Dear Parents, Guardians, Students and Other Parishioners,

What does the word ‘pilgrim’ mean to you? The definition that I like comes from the internet and describes a pilgrim as a person who travels to a far off land with religious significance for a special and often spiritual reason. The Pilgrim has two different but very connected dimensions to the walk. The first is an inner journey where spiritual needs arise and yearnings and longings are faced with less of the normal every day distractions that take us away from dealing with our ‘soul’ life. The second is the physical aspect of a journey, the travelling on foot over long distances and the hardships of blisters and aches and pains.

But a pilgrimage is not all about dealing with difficulties, it can also be a time of finding peace and joy.

Soul searching can lead to acceptance, tolerance of others and their relationship to the pilgrim, attention to God’s voice and the resolving of tensions that face the pilgrim in the future. Joy can come from the encounters with fellow pilgrims along the way, companionship with strangers sharing a meal and rest at the end of each day and along the way. Joy can come from slowing the pace of life, walking within your physical capacity, seeing all of nature that surrounds the walking pilgrim, so easily missed from a car window on the very same trip.

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**St. Elizabeth’s Weekly Calendar …**

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<th>Monday, 3 August</th>
<th>School Assembly, 8.45am</th>
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<td>Café Reading Program - Parent Information Session, Nook, 2.30pm</td>
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<td>Wakakirri Performance</td>
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<td>Tuesday, 4 August</td>
<td>3/4RM - Reconciliation, Church, 11.45am</td>
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<td>Wednesday, 5 August</td>
<td>Yr 2 - Renewal of Baptismal Promises - Church, 6.30pm</td>
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<td>Thursday, 6 August</td>
<td>Whole School - Life Skills Incursion</td>
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<td>Friday, 7 August</td>
<td>Mini Vinnies visit to Dandenong Tutoring Club, 11am</td>
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<td>Saturday, 8 August</td>
<td>Whole School - MacKillop (Red House) Hosting Mass, 6.30pm</td>
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<td>Sunday, 9 August</td>
<td>St. Elizabeth’s Parish Mass - 8.30am, 10.30am, 5.30pm</td>
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<td>Upcoming Events</td>
<td>Yr3 &amp; Yr4 - Rehearsal, Cross Arts Production</td>
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<td></td>
<td>Yr3 &amp; Yr4 - Cross Arts Production</td>
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The Jesuits see pilgrimage as a time when you travel and get back to basics to get in touch with who you are and work out what you are being called to become. This rings deep in my heart as a reason for taking on the pilgrimage of the Camino. I am at that time of my life when the structures of family are changing. I am growing into the role of Grandmother and watching my children take on leadership with new ideas of what it means to be the parent. This is both affirming and yet challenging! I want to walk and think and pray about the next stage of my life. How do I answer God’s invitation to be the best person that I can be when I am getting towards the autumn of my life?

People have been walking pilgrimages for thousands of years. I will not be the first to confront challenges of physical hardship, spiritual searching and an unknown future.

I would suggest that compared to the thousands who have walked the whole 800+kms journey over the last thousand years, I will be relatively comfortable.

I would like to share this journey with you, the community of St Elizabeth’s. Many of you will have secret longings, special intentions, problems that you would like sorted and difficulties that you would like to see fixed. Not all of you can take time out of your life and responsibilities to pray for those things that worry you and concern you. Let me do it for you.

I invite you to email me your name, mark in the subject space ‘For the Pilgrimage’ and I will take your prayers with me and pray for you as I walk. You don’t need to tell me what your special intention is or what worries you. I will carry your problem, special intention, concern along the journey and pray for you as I go. Perhaps that way I can help you in your longings and your wants and needs.

My email address is principal@sedandenongnth.catholic.edu.au

If you want to explain something, that’s OK, but you do not need to. All the time that I am walking along the Way, you and your intentions will be held in my heart and as I meditate, listen and talk to God, I will ask for God’s blessing on you and yours.

I do not leave until the beginning of September so you have lots of time to think if this is something you would like me to do for you. You may just want a blessing on your children, you may have a problem in a relationship that is worrying you, you may have problems finding meaningful work, keeping well, having children, not having children, concern about finances, ill health … there are so many worries we carry with us. Let me carry them for you.

