Dear Parents, Guardians, Students and Other Parishioners,

Last week I was writing about the show on television that talked about the importance of sharing stories. It got me reflecting on when my family shares stories. Mostly it’s around the evening dinner table. Well, it used to be, now it’s around the celebration of extended family meals. That led me to thinking about how much I used to value sharing meals with my children.

I looked up some readings on the value of sharing a meal to see if there is any evidence that children who get to sit at the table and share stories are better supported emotionally and socially than children who never share a meal around a table.

I am sure that you all know the stories that I am referring to. They are either ones that start with ‘You’ll never guess what happened to me today …’ or they are ones that begin with ‘Do you remember the time when …?’

Research is fairly conclusive that family meals eaten together are beneficial for both younger children and teenagers. There is still a lot of work to be done on the impact shared meals have on young people and it’s not easy to clearly isolate a mealtime from all the other factors associated with family life but it’s a hot research topic in the social

| Monday, 9 November | School Assembly, 8.45am  
|                    | Yr 1 & Yr 2 - ComBank Incursion  
|                    | P&F Meeting, 2.20pm, Nook  
| Tuesday, 10 November | Parish Forum, 7pm, Staffroom  
| Wednesday, 11 November | Remembrance Day  
| Thursday, 12 November | District Athletics, Westall Primary School  
| Friday, 13 November | Yr 3 & Yr 4 - Learning Community Mass, 9.15am  
|                     | 5/6KL - Radio Assembly  
| Saturday, 14 November | St. Elizabeth’s Parish Mass - 6.30pm  
| Sunday, 15 November | St. Elizabeth’s Parish Mass - 8.30am, 10.30am, 5.30pm  
| Upcoming Events | Picnic Sports Day  
|                  | Ed Board, 6pm  
|                  | Thank You Brunch  
|                  | Transition Lunch 2016 Classes  
|                  | Carols Night, 6.30pm  

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 Ziołkowski SC  
School Principal : Mrs Christine Ash
From the research papers I read, evidence suggests that children who eat with most of their family gathered around the table are:

- Less likely to be overweight.
- More likely to eat healthy food.
- Have less incidences of offensive public behaviour.
- Have greater academic achievement rates.
- Have improved psychological well-being.
- Enjoy positive relationships with their family members.

Here are a few things that the social scientists think increases the impact of shared family meals.

- Most positive benefits when both parents are present in a 2 parent family and the main parent present in 1 adult families.
- Having a shared meal at least 3 times a week is enough to make a positive difference, doesn’t really matter if it’s breakfast, lunch or dinner.

If you read Maria Popowycz’s page last week, you would have noticed that we celebrated All Saints Day last weekend and Maria spoke of her Mum as a Saint. It would be an interesting conversation to have in your family around the dinner table. Are there any saints in your family? What qualities make a saint? Often our children grow up with the idea that a Saint is a person who is always perfect when the reality is far away from that.

St Thomas was the person who doubted Jesus so much that Jesus had to find him and show him the marks on his hand before he would believe what others were saying. Even though he was one of Jesus’ closest friends, he didn’t have any faith in him even after watching him die for his principles.
Jesus talks about role models in this week’s Gospel. He contrasts the scribes and the rich people with the widow. The scribes, Jesus says, draw attention to themselves, seeking the crowd’s praise. Some rich people make large donations, but none that require real sacrifice. Meanwhile, a widow quietly sacrifices from her meagre income to offer something to her religion. Widows were some of the poorest people in Ancient Israel.

Where do you look for role models? Our culture often promotes modern-day scribes as role models for young people to follow - athletes and corporate CEOs who flaunt their wealth, politicians who love their power, and religious leaders who profit from their connections to powerful people.

Jesus says, look for another way if you are seeking a life of holiness. Search out people who make quiet but significant sacrifices for others. Think about your parents. How have they sacrificed to improve your life? How about your teachers? Many teachers don’t make a lot of money, but stay committed to teaching because they like helping young people. Don’t forget the people who are working at your Parish. Church workers often work long hours because they believe the world needs to hear Jesus’ message.

Look around for people who can be role-models for your life. If you want to take Jesus up on his offer of a full life, keep an eye out for the modern-day widows.

Who reminds you of the widow in the Gospel passage? Could we try to be more like the widow in the Gospel? Could we try to do one good deed every day that escapes all attention except the Lord’s?

**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

**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 Celebration at 6.30pm

God Bless,

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

I know. You’re worried. Every day, your child comes home with a story about THAT kid. The one who is always hitting, shoving, pinching, scratching, maybe even biting other children. The one who always has to hold my hand in the hallway. The one who has a special spot at the carpet, and sometimes sits on a chair rather than the floor.

You’re worried that THAT child is detracting from your child’s learning experience. You’re worried that he/she takes up too much of my time and energy, and that your child won’t get his/her fair share. You’re worried that he/she is really going to hurt someone some day. You’re worried that “someone” might be your child. You’re worried that your child is going to start using aggression to get what he/she wants. You’re worried your child is going to fall behind academically because I might not notice that he/she is struggling to hold a pencil. I know.

You see, I worry all the time. About ALL of them. I worry about your child’s pencil grip, and another child’s letter sounds, and that little tiny one’s shyness, and that other one’s chronically empty lunch box. I worry that one’s coat is not warm enough, and that another’s dad yells at her/him for printing the letter B backwards.

But I know, you want to talk about THAT child.

I want to talk about THAT child, too, but there are so many things I can’t tell you.

I can’t tell you that he/she was adopted from an orphanage at 18 months.

I can’t tell you that he/she is on an elimination diet for possible food allergies, and that he is therefore hungry ALL THE TIME.

