Dear Parents, Guardians Students and Other Parishioners,

How lucky we are to live in Australia! The dreadful situation following the mighty earthquake in Nepal makes us feel so helpless and then so blessed. From this position, we are actually able to reach out and help as we have the financial resources that are badly needed in Nepal right now. Our Archbishop has written to us to remind us that Caritas is already on the ground helping in Nepal. You will probably remember that Caritas is the Catholic organisation that we support through Project Compassion in Lent. Caritas badly needs more funds and the letter explains how we can get donations to Caritas.

Our Student Wellbeing leaders have swung into action and have organised a Market Stall of pre-owned toys and books to be held this Friday. Children in 5/6ADG will be donating the goods, and other children can purchase with their pocket money. All proceeds will go to support the relief effort in Nepal. I expect this will be the first of many efforts, as this disaster is going to need our long term support.

For people of faith, there can only be one response to this tragedy, and that is to do something!

I have included part of the Archbishops letter for your information.

St. Elizabeth’s Weekly Calendar ...

| Monday, 11 May       | School Assembly, 8.45am                        |
|                      | Foundation 2016 Enrolments Close              |
| Tuesday, 12 May      |                                             |
| Wednesday, 13 May    | Foundation 2016 - New family enrolment interviews |
| Thursday, 14 May     | School Tour, 9.30am                          |
|                      | Yr3 & Yr4 - Jelly Beans Recorder             |
| Friday, 15 May       | Whole School Mass - Family Week Mass, 9.15am  |
| Saturday, 16 May     | St. Elizabeth’s Parish Mass - 6.30pm          |
| Sunday, 17 May       | Yr3 - First Eucharist - 10.30am              |
|                      | St. Elizabeth’s Parish Mass - 8.30am, 10.30am, 5.30pm |

Upcoming Events

| Tuesday, 19 May      | Yr5 & Yr6 - Cross Arts Production, 7pm        |
|                      | Yr6 - Confirmation Commitment Mass, 10.30am   |
| Sunday, 24 May       | P & F Meeting, Nook, 2.20pm                   |
| Monday, 1 June       | Queen’s Birthday - No School                  |
| Monday, 8 June       |                                             |
As you are aware from media and the Caritas website, on 25 April 2015 a 7.9 magnitude earthquake struck Nepal between Kathmandu and Pokhra. The devastation in Kathmandu and the surrounding valleys is immense. This is the worst natural disaster to strike the people of Nepal and communities across India and Bangladesh in nearly one hundred years. The death toll is increasing by the hour, but more than 5,000 deaths have already been reported and more than 10,000 people were injured during the shock. Sadly, experience tells us that these figures will rise as rescuers reach the more remote village communities. With extensive damage to buildings and continuing aftershocks in the region, many people are sleeping outside and require shelter and protection from the cold and rain.

Caritas Australia Programs Coordinator for Nepal, Eleanor Trinchera, reports from on the ground in Kathmandu, “I have never seen so much devastation. While the streets are rife with activity and chaos as people try to find loved ones and friends, the city is paralysed with destroyed buildings, blocked roads, intermittent power and rolling aftershocks.”

At the time the earthquake struck Ms Trinchera was an hour out of Kathmandu. When they drove back she describes the scene, “We witnessed terrible scenes of destruction - hospitals were evacuated with patients being treated on the ground outside, homes and buildings demolished and some roads cracked wide open.”

Caritas Australia as part of the international Caritas response is working with Caritas Nepal staff to respond to immediate needs such as food, shelter, clean water and non-food items. The generosity of Australians in responding to the needs of others at times like this is well known and Catholic communities in the Archdiocese of Melbourne have always been to the fore at such times. Caritas Australia has opened the Nepal Earthquake Appeal and I encourage your communities to support this appeal through solidarity in prayer and generous financial assistance. Caritas Australia will be providing prayer cards, power points and regular updates on the progress of the Caritas response in Nepal. Donations can be made online at www.caritas.org.au/learn/emergency-response/nepal-earthquake-appeal or alternatively contact the Caritas staff in the Melbourne Office on 9926 5786 or 9926 5706 if you require Special Appeals envelopes or any other assistance.

We ask God’s blessing for all those suffering the grief of lost loved ones, injury and homelessness and we pray for those responding in the work of rescue and provision of support. May they all know the support of our Melbourne community as they face the rebuilding of their lives and their nation. We also remember the members of the Nepalese community in Melbourne who are far from home and family at this time and include them in our prayers.’

