



St Elizabeth's School Newsletter

Term 3 - Friday 1st August 2025

Principal News

Welcome back to term 3!

What a magnificent start we have had, with all of our children and staff returning to school happy and ready for another term.



This term is a BIG term, with our whole School Production being the main event. Our students are into the thick of learning their parts and dance routines for the evening, and our Production committee is hard at work pulling it all together. We can't wait to showcase all of children's talents.

As our School Production is a part of the curriculum, **all children are expected to attend and participate.**

At our school closure day today, we were fortunate to have Fr Elio Capra of the Salesian brothers come and provide our staff with professional learning in the areas of Luke and Matthew's gospels.

We unpacked that in both gospels that the scripture is to be lived; that we are called to "go and do" for those around us. We spent a lot of time looking at what is

means to be a missionary disciple and how we do that in our school.

The day was very enlightening and reminded us of how as faith leaders and educators of a Catholic school how it is important to walk in the footsteps of Christ through our actions.

Parent webinar on AI (Artificial Intelligence)

The Catholic Network Australia (CNA) and Cyber Safety Project are hosting a free 'AI & the Digital Generation' webinar for parents and carers of primary and secondary school students on **Monday 11 August 2025 from 7.30 to 8.00 pm.**

Registration and further information are available via **bit.ly/AICSP25**.

The webinar offers essential insights into topics including:

- generative artificial intelligence (AI) and AI companion apps
- deepfakes and online misinformation
- AI safety at home
- legal and ethical considerations of AI use.

The webinar will help parents and carers:

- understand the online tools and technologies their children are using
- build confidence in discussing AI, deepfakes and digital truth with their children
- learn practical strategies to encourage safe and ethical online behaviour.



We encourage parents to access this amazing resource to help families navigate this space.

Communication between school and home comes in many different formats but one of our major forms of communication is via email.

As parents are aware, our school staff are very good at communicating with parents about concerns or information about our students.

As a school, our policy on returning emails is that emails are responded to within a 72 hour time frame and within the hours of 8.30am-4.30pm.

As some of you may be aware, that Fair Work Australia as of the 26th August last year introduced a new act that gives employees the Right to Disconnect outside of their designated work hours. This is a great step forward to ensure the wellbeing and mental health of all workers in Australia.

This applies to our school staff as well.

We know there are many times that parents of an evening email school staff due to many family and work commitments. With this act, as a school we follow this policy, and ask parents to support the school on when emails will be responded to.



Important Dates

Term 3

Monday 4th August - Prep 100 Days of School

Monday 4th August - Year 5 Social Justice Day @ Nazareth College

Tuesday 5th August - Parish Forum @ 6.30pm

Friday 8th August - Sausage sizzle hot lunch

Monday 11th August - Matutinao fundraiser

Tuesday 12th August - School Advisory Council @ 7pm

Friday 15th August - Feast of the Assumption Mass @ 12pm

Tuesday 19th August - Year 6 Mary MacKillop excursion

Tuesday 26th August - Father's Day stall Gift wrapping

Thursday 28th August - Year 6 Confirmation Family Workshop @ 7pm

Friday 29th August - Pizza Hot Lunch

Friday 29th August - School disco

Monday 1st September - 2026 Prep Orientation session

Tuesday 2nd September - Father's Day Stall

Thursday 4th September - District Athletics

Friday 5th September - Father's Day breakfast @ 8am

Tuesday 16th September - School Production @ 7pm

Thursday 18th September - Footy Day

Thursday 18th September - Hot Dog Hot Lunch

Friday 19th September - Term finishes @ 2.15pm

Term 4

Monday 6th October - First Day of Term 4

Education in Faith News



Sacrament of Confirmation Preparation

We warmly welcome all families back to Term 3.

Confirmation is a significant milestone in the faith journey of our students, marking the deepening of their commitment to Christ and the strengthening of the gifts of the Holy Spirit first received at Baptism.

