Dear Parents, Guardians, Students and other Parishioners,

Last week Rebecca Gage and Lyn Dennett, staff from St Elizabeth’s, began a course on ‘The Skills of Coaching’, and already I am grateful for the things they have taught me! In a conversation with me, Rebecca shared that it is very important to honour the position people take when they are going through difficult times, if they are managing the difficulties by staying true to their code of living. It stopped me in my tracks and I had to ask myself, ‘What is my Code of Life?’ I am sure that most of us do get by through the storms of life by falling back on our core values. What are your core values? Have you ever discussed them with your children. I think this would be a great activity to do. If we name what our Core Values are or if we create a Code of Life for our family, our children will begin from a very early stage in their life to have built a raft of hope that will take them through the storms.

No-one gets through years of life without storms. Last Tuesday, the Gospel reading was
the story of Peter being terrified in a small fishing boat with 11 friends as a huge storm crashed all around them. The message from this reading is all about having faith in your own code of life. For us as Christians that has to mean that we place our trust in God through the person Jesus Christ. That is our fundamental hope. It is at the centre of our beliefs.

Jesus did not hide Peter from the storm, on the contrary, he invited Peter to step into the storm. Peter, although clearly terrified, did just that. In the beginning of his attempt to walk across the water he had great faith that he could face the storm. However, when he looked down and lost the centre of his courage, which was the invitation to walk towards Jesus on the water, he floundered.

When we lose sight of our call from Jesus, when we lose sight of the Core Values he taught us to keep, when we stray from our Code of Life we too flounder, we begin to sink.

This story is not about the 11 friends who sat safely in the boat. They were too frightened to trust, too scared to place their hope in the Code of Life. They have nothing important to teach us. They are like those people who see others in trouble and think they are too busy to help. They are like those who hear the terrible stories of poverty and child abduction in Matutinao and ignore the request for help. They are like those people who stay safe watching television instead of taking action in their family life, their community, their world.

The Gospel story encourages us to take risks, but reminds us to keep our Core Values front and centre so that we are light to the world and salt for living.

Here is a sample Code of Life, see if your family can come up with their own!

1. People are more important than things.
2. Honesty is the best policy, you never have to look over your shoulder.
3. Circumstances don’t make me, they reveal me.
4. God is the provider of all my needs.
5. Always speak the truth and seek the truth and know from where truth comes.
6. Shared experiences are more important than things.
7. All things work together for good for those who love the Lord.
8. Only 2 things are important - God and people.

Congratulations Yr3 & Yr4!
Sensational Cross Arts Performance on Tuesday. What a thrill to watch your dramatic story unfold and to enjoy the music and the dancing. Your confidence shone through. Well done to all involved in the production and especially to Jenny Fenton, Marija Diosi and Chris Nagy. (Sorry I mispronounced your name, Kris! It should be pronounced as ‘Nodg’.)

Good Luck Netball and T-Ball Teams
Next week the T-ball team is in the regional final on Tuesday and the Netball team is in the regional final on Thursday. Enjoy the game, play well and be great sports people!

PLEASE REMEMBER THAT ON TUESDAY WE HAVE A SCHOOL CLOSURE. St Elizabeth’s School is hosting a Curriculum day for many neighbouring Schools and Dr. Yong Zhao and Ms Sophie Murphy are the presenters.

Christine Ash
The Principal
Religious Education News ...

MARY MACKILLOP

Saint Mary MacKillop of the Cross was an Australian Roman Catholic Nun who, together with Father Julian Tenison Woods, founded the Sisters of St Joseph of the Sacred Heart and a number of schools and welfare institutions throughout Australia with an emphasis on education for the poor, particularly in country areas.

Like Saint Mary MacKillop of the Cross, each of us has been called to follow Christ, the Son of God, who came to show us the way to eternal life. He has sent us the Holy Spirit so that we can share in his divine life here and now, and we live out that life by trying to love God and our neighbour. The Christian vocation, which we have received at Baptism, is then a call to share in a Spiritual life. We live out the invitation to be holy differently depending on which life we have chosen. God called these people, like Saint Mary MacKillop of the Cross, to real lives, what is he calling you to?

‘NATIONAL VOCATIONS AWARENESS WEEK’ ~ Sunday 3rd August to Sunday 10th August 2014

National Vocations Awareness Week provides an opportunity for all Australian dioceses, parishes, schools, religious communities, youth and campus ministers, and other Catholic organizations, to focus at the same time on the ‘call to holiness’ that arises from our Baptism, and thus to further foster a Vocations Culture across Australia.