**GIRLS WINTER TUNIC**

The School Education Board discussed the matter of what to wear in terms of socks/tights with our girls winter tunic. In the end it was agreed that girls can wear either navy tights or school blue socks.

Christine Ash
The Principal
During May many of our Yr3 Catholic students have been preparing to receive the Sacrament of Holy Eucharist. We pray for the children from St Elizabeth’s who will be receiving this holy sacrament for the first time.

Lord, you love your children and you bless them in front of your Disciples. We ask you to bless us who are receiving the Sacrament of Eucharist today, as we continue our journey into the Catholic faith. Lord hear us.

Lord, we pray for all who share in the celebration of the Eucharist, that they may appreciate more deeply the real presence of Jesus Christ, Lord hear us. Amen

CLASS / SCHOOL LITURGIES

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

Friday 15 May:
‘Family Week - International Day of Families’, Whole School Mass at 9.15am

Friday 22 May:
Foundation, Yr1 & Yr2 Learning Community Mass at 9:15am

Friday 29 May:
‘St Elizabeth’s Feast Day’, Whole School Mass at 9.15am

Friday 29th June:
‘Feast of the Sacred Heart’, Whole School Giving Mass at 9.15am

Saturday 13th June:
POLDING-GREEN Sports Team Hosting Mass at 6.30pm

Friday 26th June:
Yr3 & Yr4 Learning Community Mass at 9.15am

‘FAMILY WEEK - INTERNATIONAL DAY OF FAMILIES’

Our focus for family week is ‘Stronger Families, Stronger Communities’.

We will gather together in our church to pray together as families and as St Elizabeth’s parish community.

We will give thanks to God for his great love for us and for the kindness and support of those who care for us, our families and communities.

We would like all families who will be coming to Mass with us to sit with their child as one family.

• Come to your child’s classroom and walk to Mass with us.
• Sit with your child and your child’s class.
• If you have more than one child, come to the youngest child’s class. The older children will come to you when they come in with their class.

What a wonderful way to celebrate families and communities. Your children will be looking forward to seeing you on Friday 15 May.

SACRAMENTAL NEWS:

First Communion

First Eucharist Activity Day

The First Eucharist Activity Day was full of prayer and activities but the highlight was when we baked bread and then shared it together as a St Elizabeth’s family. The day was a huge success and the students felt they were better prepared to receive their First Communion. I would like to thank all the parents and staff who helped with the First Eucharist Day. The students loved having you there and I certainly appreciated the support.

First Communion Reminders

May I remind those families with children celebrating their First Communion of the sacramental levy of $25.00 cash that does need to be paid through the office? Families whose children are not receiving their First Eucharist will need to pay $5 towards the whole level Eucharist Activity Day.

Confirmation Candidates

Commitment weekend - Feast of Pentecost: weekend of 23rd and 24th May. We ask the candidates to attend the Sunday 10.30am Mass to formally enroll themselves in their on-going program. If you are unable to attend on Sunday then attend any of the Masses at St Elizabeth’s Parish in the Pentecost weekend (Saturday 8.30am, 10.30am or 5.30pm). A reminder, there is a Mass Attendance Sheet at the back of the church for Confirmation Candidates.

Thank you to the many First Communion and Confirmation candidates with their families who are continuing their commitment to regularly attend Mass here within this parish community. It is an expectation that all families attend Mass regularly as part of their children’s preparation to receive sacraments.

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

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Parish Priest: Rev. Tadeusz Ziolkowski SC
School Principal: Mrs Christine Ash
Emotional Resilience

Emotional Resilience means knowing how to stop yourself from getting extremely angry, down or worried when something ‘bad’ happens. It means controlling your behavior when very upset. Emotional Resilience also means being able to calm down when you get overly upset. It means bouncing back to work or play after being upset.

Negative types of thinking that hinder one from being resilient

Self Downing – thinking that you are useless or a total failure when you have been rejected or have not achieved a good result.

Needing to be perfect – thinking that you have to be successful or perfect in everything important that you do and that it is not okay when you are not.

Needing Approval – means thinking that you need people to approve of what you do and that when they do not, it’s the worst thing in the world.

I can’t do it – thinking that when have not been successful at something important, you are not good at anything and that you never will be.

I can’t be bothered – thinking that life should always be fun and exciting and that you can’t stand it when things are frustrating or boring.

Being tolerant of others – thinking that people should always treat you fairly and considerately (and be the way you want) and when they do not, they are not okay people and you have a right to get back at them.