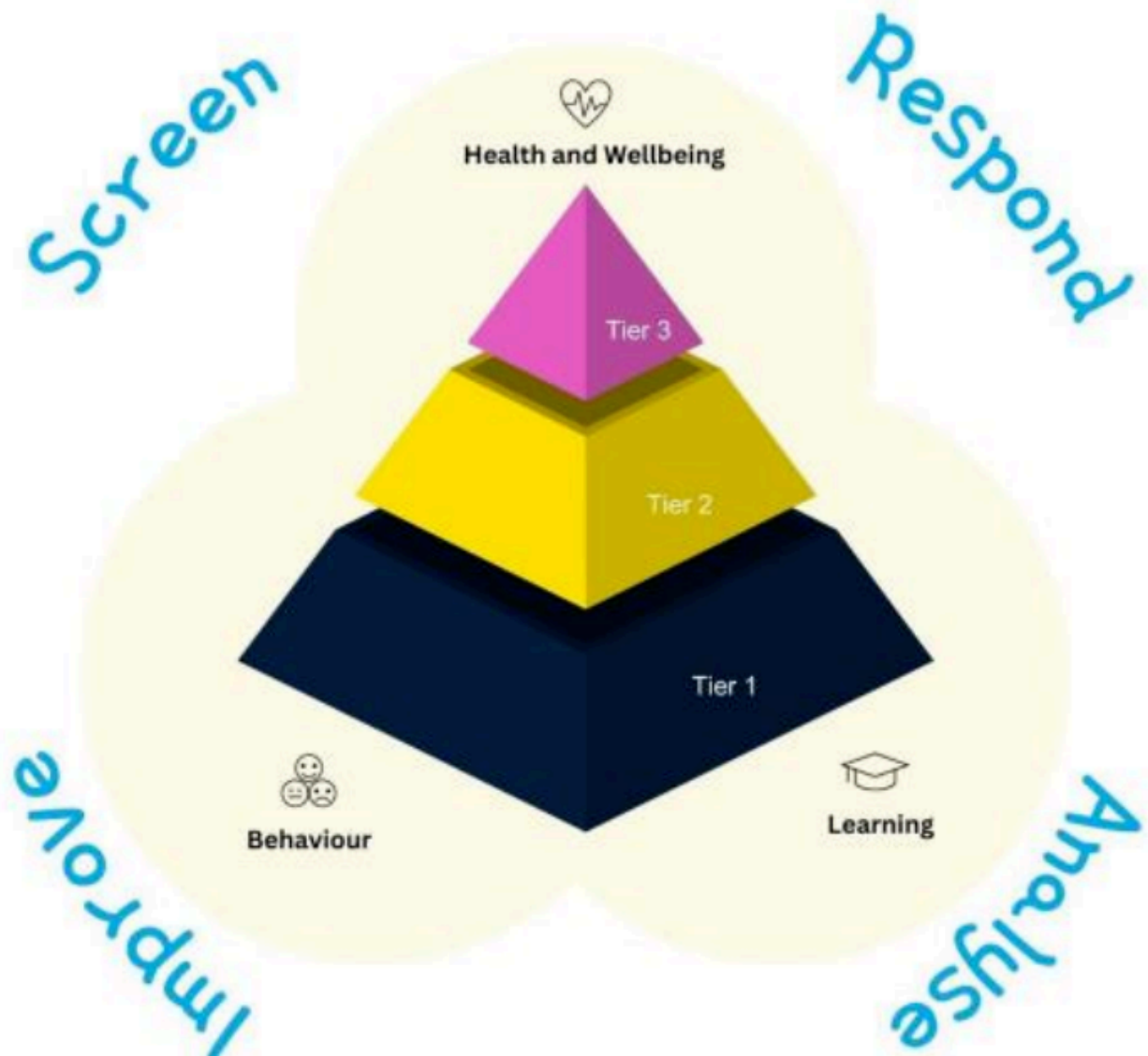
Last Sunday, as part of their spiritual preparation, the Confirmation candidates attended the **Commitment Mass** where they asked the parishioners to pray for them. We invite you to please keep these students pictured in this photo, in your thoughts and prayers.

On Monday 4th August, Nazareth students will come to our school to work with our senior students to explore Catholic Social teachings. We look forward to this annual event that fosters great working relationships between students and a wonderful opportunity to encourage faith formation.

