Dear Parents, Guardians, Students and Other Parishioners,

Anxiety. What is it and why do we appear to be suffering from an epidemic of it? This question has been rattling around in my brain since watching a very interesting program on the ABC this week about the impact that unhappiness has on families. Unhappy people are often anxious and family unhappiness makes most of us distressed. Everywhere I look I see people who are anxious about stuff, not just the big stuff that certainly would make all of us really stressed, but anxious about everything in general and in particular about small things that really are small in the scheme of things. I don’t think all anxiety is a result of unhappiness in families. Maybe it is the pace of modern life and that can impact on families.

To help us deal with anxiety at school, we use the Catastrophe Scale. I find it really helpful myself. We ask the children what would rate 10 on the Catastrophe Scale? We get answers like, a parent being killed or our house being burnt down. Truly those would be a catastrophe to a child.

Anxiety is to be expected, it is part of being human. If we can’t make a repayment on the mortgage or we lose our job, that might come in at an 8 or a 9. Losing a pet or an argument with a close friend might come in as a 7, watching a child or a partner struggle with a difficulty in their life can also...

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**St. Elizabeth’s Weekly Calendar ...**

<table>
<thead>
<tr>
<th>Monday, 2 November</th>
<th>School Closure Day</th>
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<tr>
<td>Tuesday, 3 November</td>
<td>Melbourne Cup Public Holiday - NO SCHOOL</td>
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<tr>
<td>Wednesday, 4 November</td>
<td>St. Elizabeth’s Feast Day</td>
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<td>Thursday, 5 November</td>
<td>St. Elizabeth’s Parish Mass - 6.30pm</td>
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<tr>
<td>Friday, 6 November</td>
<td>St. Elizabeth’s Parish Mass - 8.30am, 10.30am, 5.30pm</td>
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<tr>
<td>Saturday, 7 November</td>
<td>P&amp;F Meeting, Nook, 2.20pm</td>
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<tr>
<td>Sunday, 8 November</td>
<td>Parish Forum, Staffroom, 7pm</td>
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<td>Upcoming Events</td>
<td>Remembrance Day</td>
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<td>Monday, 9 November</td>
<td>Picnic Sports Day</td>
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<tr>
<td>Tuesday, 10 November</td>
<td>Parish Forum, Staffroom, 7pm</td>
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<tr>
<td>Wednesday, 11 November</td>
<td>Remembrance Day</td>
</tr>
<tr>
<td>Thursday, 26 November</td>
<td>Picnic Sports Day</td>
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</table>
cause anxiety.

What would rate high on your Catastrophe Scale?

It seems to me that in my everyday life, I meet people showing enormous amounts of anxiety for things that on my scale would barely rate. What really scores a 1 or a 2 on your scale? Do you make the time to stop and check the level of your anxiety against a rational scale like the Catastrophe Scale? How do you make sure that your reaction or response is appropriate. If you have a great way of doing it, I would love to hear about it!

Sometimes, I have to remind myself that what I could get worked up over is not that big a deal. If I can stop and reflect, I can get my anxiety under control. I can get things into proportion. Having just come back rested from a break away from daily routines, I see much more clearly that when I am overloaded at work or worried about things at home, my ability to look at the cause of the anxiety is not that great and my reaction to an issue is often unrealistic.

Like everyone, I get anxious and sometimes the level of anxiety I experience is not appropriate. I returned from leave with renewed wisdom and I am determined to put things into place to help me keep a sense of proportion. I am making sure that I get enough sleep, turning the television off unless there is something that I really want to see, planning time to enjoy the outdoors and keeping in contact with family and friends as well as colleagues at work. I am trying not to sweat the small stuff. Trying to take advice from the Gospels, don’t worry about the small things, does a lily worry about how it looks? No, but it is stunning as it is.

Sometimes, unfortunately, it is our family relationships that cause anxiety. Help to avoid that by making sure that you build in time for your family to connect harmoniously with one another. Families that make and take the time to build connections with each other are families where people can lose that anxiety, lose that tension and feel good about their life. I am very aware that life today is full of technology, but improving the quality of family connection is not about having more access to quality technology, it is about having time together to enjoy each other. Time to listen to each other, time to share stories with each other, time to connect with each other to show that you are all worthy of love and capable of loving. Did you know that research has shown that families who take time to share stories about their life together and who play games together have children who perform really well in their academic life and are much happier than those who don’t take time for such things? I learned that from the TV program! It was called ‘Making Families Happy’ and it’s a 3 part series on the ABC. Well worth watching.

