprehension strategies during conferring time.

Many schools in the state and catholic education systems are using this well researched approach to teaching reading. The teachers at St Elizabeth’s began looking at CAFÉ reading last year and I was approached to mentor the staff and students to consolidate their thinking and learning around CAFÉ reading. It is an approach that allows the students to take responsibility for their reading and they are held accountable for their choices. The teachers get to know the students as readers and are able to instruct the individual student at their reading point of need.

Independent reading time is the heart of the reading workshop. This is the time when students are given a longer period of time to read (up to 30 minutes) practising their reading using the comprehension strategies the teacher has modelled during the mini lesson. We know that it is very important to allow the students longer time to just read because the more time spent reading will help the students become proficient thoughtful readers.

During this extended reading time the teachers have the opportunity to confer with individual students and/or work with a small group instructing on a particular skill or strategy. At the conference with their teacher the students will set reading goals and talk about their thinking as they were reading. At the end of the workshop the students are expected to think about how they thought they went during independent reading and respond in their readers notebooks.

If you are interested in finding out more about CAFÉ reading and would like to know how this can be supported at home I will be running a parent information session in the Nook at 2:30pm on Monday 3rd August for those parents who are able to attend. It would be lovely to see you there.

Kerry Strapp

Literacy Coach Years 3-6
In previous newsletters I have mentioned the importance of practicing Mathematics at home, so this week let’s have a go while having fun. This activity is a card game for Foundation, which can be changed to addition for Yr 1 and Yr 2 students, multiplication for Yr 3 to Yr 6 students. It is a game for two players.

**Beat That!**

**Materials**

You will need a deck of cards with the picture cards removed. (No Kings, Queens, Jacks or Jokers.)

**Rules**

1. Deal all the cards to the two players face down.
2. Each player turns over their top card.
3. The player with the bigger number takes both cards on the table.
4. If both cards are the same, leave them on the table as a jackpot. Whoever wins the next turn collects these cards as well. That is, they get 4 cards.
5. The winner is the person with the most cards.

**For Yr 1 and Yr 2 students**

Turn two cards over at a time and add the numbers together to see who has the largest total. The person with the largest total collects all four cards.

**For Yr 3 to Yr 6 students**

Turn two cards over at a time and multiply the numbers together to see who has the largest total. The person with the largest total collects all four cards.

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

Last week our girl's soccer team won the Noble Park District Grand Final. They defeated the undefeated Silverton Primary School 2-0 and will now go on to the Greater Dandenong Division Grand Final in a few weeks time. Much thanks to Ms Lim, Deanna and the other parents for their support throughout the season.

This week our footy, boy's t-ball and netball team will be playing their grand finals.

On Monday our footy team had a surprise training clinic with two Richmond Football Club footballers. Chris Newman is a past Richmond captain and a 260+ game player and he captained the Newman Ninja's in our practice match. Matt Arnot is a 2nd year player at the beginning of his AFL journey and he captained the Arnot's Apples team. It was the perfect preparation leading into this week's grand final.

The students had a great time playing alongside elite AFL footballers and listened to the pointers and tips the players were able to give. Afterwards we came inside and the students were able to ask the players questions, such as "Who did you barrack for when you were growing up?", "What should you eat before a game?" and a very contemporary question "Are footballers braver than surfers?"

Good luck to everyone in their finals.

Cheers

Yours in Sport
Dean Andrew
Sports Coordinator

At St Elizabeth’s the sustainability team have been working hard, not only planting vegetables but also weeding our garden beds.

Unfortunately, we have noticed that some of our plants are being pulled out. We are asking for your help in reminding children that the plants need to remain in the ground so that they can grow. Once the plants are mature, they will be harvested and cooked as part of our learning.

Thank you for your help.
Dear Parents,

This year we are participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school.

Beginning Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers.

If you shop at Woolworths you will get one Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at Woolworths Waverley Gardens in the box marked St. Elizabeth’s, or in the box in the church foyer.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn

We thank you for all your support.

Congratulations, 1,519 books have been read by our children for the Challenge so far.

Reminder:~
If you are having any problems entering your children’s book into the Challenge, please come and see Trixie in The Nook (Monday-Thursday).

If you would like a list of the books your child(ren) have borrowed for this year, come and see Trixie also.
Nazareth College
Parents' Association

Dinner & Trivia Night

**WHEN:** Saturday 8th August

**WHERE:** Café Naz Nazareth College

**START:** 6.30pm

Only $30 for Trivia & Dinner! (Cash only)

Bookings Essential—Book now for your chance to win in the Early Bird Draw!

Contact - Jerome Ph: 0435 965 077
Helene Ph: 0409 561 016

BYO....
Alcohol & glasses

Soft Drinks Provided

Tables of 8
Individual tickets available
Community News cont ...

NAZARETH COLLEGE
Manning Drive, Noble Park North, 3174

* Single Gender Classes in Years 7 - 9 in selected subjects
* Innovative eLearning iPad Program
* Accelerated Learning Laurel Program

OPEN SCHOOL MORNING
9am - 10:30am
Thursday 6 August
Thursday 13 August
Friday 21 August

To arrange a personalised tour at a different time, please call
the College Registrar on 9795-8100

www.nazareth.vic.edu.au
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<th>Contact Details ...</th>
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| 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. |

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<thead>
<tr>
<th>Beginning:</th>
<th>Monday 27 July 2015</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>PAPER CRAFT DAY</strong></td>
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<tr>
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<td>Paper Flowers, Hair Decorations, Brooch, Greeting Cards</td>
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<td><strong>Tuesday</strong></td>
<td>Fan Making, Paper Windmills</td>
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<td><strong>Wednesday</strong></td>
<td>Make a Split-Pin Animal, Make a Covering Book</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>Make a Snow Shaker, Paper Snow Flakes</td>
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<tr>
<td><strong>Friday</strong></td>
<td>Modelling with Clay, Jewellery</td>
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