PRAYER FOR VOCATIONS

Father, help all people to know their vocation in life, and assist them to prepare for it. For your glory, and for the service of your people, call many to be Priests and Religious. Give those whom you call the grace to respond generously and persevere faithfully. Mary, Mother of the Church, show you care for the body of Christ, encourage many vocations to the priesthood and religious life. Amen

CLASS LITURGIES:

Friday 15th August: Feast of the Assumption Whole School Mass at 9:15am

Sunday 17th August: Yr1 & Yr2 Learning Community will be hosting Mass at 10:30am

Friday 29th August: Yr3 & Yr4 Learning Community will prepare and lead the 9.15am Mass.

Yr2 BAPTISM NIGHT

Our special ‘Renewal of Baptism Prayer Celebration’ evening was a wonderful opportunity for our Yr2 students and their parents to spend some special time together. They were able to remind themselves of the promises made for their children at Baptism and to share with their children why it was so important for them to be Baptised. It was a spiritual way for the Yr2 students to spend time together in prayer together and reflect on what Baptism means for them.

SACRAMENTAL NEWS

Confirmation

A reminder regarding the Confirmation Parent Information night on Wednesday 20 August at 7:00pm at St Elizabeth’s 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 15 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.

The Confirmation levy of $25.00 (cash only) can be paid through the school office by Friday 15 August, Lisa will issue you with a receipt. The levy covers: Dove pins, Lysterfield Reflection day, bus hire, certificates, classroom resources and the key Resource used for the Home Activity Pack.

All other non-Catholic Yr6 students pay a levy of $15 through the school office (by 15 August), Lisa will issue you with a receipt. The levy covers: Lysterfield Reflection day, bus hire and classroom resources. Keep Smiling. God Bless!

Maria Popowycz
Catholic Identity Coordinator
popoma@sedandenongnth.catholic.edu

111 Bakers Road, Dandenong Nth, Vic. 3175
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Parish Priest : Rev. Tadeusz Zielkowski SC
School Principal : Mrs Christine Ash
One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood.

One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Most children recover from such rejection. They move on and form constructive, worthwhile relationships, but some children need help. They often take rejection personally and blame themselves.

As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play.

Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through a problem or difficulty recognising and accepting their feelings. Talk about various scenarios around the incident, discussing possible outcomes. The age of the child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, pick up your upbeat view and deal with disappointments easily. After all, confidence is catching.

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.
2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

‘Fall seven times, stand up eight.’

Japanese Proverb

parentingideas.com.au

Nan Perazzo
Wellbeing Coordinator
Learning and Teaching...

The theme of children’s Book Week 2014 (16-22 August) is Connect to Reading. One of the ways we celebrate this event at school is by holding a fun day of activities on Friday August 22 all related to books! We also encourage the students to dress up as a character from a book.

At home there are many fun ways to Connect to Reading. Joining the local library provides access not only to borrow books for free, but also to many electronic resources too!

The Greater Dandenong Library has a great Kids Library webpage (http://goo.gl/XK3boi) with links to free access to a variety of resources. Ziptales access is normally $50 a year for parents however your library barcode provides free access.

Another resource available is Tumblebooks. This website has a large selection of audiobooks where your child can listen along to the story or read at their own pace. There are also interactive games related to the books. Books are sorted into different categories such as chapter books (poetry, early readers, advanced readers) or non-fiction books (science, history etc).

There are many other benefits to joining your local library. Membership is free and open to everyone.

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

Don’t forget!  
Friday August 22  
Dress up for Book Week Day
Last week our girl's netball and boy's t-ball travelled to Dandenong to compete in the Greater Dandenong Division Grand Finals. The region represents over 40 primary schools in the local area. Both teams were successful and we are very proud of not only their achievements but also the way they conducted themselves in the sporting arena.

Next Thursday is Intra-School Athletics Carnival. Our house captains have been putting together relay teams and organising "chants" to add to the Carnival. Even if it is only a few minutes, I encourage all parents and families to come down and watch our students rotate around the track and field disciplines.

Just a reminder to only send a few dollars with your child for the canteen. $20 of mixed lollies is not going to assist your child in the 800 metres!