Perhaps you just want to acknowledge your own blessings, a good partner in life, good health, personal happiness, whatever! I will take your prayer of thanks with me if that is what you would like me to do.

If you have a friend or family member that would like me to carry an intention, that is fine too. Just an email, a line saying that this is something they would like me to pray for and then I will take that secret thought, intention, petition and carry them along the Pilgrim journey.

Christine Ash
The Principal
'I am the bread of life.  
He who comes to me will never be hungry;  
He who believes in me will never thirst.'

In 6:24-35

Bread of Life - Food for the Struggle

Many come forward to receive Communion, the body and blood of Christ, because they know something is missing.

Every shape and size. Every skin colour. Young and old. Male and female. I know some are thinking about today’s football game. But others are thinking about a dying relative. Each I believe, even those people who are zoning out, are there because down deep they hunger for something the world will never offer.

“I am the bread of life,” Jesus tells the crowd in this week’s Gospel. Come to me and never be hungry.

Many people in our world work hard to convince us that we are hungry for everything - possessions, wealth, power, alcohol, beauty - everything but Jesus. But down, deep, aren’t we really hungry for love we can count on and a chance to impact the world?

Jesus is that love. Jesus offers that chance. And Mass is where we make His promises, hope, and life real for us. It’s a time for healing when I hurt. It’s a time to renew my confidence when I doubt that I can make a difference.

Mass offers food for life’s struggles - real food that satisfies – as opposed to “junk food,” like power, wealth, sex, and alcohol, that always leaves you hungry. This week at Mass, remember your deepest hungers. Watch as hunger brings so many others forward during Communion. Be nourished.

What could you do to make Mass more meaningful or more relevant to your life?

While I was travelling through America last week I was struck by the number of homeless living in the streets of New York. Many were begging asking for money. It was heartbreaking to watch. One day as I was finishing my walk through Central Park I noticed something moving near the stone wall. It was hard to tell what it was initially, it was as grey and as dirty as the wall itself. I watched as this poor person moved slowly towards the bin as tourists threw their rubbish out hoping to find some food. Slowly he started to cross the road, I caught up to him and bought him a meal from a street vendor. He was very quiet and softly thanked me. I felt inadequate as he was one of so many who were there. He is still in my mind and in my prayers. It made me think about what else I could do to help those who need help. Each of us could do more.

This week, consider doing something to feed others. Host an informal dinner with your family and friends, asking them to bring in food to share with others. Collect your favorite non-perishable foods and deliver them to a local soup kitchen, Vinnies or Meals on Wheels. If you know of a lonely neighbor, invite him or her to share dinner with you. It doesn’t have to be fancy. The idea is to share your food, time and presence with someone else.

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.

Yr 2 Renewal of Baptism Evening
On Wednesday 5th August at 6.30pm we have a special ‘Renewal of Baptism’ Prayer Celebration evening for our Yr 2 children and their parents. This is an opportunity for you and your child to spend some special time together in prayer centred on renewal of Baptism. It is also an opportunity to remind yourselves of the promises you made for your children at Baptism.

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
CONNECTING WITH YOUR SCHOOL-AGE CHILD

At school, your child is immersed in a world of learning and making friends. This also includes trying to understand the rules of life, morals, manners and family values. At the same time, your child’s brain is still developing rapidly, bringing increased emotional maturity, social skills and thinking abilities.

Even with all these new influences, your home life and family relationships are still the biggest influence on your young child’s development. The intensity of your relationship might change because you’re spending less time together - your child might even prefer a wave to a public kiss goodbye - but your job as a parent is just as important as ever.

Developing Social Skills
School provides opportunity for children to enter the wider social world. At school children have to think about finding their own place in the world and feeling part of a social group.

Although you’re not there when your child is at school, there’s still a lot you can do to help him/her develop his/her social skills:

- Help your child make friends. Encourage him/her to play with other children outside school hours, have sleepovers, and join clubs and groups.
- Give suggestions and tips on ways to handle different situations at school and with friends - for instance, ‘Maybe if you shared your new toy it might help’, or ‘Smiling makes people feel happier. It helps if you smile when you first meet people’.
- Help your child develop empathy and understand different points of view - this will help him/her deal with conflict when it occurs. Describing feelings throughout the day, and having conversations about how other people might feel, can all help build empathy.
- Help your child develop conversation skills, such as asking questions and listening to other children.
- Talk with your child about behaviours such as teasing, bullying or self-centredness that might get in the way of making friends. This doesn’t mean training your child not to say the things that make him unique, but helping him understand what sort of comments could upset others or lead to teasing.