When we can love and be loved, we give ourselves and others who depend on us the best chance of making sure our anxiety is manageable!

**CROSS ARTS VIDEO**

Would any parents be able to share a good video of the Cross Arts Performances of The Lorax and the Wizard of ODD? If anyone has a good recording, please let Trixie Martin know. If you have a video worth sharing and are willing to let someone else have a go at trying to make it available to others, we might be able to share the performance.
FEES

All fees are due now and should certainly be paid before the end of the term. I will be ringing all Year 6 families who have not finalised their fees to come in and set up a payment plan. We see payment of school fees as a social justice issue. Everyone shares the load and if you are not prepared to pay, we would like you to tell us who is paying your share! It should not be the families who try so hard to meet their commitment no matter how hard that is.

We certainly do not hesitate to pursue the matter after a family leaves the school with all legal means available. If you cannot pay the fees, come and talk to me as soon as possible so we can work out a solution together before it gets to that stage.

Christine Ash
Principal

THOUGHTS FROM ‘THE WAY’

CAMINO PILGRIM TRAIL

This is a grey and miserable morning in Melide, Spain, on the Camino Way. Each year 100,000 people stop their normal routines and take up the walk of a pilgrim, a ‘peregrino’. They have been doing that for over 1200 years. What motivates so many to walk? Is it a faith pilgrimage, a need to talk and walk with God? Is it a way of stopping the constant and competing pressures of life to get back to what is important? I met people of all ages from 6yrs -89yrs old, from all parts of the world and each with a unique and special story. Walking the Camino is a blessing!
What is the difference?
Halloween? All Saints Day? All Souls Day?

Are you confused?

Halloween is a secular celebration that comes on October 31, the night before All Saints Day, but is not a Catholic Holy Day.

Halloween is part of ‘Pagan’ tradition. October 31, the eve before the beginning of Celtic winter, on November 1, was believed to be when the souls of the dead returned to their earthly homes. The pagans believed that ghosts, witches, goblins and elves came to harm the people, particularly those who had caused harm on them in this life. To protect themselves from the evil spirits, the pagans wore scary costumes of animal heads and skins to confuse the evil spirits.

Today, for ‘Halloween’ celebrations, people dress up in scary costumes and go ‘trick or treating’ just for fun. Halloween is a secular celebration and is not a Christian celebration.

ALL SAINTS DAY

All Saints' Day is on November 1, and it is a Holy Day of Obligation in many parts of the world, but not in Australia.

The day is dedicated to the known and unknown saints of the Church.

Our Catholic traditions remember many saints whose stories lift us up and give us courage and hope. Everyone has favorites. My own include Francis of Assisi, Mary MacKillop and my own mum (who would laugh in disbelief if she could hear me say that!) A saint lives in communion with God.

Living as a saint asks us to reflect on the gospel values and to include those values in our life.

All Souls' Day is on November 2, and it is not a Holy Day of Obligation either.

All Souls' Day is observed on November 2. It is a Holy Day dedicated for honoring all those who have died, in particular one’s relatives.

SCHOOL & CLASS LITURGIES AND KEY EVENTS

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

Sunday 8th November:
Confirmation Mass at 1.00pm

Friday 13th November:
Yr 3 & Yr 4 Learning Community Mass at 9.15am

Friday 27th November:
Whole School ‘ADVENT GIFT GIVING’ Mass at 9.15am

Friday 4th December:
Yr 5 & Yr 6 Learning Community Mass at 9.15am

Wed 9th December:
Carols Night at 6.30pm

Thursday 10th December:
Whole School ‘End of 2015’ Mass at 9.15am

Tuesday 15th December:
Yr 6 Transition Mass at 6.30pm
LYSTERFIELD CONFIRMATION REFLECTION DAY:

Mrs. Anne McDonald, Principal of Nazareth College, shared her own reflections after coming to the Reflection Day and being part of the Prayer Celebration with our Yr 6 students and Nazareth College’s Yr 10 Ministry Class.