I can’t tell you that his/her parents are in the middle of a horrendous divorce, and he/she has been staying with his/her grandma.

I can’t tell you that I’m starting to worry that grandma drinks ...

I can’t tell you that his/her asthma medication makes him/her agitated.

I can’t tell you that he/she has been a witness to domestic violence.

That’s OK, you say. You understand I can’t share personal or family information. You just want to know what I am DOING about That Child’s behaviour.

I would love to tell you. But I can’t.

I can’t tell you that he/she receives speech-language services, that an assessment showed a severe language delay, and that the therapist feels the aggression is linked to frustration about being unable to communicate.

I can’t tell you that I meet with his/her parents EVERY week, and that both of them usually cry at those meetings.

I can’t tell you that the child and I have a secret hand signal to tell me when he/she needs to sit by himself/herself for a while.
I can’t tell you that I have been meticulously tracking his/her aggressive incidents for 3 months, and that he/she has dropped from 5 incidents a day, to 5 incidents a week.

I can’t tell you that I have stood up in a staff meeting and, with tears in my eyes, BEGGED my colleagues to keep an extra close eye on her/him, to be kind to her/him even when they are frustrated that she/he just punched someone AGAIN, and this time, RIGHT IN FRONT OF A TEACHER.

The thing is, there are SO MANY THINGS I can’t tell you about That Child. I can’t even tell you the good stuff.

I can’t tell you that his/her classroom job is to water the plants, and that he/she cried with heartbreak when one of the plants died over winter break.

I can’t tell you that she/he kisses her/his baby sister goodbye every morning, and whispers, “You are my sunshine” before mum pushes the stroller away.

I can’t tell you that when a classmate is crying, he/she rushes over with his/her favourite stuffy from the story corner.

The thing is, dear parent that I can only talk to you about YOUR child. So, what I can tell you is this:

If ever, at any point, YOUR child, or any of your children, becomes THAT child …

I will not share your personal family business with other parents in the classroom.

I will communicate with you frequently, clearly and kindly.

I will make sure there are tissues nearby at all our meetings, and if you let me, I will hold your hand when you cry.

I will advocate for your child and family to receive the highest quality of specialist services, and I will cooperate with those professionals to the fullest possible extent.

I will make sure your child gets extra love and affection when he/she needs it most.

I will be a voice for your child in our school community.

I will, no matter what happens, continue to look for, and to find, the good, amazing, special and wonderful things about your child.

I will remind him and YOU of those good amazing special wonderful things, over and over again.

And when another parent comes to me, with concerns about YOUR child …

I will tell them all of this, all over again.

With so much love,

Teacher.

Nan Perazzo
Wellbeing Coordinator
We all know that ‘volume’ can refer to how loud music is, especially when asking children to turn their music down, or does your shampoo give your hair more volume, but do we understand what it means when used in Mathematical terms? Possibly not!

Volume is the amount of 3D space an object occupies or takes up.

Over the next two weeks, Yr’s 5 and 6 are investigating Volume.

**Year 5**
In Yr 5 children are taught to use cubic units to estimate volume. They start by using 1 cm³ blocks to build cuboids and counting the blocks in pictures, for example:

![Image of cubic units]

**Year 6**
In Yr 6 children learn to use formulae to calculate the volume of a shape in cubic units.

For example, if you take a tissue box you can measure its width, height and depth and use these measurements to calculate the volume of the shape (i.e. how much 3D space it is occupying) by applying the formula.

![Image of formula]

At home you can support your Yr 5 and YR 6 children by:
- using sugar cubes to build structures and discuss the volume.
- explore the different cardboard boxes in the kitchen (for example cereal boxes, tissue boxes and other food packaging) and work out the volume of the different cuboids using the formula \( W \times H \times D = ___^3 \)

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

Hi all

In New Zealand there is a common roadside billboard that states "KIDS IN SPORT, STAY OUT OF COURT". So why are team sports great for kids? Playing team sport helps kids to learn how to work as a team, a skill that proves invaluable through life.

Sports also help to develop an understanding of fair play and more importantly, teaches kids how to cope with winning and losing due to the competitive nature of sporting activities. This aids in the development of things like social skills and feelings such as empathy.

Sport also helps to foster confidence, respect and self-esteem. Practising and working hard towards achieving goals is a valuable part of participation in sports for kids and whether they win or lose, there's always a lesson to take from the field. Junior sports is so much more focused on the participants welfare than ever before. The overseeing ruling bodies have developed modified rules that ensure the focus is on fun and inclusion, and not winning.

Melbourne is blessed to have so many options for children to be involved in team sport. Footy, softball, netball, soccer and cricket clubs are everywhere and there is archery, dancing and we even have some of our kids playing water polo!

Yours in Sport
Dean Andrew
Sports Coordinator

School News ...

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

1,000 MUFFINS for fundraising
$1,000 CASH CARD for each state winner
$3,000 CASH CARD for the national winner

VOTE NOW AT www.muffinbreak.com.au

Additional prizes will be determined by schools 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 DANDENONG NORTH
ABN: 36 600 561 019 | PHONE: 03 9795 8889 | FAX: 03 9795 8869

www.boutiqueestate.com.au
## 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 ...  

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<tr>
<th>Day</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Spring collage, design a spring mural with paint</td>
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<tr>
<td>Tuesday</td>
<td>Fruit bowl fun, dotty painting</td>
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<td>Wednesday</td>
<td>Sunset on horizon</td>
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<tr>
<td>Thursday</td>
<td>Countryside drawing, trees and self portrait</td>
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<tr>
<td>Friday</td>
<td>Movie with popcorn</td>
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**Beginning:**  
Monday 9th November 2015

**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.