Finding A Sense Of Self
Between the ages of five and eight, school-age children gain a sense of self by finding people they want to be like (these are sometimes known as role models). They look to older relatives, family friends, teachers and peers - usually of the same sex - to see what it’s like to be a man or a woman in society. These role models can help children work out what sort of people they want to be.

At school, the most important role model in a child’s life is the teacher. When you consider that around 95% of everything a child learns comes from watching what other people do (rather than listening to what they say), the time they spend with teachers really affects how they develop. Teachers have a huge influence on a child’s thinking, attitudes, behaviour and their views towards school.

Helping Your School-Age Child Find Appropriate Role Models
- Encourage relationships between your child and other safe and trusted grown-ups. At this age, children usually identify best with the same sex. These people can show your child how you’d like him to behave now and in the future, and encourage him to develop his interests.
- Encourage your child to have holidays and visit friends away from the family (as long as your child feels comfortable and safe).

Understanding Rules
During the first few years of primary school, children can get quite preoccupied with learning rules.

Games and sport with rules become important. Through them, children learn that rules apply differently in different situations. They also start understanding morals - what’s ‘right’ and ‘wrong’. For instance, some rules or behaviour that are all right at home might not be OK when visiting friends.

At this age, children come to understand and accept the rules of the family and of society. They might feel guilty when they do the wrong things.

Helping Your School-Age Child Understand Rules And Values
- Explain why things are considered right and wrong, and why some behaviour isn’t tolerated at all in society.
- Encourage a sense of compassion and empathy by saying things like, ‘Imagine if you were that person right now’.
- Play games with rules that include elements of both chance and skill. Allow your child to win most of the time, but remember that losing every now and again will help your child learn to deal with disappointment.
- Discuss family values with your child.

Nan Perazzo
Wellbeing Coordinator
Learning and Teaching ... 

As a school, we provide two written reports on your child’s progress each year. At the end of Term Two parents received the first of these reports with the second to be provided in the last week of the school year. These reports are designed to give you information about the progress of your child.

We are now asking you, as a parent or guardian, to tell us what you think about the reports you received.

You can complete the survey online at: http://goo.gl/forms/32eFByzEp1 or complete it on paper and send it in to the office.

Semester One 2015 - Reports Feedback

What levels are your children in? (Please place tick in correct box.)

- [ ] Foundation
- [ ] Yrs 1/2
- [ ] Yrs 3/4
- [ ] Yrs 5/6

What did you like about the report card used by the school? (Please place tick in correct box.)

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<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
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<td>Language was easy to understand.</td>
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<td>Headings were helpful.</td>
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<td>Information was wide-ranging.</td>
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What information in the report card did you find helpful? (Please place tick in correct box.)

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<tr>
<th>Helpful</th>
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<tr>
<td>Overview Statement.</td>
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<td>What your child has achieved.</td>
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<td>Work Habits.</td>
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<td>Learning Area Scores (NA for Foundation reports).</td>
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<td>Areas for Improvement / Future Learning.</td>
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<td>What the school will do to help your child’s progress.</td>
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<td>What you can do at home to help your child’s progress.</td>
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Please share any other thoughts you have about the reports here:

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Numeracy & Number Intervention …

Moving With Maths!

These ideas use movement of the body, hearing sounds, using eyes and feeling with hands to experience counting.

How many throws can we do without dropping the ball?

How many jumps does it take to get to...?

How many times can you tap the balloon before it touches the ground?

How long does it take you to skip to...?

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

Sport News ...

Hi all

Last Thursday we had three teams represent St. Elizabeth’s at the Noble Park District Winter Sports Grand Finals. It has been a great team effort this year to have 4 teams in total make it this far, considering we are just one school of a ten team competition. No other school was as well represented as St. Elizabeth's, which is an awesome effort from all of those involved.