“On Tuesday of this week, Mr Peter Nathan and our Yr 10 Ministry Class led the Yr 6 students from St Elizabeth’s Primary School in a Confirmation Retreat. I joined them for their final prayer session at the end of the day and marveled at the ability of the Yr 6 students to articulate their understanding of the Sacrament of Confirmation. I was pleased to be able to congratulate our Yr 10 students on their religious leadership and on their own ability to have such a grasp of this aspect of our faith that they could lead others.

We are truly blessed to have this partnership with Nazareth College.

Such a day is a wonderful example of our partnership in education and faith. So, as the year draws to a close, we continue with our cycle of beginnings and endings and give thanks for all that we have.”

SACRAMENTAL NEWS

Confirmation

There are many dates to remember in preparation for Confirmation. A reminder that the following forms and items are due. Keep checking for any new dates I will be adding as we get closer to Confirmation day.

It is important to attend Mass regularly as part of Confirmation preparation. Thank you to the many families who have been regularly participating at the Mass here at St Elizabeth’s. Remember there is a Sign-In sheet at the back of the church.

God Bless,

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

<table>
<thead>
<tr>
<th>Confirmation Timeline 2015</th>
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<td><strong>Parent letter</strong> written to Confirmation Candidates</td>
<td>ASAP</td>
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<td>Bishop Elliott’s School Visit</td>
<td>Term 4 week 5 - Friday 6th November</td>
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<tr>
<td>Family &amp; Individual Confirmation Photos</td>
<td>Term 4 week 5 - SUNDAY 8th November 11.00am-12.15pm</td>
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<tr>
<td>Group Confirmation Photo</td>
<td>Term 4 week 5 - SUNDAY 8th November Arrive 12.30pm, Photo 12.45pm sharp.</td>
</tr>
<tr>
<td>CONFIRMATION SUNDAY</td>
<td>Term 4 week 5 - SUNDAY 8th November 1pm</td>
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Sleep deprivation can lead to fatigue, learning and concentration difficulties and accidents. Children who do not get enough sleep may display symptoms including moodiness, tantrums and hyperactive behavior.

Sleep is as important to the human body as food and water, but many of us, including our children, don’t get enough sleep. Insufficient sleep, inadequate quality of sleep or disruptions to the sleep-wake cycle (such as those that occur with shift work or travelling to a different time zone) have consequences for how we function in the daytime, causing sleepiness and fatigue.

A sleepy fatigued person is accident prone, judgment impaired and more likely to make mistakes and bad decisions. Lack of sleep can also affect a child’s school performance and could be linked to increased risk of emotional problems such as depression.

**Symptoms of sleep deprivation in children**
Sleep deprivation affects children in different ways to adults. Sleepy children tend to ‘speed up’ rather than slow down. Symptoms include:

- Moodiness and irritability.
- Temper tantrums.
- The tendency to emotionally ‘explode’ at the slightest provocation.
- Over-activity and hyperactive behavior.
- Daytime naps.
- Grogginess when they wake up in the morning.
- Reluctance to get out of bed in the morning.

**Effects of sleep loss on children**
Selected statistics from research studies into sleep loss and its effects on children and teenagers include:

- Sleep loss causes a range of schooling problems, including naughtiness and poor concentration.
- Chronically sleep-deprived teenagers are more likely to have problems with impulse control, which leads to risk-taking behaviors.
- Sleep problems in teenagers are associated with increased risk of disorders such as depression and attention deficit hyperactivity disorder (ADHD).
- High school students who regularly score C, D or F in school tests and assignments get, on average, half an hour less sleep per night than high school students who regularly get A and B grades.
- Later start times at school

**How much sleep is enough?**

Sleep requirements differ from one person to the next depending on age, physical activity levels, general health and other individual factors. In general:

- **Primary school children** – need about nine to 10 hours. Studies show that increasing your child’s sleep by as little as half an hour can dramatically improve school performance.
- **Teenagers** – need about nine to 10 hours too. Teenagers have an increased sleep requirement at the time when social engagements and peer pressure cause a reduction in sleep time. Lifestyle factors such as early school start times deprive them of the required sleep-in. There is evidence that around the time of becoming a teenager, there is a shift in the sleep-wake cycle to being sleepy later in the evening with a preference for waking later.

Nan Perazzo
Wellbeing Coordinator
This week in Yr’s 3 and 4 the children are working on equivalent equations i.e., one side has to equal the same as the other side. Think of an equation as a pan balance, with the equals sign as the balance point.