Our students and teachers will celebrate the Feast of Mary MacKillop with a classroom Liturgy on Friday 8th August at 2:30pm.

The whole school will celebrate the Feast of the Assumption on Friday 14th August at the 9:15 am Parish Mass. All welcome to join us.

Supporting our Learners



As a MACS school, we have great access to resources that aim to support the work we do in our schools. Our approach to learning takes into account where each learner sits in their journey as we then determine whether this requires:

- teaching as part of the whole group
- teaching as part of a small group
- teaching in a one to one setting

Part of this requires decision to be made as to whether a concept should be covered as whole class instruction, right down to personalised learning. We see learning as not purely academic, rather it includes a students social and emotional learning as well. Where the same consideration is made as to how the content or skills is best delivered.

Taking this further, we understand that there are times where additional support is required and we follow the multi-tiered systems of support (MTSS) approach. Where students are provided the support they need and teachers have the skills, tools and resources they need to help meet the needs of the child.

Key components of MTSS

1. Multi-level prevention system Schools use a coordinated and effective system of tiered interventions and supports across a sliding scale of increasingly intensive tiers.
2. High-impact evidence-based teaching Universal quality instruction for all students includes evidence-based explicit instruction in literacy, numeracy, positive behaviour and wellbeing.
3. Universal screening and targeted assessment Universal screening is conducted early to identify at-risk students and provide additional support, followed by targeted assessments to address specific skill gaps.
4. Data-based decision-making Educators use data to guide instruction within a prevention system, employing tiered interventions: universal practice for all students, targeted support and intensive intervention.
5. Progress monitoring Frequent progress monitoring helps track growth, adjust individual plans and ensure interventions are effective, with continuous review.

It is through this approach that we consider students who may require a PLP (Personalised Learning Program), attend one of our many intervention programs (MiniLit, MacqLit, Senior Writing/Spelling , Numeracy Intervention) as well as a number of wellbeing programs we have such as our school counsellor, wellbeing groups and social groups.

As always, parents are involved in the process and regular communication is provided where this can directed by the school or is freely welcomed if parents have queries of concerns they would like to discuss with us.

Child Safety News

Keeping Safe in Crowds

Any parent who has had a child wander away while in a crowded place knows that having a lost child is a very scary situation. Since kids are adventurous, having a lost child is relatively normal, but thankfully there are ways to protect their safety while you are out.



FOLLOWING are some tips on keeping kids safe and nearby while in a crowd.

- Take a picture on your phone before you leave the house. If you are separated from your child when you are out, a digital photo from your phone (taken the day of the event or travel) can be utilised by police to immediately get your child's face out to other law enforcement officials. In addition to their face, you'll have a photo of exactly what they were wearing, as well as what they look like.
- Teach children to identify help if they are separated from mum or dad. While it's easy to tell children to find help, young children may have a difficult time understanding just what "help" means. To kids, any adult might mean help, and it's important for parents to teach children just who they should be looking for. You can do this by pointing out policemen, firemen, or security guards when you are out. Teach children to recognise store employees as well (look for name tags or someone behind the counter).
- All children should know their full name, address and telephone number.
- Try to keep your kids in sight at all times. Never send them to the bathrooms alone, even if they're old enough to use them without help.
- If you are in a crowded location, establish an easy to find meeting spot just in case anyone gets separated from you.
- Using a safety harness is another possibility to keep toddlers from wandering away, since in most cases,

they aren't old enough to know that it is dangerous to walk away.

Information can be sourced

at: <https://nsw.childsafetyhub.com.au/street-smart-keeping-safe-in-crowds-2/>

Student Wellbeing News



FRIENDSHIPS SKILLS

AT ST E'S...

One of the approaches to wellbeing at St Elizabeth's is teaching children friendship skills to enjoy happy friendships with others. We use a curriculum called Friendology 101 that empowers students to learn the difference between healthy and unhealthy friendships and use strategies to solve conflict. We use Friendology when friendship issues arise in the classroom or out on the school yard, during our class meetings and in our social skills groups. Throughout the term, I will be sharing key concepts from the curriculum that you can discuss and use with your children.