To eliminate Self Downing

Explain to the young person that he/she is made up of many characteristics – some good, some not so good. Have the young person come up with five good things about his/her skills, talents, and personality and five things that could be improved on. You can help the young person if he/she gets stuck. Then, you should explain that because he/she possess good qualities. It never makes sense to think “I’m hopeless” or “I’m a loser” when something bad happens. Instead, encourage the young person to think, “When a bad thing happens, I do not lose my good points. I am still me – capable and likeable.”

To eliminate needing to be perfect

Explain to the young person that one of the greatest mistakes he/she can make is being afraid to make mistakes. Explain that mistakes are a natural part of learning and that while it is good to do the best you can in your work, it is not helpful to insist that everything is done perfectly. Explain that even the greatest scientists and inventors, bumble and stumble their way to success. For older children, you can also explain that demanding perfection of oneself leads one to be so worried that it lessens one’s ability to perform well. Encourage the young person to develop the positive type of thinking called, ‘Taking Risks.’ In taking risks, a person prefers to do his/her best but accepts that mistakes are inevitable and frequently important as one is learning something new.

To eliminate Needing Approval

To help a young person who is overly concerned with what others think of him/her, parents and teachers should find an opportunity to explain to the young person that, while it is nice to be liked and approved of, he/she does not need the approval of others all of the time. The following should be communicated: “You know that there are only a few things we do need in life and these include food, shelter and clothing. While it may feel like we cannot stand it when we do something that someone disapproves of or that it is the worst thing in the world to be teased or criticized, it is important to know that while it is not pleasant to be thought of badly of or criticized, it is something that you can put up with and survive.”

Parents and teachers should emphasize to the young person that while it is preferable to try to be accepted and approved of, it is equally important to have a ‘Being Independent’ type of thinking, which means that it is important to try new things even if others think he/she is silly or stupid.

Next Week: Teaching Being Independent / Teaching I Can Do It / Teaching Working Tough / Teaching Being Tolerant of Others

Nan Perazzo
Wellbeing Coordinator
Next week, our Yr3 and Yr5 students will undertake the NAPLAN tests. These tests are broken up into 4 parts and will be held over Tuesday, Wednesday and Thursday.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Language Conventions (spelling, punctuation and grammar)</td>
<td>Reading</td>
<td>Numeracy</td>
</tr>
<tr>
<td>Yr3 - 40 mins</td>
<td>Yr3 - 45 mins</td>
<td>Yr3 - 45 mins</td>
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<tr>
<td>Yr5 - 40 mins</td>
<td>Yr5 - 50 mins</td>
<td>Yr5 - 50 mins</td>
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<tr>
<td>Writing</td>
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<td>Yr3 - 40 mins</td>
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<tr>
<td>Yr5 - 40 mins</td>
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The tests are designed to allow students to demonstrate their skills and knowledge of regular classroom teaching. Our teachers have continued their normal routine of great teaching with their students and also ensured that students are familiar with the format of the tests so they will know what they look like and how the questions are to be answered.

The best way for families to support their children:

- Kids pick up cues from us - so keep it low key. The test will cover normal classroom/ curriculum work learnt over a period of time - so no extra tutoring or last minute studying is necessary.

- Encourage your child to do their best but don’t put any pressure on them - emphasize that this is just one of many tests they will have during their schooling, and is to help them learn better.

- Encourage your child to have a good night sleep.

- Give them a solid healthy breakfast - but don’t overload them.

- Provide healthy snacks and lunch and plenty of water.

- Most of all - reassure them that you are proud of them for who they are, not what they can do.

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
One of the first experiences children have with numbers is “counting”.

Counting starts as learning a pattern of words, just like a nursery rhyme.

As children’s counting develops, they begin to relate the words to a quantity or number of things.

How do children learn to count and use numbers?

Children learn the pattern of counting words by repetition. Initially, this pattern may have gaps where the child leaves out a number in the sequence, or the child may invent numbers. It is common to hear a child say twenty-ten after counting to twenty-nine. However, remembering the words for each number in the correct order is only part of the process of counting.

To “count” children need to match saying the number words with the correct number of “things”.

Children should be given lots of opportunities to practise and explore counting groups as well as making groups. Children also need to recognise and name numbers.

Parents Count Too English Curriculum K–12 Directorate, NSW Department of Education and Training

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

The St. Elizabeth's Cross Country Carnival was held last Friday in spectacular conditions. It was a cloudless, blue sky and there was no breeze whatsoever. The sport can be a gruelling event and really favours those who prepare best. The students focus was not on their individual placing, but to run as much of the distance as they can.