Our footy team were defeated 39-47 by Wallarano in a very close match. They have won the footy for the past 6 years and field only Yr 6’s. It was an awesome effort from our footballers.

Our netball team had a convincing 29-6 win against Wallarano, whilst our boy's T-Ball team had a solid win against Westall. Both of these teams will join the girl's Soccer team in the Greater Dandenong Division finals this Friday.

Thank you to the teachers, students and parents who helped contribute to a great winter season for 2015 to date.

Last week we held the first of our Auskick clinics. We had 45 students come along and went through their paces. The program is heavily reliant on volunteers and they were fantastic in running their rotations and ensuring the kids were all engaged and having fun whilst improving their skills and fitness.

Yours in Sport  
Dean Andrew / Sports Coordinator
ST. ELIZABETH’S ATHLETICS CARNIVAL

AT THE DOOR
There is no cost to get in for spectators. We love you to come down and help cheer on the athletes!

COSTS
The cost per child will be approx. $7.00 to cover bus, venue and equipment hire. More details to come

PERMISSION
Permission (via care Monkey) and money needs to be returned by Thursday 13th August

WHEN
Monday 17th August
10 am - 2.30 pm

WHERE
Springvale Little Athletics Centre
Ross Reserve
Memorial Drive. Noble Park

FEATURING • Shot Put • Sprints • High Jump • Discus • Long Jump • Relays • Team Chants • the 800m and more....

KEEN TO HELP OUT?
Contact Dean Andrew on
Woolworths Earn & Learn 2015

Reminder: If you shop at Woolworths for your groceries, please ask for the stickers. If you can complete a sticker sheet and send it along to school that would be fabulous, if not send along the stickers you have and we will stick them onto the sheets we have.

The more completed sticker sheets we can collect, the more choice we have in what we can order for free.

The choices include Arts & Crafts, Mathematics, Literacy, Science, Humanities, Social Sciences, Lego Education, Digital technologies, Games, Construction & Manipulatives, Puzzles as well as Stationery and Teachers/Classroom Essentials.

Thank you for your support in helping us obtain resources for our children.

Trixie Martin

Premier Reading Challenge.

How wonderful, 40 of our children have completed the challenge already.

We do however have a large number of children registered, who have not as yet registered any of their books online. If you are having any problems, or would like a list of the books your child has borrowed this year, please come and see Trixie in the library.

We are asking that the books be registered online before Tuesday 8th September so that we can verify the records and send off the paperwork before the Challenge ends.
Are you able to come along and help?

The next Parents and Friends meeting is Monday 10th August, and we will be looking at organising the Fathers Day Stall and fundraising for Term 4.

We could do with your help if you are able. The meeting will be held in The Nook (Library) beginning 2:20pm ending just before pick up time.

We are trying to raise funds for the stage lighting in the Performing Art Centre and a replacement for the tuckshop refrigerator.

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FEE STATEMENTS WILL BE SENT OUT ON 3/8/15

Fee Statements will be sent out on Monday the 3rd of August. Can you please ensure to clear your account before the due date.

Thank You.
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**This calendar is subject to change.**
Community News ...

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

111 Bakers Road, Dandenong Nth, Vic. 3175
www.sedandenongnth.catholic.edu.au
Fax: (03) 9790 0933
admin@sedandenongnth.catholic.edu.au
Parish Priest: Rev. Tadeusz Ziolkowski SC
School Principal: Mrs Christine Ash
Community News cont ...

Catholic Co-education at its best!

* 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
### Contact Details ...

St. Elizabeth’s Out of School Hours Care Program  
111 Bakers Road, Dandenong North  
Ph: 0422 803 709 / 0426 282 721

**Before School Care**
Permanenent: $12.00 / Casual: $13.00  
7.00am to 8.55am Monday to Friday during school term, excluding all Victorian public holidays.

**After School Care:**
Permanenent: $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 ...

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Beginning</td>
<td>Monday 3 August 2015</td>
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<tr>
<td><strong>Monday</strong></td>
<td>Hanging Mobiles</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Framed Pictures, Painted Plates</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Mirror Image Painting</td>
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<td><strong>Thursday</strong></td>
<td>Stencil Painting, Dot Painting</td>
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<tr>
<td><strong>Friday</strong></td>
<td>DVD &amp; Popcorn</td>
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