Yours in Sport
Dean Andrew

**2014 Athletics Timetable**

<table>
<thead>
<tr>
<th>Time</th>
<th>8/9 yr boys</th>
<th>8/9 yr girls</th>
<th>10 yr boys</th>
<th>10 yr girls</th>
<th>11 yr boys</th>
<th>11 yr girls</th>
<th>12 yr boys</th>
<th>12 yr girls</th>
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</thead>
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<tr>
<td>10 am</td>
<td>100m</td>
<td>Triple Jump</td>
<td>Discus</td>
<td>Long Jump</td>
<td>Hurdles</td>
<td>Shot Put</td>
<td>Break</td>
<td>High jump</td>
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<td>10.25</td>
<td>High jump</td>
<td>100m</td>
<td>Triple Jump</td>
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<td>10.50</td>
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<td>High jump</td>
<td>100m</td>
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<td>Discus</td>
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<td>Hurdles</td>
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<td>11.15</td>
<td>Shot Put</td>
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<td>High jump</td>
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<td>Triple Jump</td>
<td>Discus</td>
<td>Long Jump</td>
<td>Hurdles</td>
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<tr>
<td>11.40</td>
<td>Relays and lunch</td>
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<tr>
<td>12.00</td>
<td>Hurdles</td>
<td>Shot Put</td>
<td>Break</td>
<td>High jump</td>
<td>100m</td>
<td>Triple Jump</td>
<td>Discus</td>
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<td>2 pm</td>
<td>Presentations and departure</td>
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</tbody>
</table>
Our You Can Do It person in 3LO is Andrew M.

He is our You Can Do It star because he has been a very helpful member of our community and is always respecting his fellow classmates and teachers.
## Fathers’ Day Stall

**4th September**

<table>
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<th>Item</th>
<th>Price</th>
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<td>Bottle Opener Key Ring</td>
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<tr>
<td>Car Air Freshener</td>
<td>$1.00</td>
</tr>
<tr>
<td>Back Scratcher</td>
<td>$2.00</td>
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<tr>
<td>Metal Puzzle</td>
<td>$2.00</td>
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<tr>
<td>Dad’s Metallic Pen</td>
<td>$2.00</td>
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<tr>
<td>Tin Money Box</td>
<td>$2.50</td>
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<tr>
<td>Tape measure Key Ring</td>
<td>$2.50</td>
</tr>
<tr>
<td>Tyre Gauge</td>
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<tr>
<td>Torch Bottle opener Key Ring</td>
<td>$3.00</td>
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<tr>
<td>Dashboard Sticky Mat</td>
<td>$3.00</td>
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<tr>
<td>Premier Chamois</td>
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<tr>
<td>Visor Memo Kit</td>
<td>$4.00</td>
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<tr>
<td>Micro Fibre Car Wash Mitt</td>
<td>$4.00</td>
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<tr>
<td>Workman’s Screw Driver</td>
<td>$4.00</td>
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<tr>
<td>Tool Pouch</td>
<td>$4.00</td>
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<tr>
<td>Monster Truck Pen Caddy</td>
<td>$5.00</td>
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<tr>
<td>Dual Torch Lantern</td>
<td>$5.00</td>
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<tr>
<td>Car Care kit</td>
<td>$5.00</td>
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<tr>
<td>Mulit Function Man</td>
<td>$5.00</td>
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<tr>
<td>Designer BBQ Apron</td>
<td>$6.00</td>
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<tr>
<td>Premium Gift Set (Pen and Key Ring)</td>
<td>$6.00</td>
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<tr>
<td>Binoculars</td>
<td>$7.00</td>
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<tr>
<td>Mega Screwdriver/Socket set</td>
<td>$7.00</td>
</tr>
<tr>
<td>BBQ Pack</td>
<td>$8.00</td>
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</tbody>
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111 Bakers Road, Dandenong Nth, Vic. 3175
www.sedandenongnth.catholic.edu.au
admin@sedandenongnth.catholic.edu.au
Parish Priest : Rev. Tadeusz Ziolkowski SC
School Principal : Mrs Christine Ash

Tel: (03) 9795 5258   Fax: (03) 9790 0933
On Tuesday the 5th of August Nick Falk and Tony Flowers came to talk about their book ‘Billy is a Dragon’. Nick shared a few chapters of his book and he inspired us to write our own stories. When he was reading he used lots of funny voices. All the Yr1 and Yr2 children came up with a narrative together. As we were coming up with suggestions Tony drew interesting pictures.

We can’t wait to write our own stories at home!

Gloria and Julie
**Parents and Friends News**

Everyone is welcome to come along and enjoy a cuppa at the next Parents and Friends meeting which is on **Monday 11th August at 2:20pm** in The Nook (library).