Both sides of the balance must equal the same thing at all times for the pans to balance. Notice the scales above are balanced because each pan has a five on it. Now look at the next figure:

It is important to understand that we want to keep the pans balanced. If we add two to the left pan, the left side would go down while the right side would go up since 4 + 1 + 2 (which equals 7) is greater than or heavier than five.

But if we add two to both pans, the scales would remain balanced since both sides would yield a sum of 7.

The goal is to balance both sides of the equation. We want to have equivalent values of the left and right side of the equations. Think of the centre bar as the equal sign. A key rule for working with equations is that you can add the same number to each side or multiply each side by the same number and the sides will stay equal. You must do exactly the same operation to each side, though, or the equation will become unbalanced.

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

Last Thursday our boy's and girl's softball teams played in the Greater Dandenong Division Finals. The teams were transported by parent volunteers and parents. I would like to thank Colette, Andrew, Sara and the other parents in attendance for their support.

The boys were slow to start when the very sharp Spring Park Primary School got off to a 7 run first innings. At bat we were bundled out quickly and already 0-7 down after one innings. Jordan pitched well for the next 2 innings to restrict them to 12 in total, but it was our batting that failed to catch up to the early lead. We lost 4-12. Despite the loss, overall the season was a huge success. We had no weekend players and the team basically had to learn the game from scratch. To get as far as they did it is a credit to the players and coach Sue.

The girls team played a thriller against Spring Park PS (again). We were slightly behind all day and needed to defend a slight lead in the fourth innings. The girls defended beautifully. With 2 outs and a player on 3rd base it came down to the last play. Catcher Alex threw the perfect ball to 1st baseman Niamh and she took it clean. 3 out, side away and the girls win 14-13. They are now off to the Regional Finals on Monday 9th November. Well done girls!

Melbourne’s fickle Spring weather has meant last Monday’s Picnic Sports Day was cancelled. The new date is Thursday 26th November.

Yours in Sport
Dean Andrew / Sports Coordinator

Parish Forum:

The next meeting of the Parish Forum will be held on Tuesday 10th November commencing at 7pm in the Staffroom of the school.

Members of the various Parish and School Groups are invited to attend.

The next Parents and Friends meeting is Monday 9th November, 2:20pm in The Nook.

Bring a friend and come along and enjoy a chat and a cuppa.

Babies and toddlers welcome.
PARENTS AND FRIENDS - END OF YEAR GET TOGETHER

26th November at 6:30pm

How wonderful. Currently we have over 100 people indicating that they are coming to the dinner.

We are asking for a $5.00 holding deposit from each person who is coming along to the dinner.

In an envelope marked Parent Get Together 26/11/15 and your name, please put $5.00 per person and send it along to the school office by Thursday 19th November.

This will be returned to you on the night.

Please note the change of venue to

The Mulgrave Country Club ...
Cnr Wellington Road and Jells Road Mulgrave

Any questions, please come and see Trixie in The Nook.
ST. ELIZABETH’S PARISH PRIMARY SCHOOL

for their chance to win:

1,000 MUFFINS for fundraising

$1,000 CASH CARD for each state winner

$3,000 CASH CARD for the national winner

Plus more prizes up for grabs during the competition

VOTE NOW AT MUFFINBREAK

Additional prize will be determined by a charity gaining the most votes during a selected period. Terms and conditions apply. See www.muffinbreak.com.au for details.
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 DANDELONG NORTH
ABN: 36 600 561 019 | PHONE: 03 9795 8889 | FAX: 03 9795 8869

www.boutiqueestate.com.au
**St. Elizabeth’s Out of School Hours Care Program** …

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| **St. Elizabeth’s Out of School Hours Care Program**  
111 Bakers Road, Dandenong North  
Ph: 0422 803 709 | **Beginning:** Wednesday 4 November 2015 |
| **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. |  
**Monday**  
CLOSED |
| **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. |  
**Tuesday**  
**MELBOURNE CUP - PUBLIC HOLIDAY** |
| **Vacation Care / Pupil Free Days:**  
Per Day: $45.00  
7.00am to 6.00pm Monday to Friday. (No vacation care available in January.) |  
**Wednesday**  
Newspaper |
| **Late Pick Up Fees:** Per minute: $1.00 |  
**Thursday**  
Lego, Blocks, Card games |
| **For enquiries or further information, please contact Elarine on 0422 803 709 during session times.** |  
**Friday**  
Dress-ups and Drama |

**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.