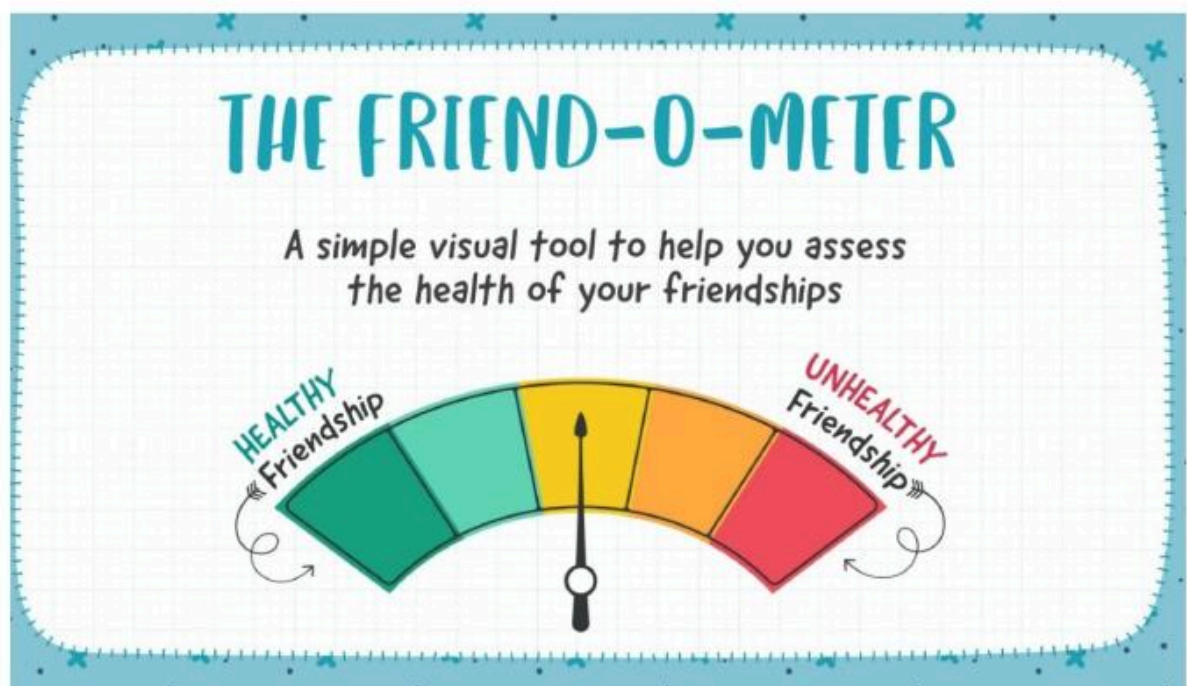
The curriculum has a set of four friendship facts that help set realistic expectations within friendships so the students understand what is normal.



- 1 No friendship (relationship) is **perfect**
- 2 Every friendship is **different**
- 3 **Trust & Respect** are the two most important qualities of a friendship
- 4 **Friendships change...and that's OK!**



The Friend O Meter is a visual tool that assesses the health of friendships, ranging from the healthy zone to the unhealthy zone. Using the tool helps students to think about how they feel in their friendships. We want our friendships to stay mainly in the green area, although at times it is normal for friendships to move to the yellow and red. If our friendships are staying mainly in the red we encourage students to think about spending less time in those friendships.



Friendology is a whole school strategy that uses a common language about friendships. Lessons, activities and concepts vary across each year level of the school.

Digital Technologies Safety

Italian Brain Rot...what is it?

Defining brain rot

Inside online culture, “brain rot” is a catch-all term for short and low effort media: rapid-fire videos, looping images, or meme compilations that snag your gaze without offering much else. These clips often splice unrelated scenes, surreal effects, and pounding audio into a sensory experience that feels chaotic or overstimulating.

The phrase also jokes about the psychological impact of watching these videos. Children say a video “gave them brain rot” when they emerge irritable or spaced-out after marathon scrolling. For tweens and teens, heavy exposure can make it tougher to concentrate during homework, enjoy slower hobbies, or stay present in daily life.