The **Fathers Day** stall is on **Thursday 4th September**. There is a display in the school office foyer. The price list is in this newsletter. Fathers Day Raffle Tickets have been sent home, if you haven’t seen them, please check your child’s school bag. Raffle tickets are also available from the school office.

**Market Night** is on **Friday 17th October**, please mark it in your calendars.

Would you like a stall? There is information and an application form on the front page of the school website. Reminder - you can chat to any of the Parents and Friends members, Pina Martino, Paula Manago, Sue Hatley-Smith, Kellie Andrikopoulos, Samanatha Pirotta, or see Trixie in The Nook.

---

**School Canteen**

Our School Canteen will not be open for lunch orders or icy poles next Wednesday, the 13th of August. The canteen will be open as per normal on Wednesday the 20th August.

Thank You

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**Statement of Accounts**

PLEASE BE AWARE THAT STATEMENT OF ACCOUNTS WERE SENT HOME ON MONDAY.

CAN WE PLEASE ASK THAT ALL FEES BE PAID BY 18TH AUGUST 2014.
School News cont ...

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: 043 1616 364, After Hours: 03 9758 0731 or email: choonbaelim@yahoo.com

Piano/Keyboard Lessons - A Musical Journey!

Keyboard/Piano and music theory lessons conducted with a focus to promote general musicianship skills and artistic growth through creative and fun teaching methods and apps to make the learning more exciting. Great opportunity to experience music through the keyboard!

For further details please contact Pik Mobile 0450561878 or email pikfoong@yahoo.com.

School Banking Day Changed for Next Week Only.

Don’t forget that FRIDAY is School Banking day next week due to Athletics Sports Day.

News from the Nook

Premier Reading Challenge reminder:

All books need to be entered onto the Challenge by Monday 1st September so that they can be verified before I go on leave for the last two weeks of this term.

Please either come and see Trixie or email her on marttr@sedandenongnth.catholic.edu.au if you would like a list of the books your child has borrowed for the year.

Reminder:
The Nook is open for parents, grandparents and carers Monday to Thursday.

Furniture for Sale

No canteen for Wednesday the 13th August only. Back to normal the week after.

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
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**Full of Activities and Fun Day**

**Movie Day has been cancelled.**

St. Elizabeth’s Out of School Hours Care program will be running on **Tuesday the 12th of August 2014 from 7am to 6pm.**

There will be lots of fun and activities throughout the day.

Contact Elarine: 0422-803-709.

---

**Community News ...**

**Dandenong Mobile Unit**

Dandenong Mobile Unit, St. Mary’s Community Centre, 20-24 New Street, Dandenong are asking for blood donations on Wednesday 13 August 1.30-7.30pm, Thursday 14 August 2-7.30pm and Friday 15 August 9.30-3.30pm.

Appointments are essential and new donors welcome. To book an appointment please call 131495.

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**Nazareth Male Uniform For Sale**

Nazareth College summer uniform - shorts (size 87), short sleeve shirt (size 18), school jumper (size 18), school tie

Nazareth College winter uniform - long pants (size 87), long sleeve shirt (size 18), school blazer (size 97), school tie

Nazareth College sports uniform - blue t-shirt (size medium), blue sports top, blue sports cap.

These clothes are near new, only been worn for 6-7 months. Please contact Mali on mali.karavita@yahoo.com.au if you are interested in purchasing these clothes.
### Contact Details ...

<table>
<thead>
<tr>
<th>Elizabeth’s Out of School Hours Care Program</th>
<th>111 Bakers Road, Dandenong North</th>
<th>Ph: 0422 803 709 / 0426 282 721</th>
</tr>
</thead>
</table>

**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.

### Weekly Activities ...

<table>
<thead>
<tr>
<th><strong>Beginning:</strong></th>
<th>Monday 11th August, 2014</th>
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**Monday**  
Making Fuzzy Rabbits

**Tuesday**  
Curriculum Day - Going to the movies

**Wednesday**  
Number Cards

**Thursday**  
Hama Beads Art

**Friday**  
Movie & Popcorn

---

We are open on Tuesday 12th August, St. Elizabeth’s Curriculum Day. St. Elizabeth’s Out of School Hours Care program will be visiting Dandenong Plaza to watch a movie on the 12th of August. The excursion will run from 8.30am to 4.30pm and the cost is $23. Please contact Elarine or Anita on 0422 803 709 if you need care on that day. Thank You.