On course marshals ensured the races were all ran fairly and encouraged all athletes to dig deep and finish the race. Several of our younger athletes needed to be reminded of their sportsmanship in the aftermath of their event. They are beginning to learn how to show grace in defeat and for a few, this event showed they have some way to go.

Points are awarded to everyone that finishes, those who wear the team colours, top ten finishers and the team with the best chants. Red team were the victorious team this year, but there were minimal points separating first and fourth. Congratulations to individual winners Nyamaal, Jacob, Aaliyah, Luke, Isabella and Ethan. The top 9 from each race now have the opportunity to run in the Noble Park District Cross Country Carnival on Friday 22 May.

Many thanks to the parents, school staff and students for making the day such a success. In particular to Mr. Gibbins for being the first one there for the set out of the course, and the last to leave helping pack up the car.

Yours in Sport
Dean Andrew / Sports Coordinator

**INTER SCHOOL SPORT NEWS**

On Thursday the 30th of April two T-Ball teams played against Keysborough. The Girls T-Ball sadly lost, but the score was 11 to 20. The Boys T-Ball won, and the score was 22 to 5. The Girls T-ball and Boys T-Ball played extremely well. Good job T–Ballers! The best players on the ground went to Christina P, Austin J and Jordan G!

:) Zoe Adamopoulos
CAREMONKEY NEWS AND UPDATES:

We have now been advised by CareMonkey that you can now access your CareMonkey profile and permission forms with ease by using the CareMonkey App. Please download the CareMonkey App via the App Store or Google Play and create and edit care profiles for your whole family and respond to permission requests. If you have any problems and queries please contact Lisa on 9795 5258. Thank you again for your ongoing support.

Keep track of your family’s emergency contacts and medical details.
Share with people you trust to care for your family.
Download it today via the App Store or Google Play

With the new App you can:

✔ Create and edit care profiles for your whole family
✔ Respond to permission requests and electronic forms (for care profiles shared with schools, clubs or other groups)
✔ Sign in with a secure PIN code or fingerprint (no more emails and passwords!)
✔ Just click the green "Share" button and trusted carers such as grandparents, babysitters and friends will know how to contact you and know what to do in an emergency

Your family is safer when you share care profiles with people you trust.

Read what Karlie Jackett-Simpson had to say after her son was knocked unconscious on a school excursion last December.

"Because the teacher had my phone number in the CareMonkey App on her smartphone, she was talking to me seconds after the incident occurred. As shattering and frightening as it was, it meant I was part of what was unfolding and knew what they were doing with my son. Because our medical information was up to date, it also meant that by the time I got to hospital I could focus on Lachlan rather than getting stressed about insurance questions and medical details etc." Read more

If you have any questions about the App please contact us at support@caremonkey.com

Download the App today via the App Store or Google Play

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 Ziolkowski SC         School Principal : Mrs Christine Ash
Parents and Friends

Families have the opportunity to purchase a fundraising booklet which has great savings ranging from AFL tickets, 2 for the price of 1, Village Cinema tickets, 2 for the price of 1 and many more fabulous savings.

Each booklet costs $20.00. If you are interested in purchasing a booklet please let Trixie or Lisa know so we can order them.

There is a Booklet on display at the school office for you to have a look at.

UPCOMING P & F MEETINGS:

Monday, 1 June 2015 at 2.20pm in the Nook
Monday, 13 July 2015 at 2.20pm in the Nook
Monday, 10 August 2015 at 2.20pm in the Nook

Parish Dinner Dance

The Parish Dinner Dance is on Saturday 20 June,
being held in the Performing Arts Centre.
Band : Next Generation
Banquet Dinner: by Royal Regale.
BYO Drinks.
Dress: Smart Casual
Tickets : Adults $40 Children under 12 $25.00

Tickets available from Trixie or after weekend Masses.

Canteen News:

Next week we have a new exciting ice cream available from the movie Frozen. It is Olaf the snowman. It will be selling for $2.50. If you would like to try one don't forget to bring the correct money next week.

Also fried rice is no longer available on our Canteen Menu.
### 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**  
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 11 May 2015</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Cute animal craft (black sheep, crocodile and cheeky monkey)</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Make a pom pom caterpillar</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Handprint turkey, Finger painting</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Splat monster painting</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Writing games, movie</td>
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</tbody>
</table>