The rise of “Italian brainrot”

In 2024, the Oxford English Dictionary crowned “brain rot” its Word of the Year, and by mid-2025, classrooms echoed with odd Italian-sounding refrains: “Tung tung tung sahur,” “Ballerina capucina,” and “Tralalero tralala.” These nonsense phrases belong to Italian brainrot, a viral trend that smashes together:

- AI-generated creatures, think a sneaker-wearing shark or a baseball bat with eyes and legs.
- Faux-Italian voices that chant signature catchphrases.

Kids swap the quotes like secret passwords, bonding over each character’s invented backstory. As with 2023’s Skibidi Toilet craze, the trend is mostly harmless, but it highlights how quickly attention-bait content can dominate a child’s screen time and conversation.



Is brain rot really harmful?

There isn't proof of danger in a single meme, but more in the broader design of attention-economy social media platforms. There are three things to keep in mind:

- **Reduced focus:** Studies link heavy consumption of short-form video with weaker performance on memory tasks and sustained-attention activities.
- **Sensory saturation:** Rapid, high-volume clips can leave kids foggy or restless once the device is put away, as though their brains absorbed noise but no meaning.
- **Sleep setbacks:** Bright screens and surprise sound bites before bedtime disrupt melatonin cycles, fueling grogginess, mood dips, and stress.

How families can respond

Banishing every bizarre clip isn't realistic, but balance is. Try these strategies:

- **Observe the feed firsthand.** Join your child while they scroll social media, turn on native safety settings, and consider adding Parental Controls for the different apps your child uses.
- **Keep conversations casual and regular.** Ask your child to explain the latest catchphrase. When they feel you're genuinely curious, they'll share more and listen when you raise concerns.
- **Set firm but fair limits.** Daily screen caps, device-free meals, and agreed-upon homework breaks help break nonstop loops.
- **Favour shared spaces for screens.** Using phones in living rooms or kitchens lets you glance over, spark chats, and reduce the risk of stumbling across distressing clips in isolation.
- **Protect morning time before school.** What children do in the morning to prepare for the school day can have a strong impact on their mood and readiness to learn.
- **Protect bedtime.** Park devices outside bedrooms and create a predictable wind-down routine to safeguard

sleep.

- **Create a Family Tech Agreement.** This helps the family agree on the types of content that are acceptable.

Summary

“Brain rot” describes short, repetitive online videos and memes that overwhelm kids with rapid-fire stimulation.

- Viral trends like the current “Italian brainrot” characters spread quickly from social media platforms into classrooms and playgrounds.
- Excessive exposure can wear down attention spans, contribute to sensory overload, and disturb healthy sleep.
- Families can ease the impact by monitoring content, keeping conversations open, and setting clear screen-time routines.

For more

information: <https://sedandenongnth.onlinesafetyhub.com.au/parent/articles/what-is-italian-brainrot>

Digital Technologies News

DIGI TECH

Newsletter

STEM Learning with 3/4s!

Last term saw our Year 3/4s investigate all the different letters of STEM; Science, Technology, Engineering and Mathematics.

They needed to research a puzzle relating to each of the concepts, gather the necessary materials and write up a task card to complete the puzzle!

Our students created and prepared exciting tasks for their peers to complete and had a blast doing it!



Term 3 - 1/2s

This term, our Year 1/2 students are diving into the exciting world of Sustainability! Through hands-on, practical experiences, students will explore how to care for our environment and make thoughtful choices for a greener future.

Each class is split into three groups, each focusing on a different aspect of sustainability: Gardening Group – These little green thumbs are learning how to grow and care for plants. They will harvest whatever ingredients our cooking group can use in the upcoming recipes, as well as taking care of our chickens and our chicken coop.

Cooking Group – Our budding chefs will use a variety of fresh produce to create simple, healthy dishes for their peers. These meals are often simple enough to replicate at home as well, so keep your eyes peeled on our social media pages for their delicious creations!

STEM Group – These curious problem-solvers will tackle a STEM-themed challenge using Science, Technology, Engineering and Maths!



Prep News

Prep Newsletter, Term 3, Week 2

Welcome back everyone! It has been so wonderful to see the Preps back at school, all ready for lots of new learning and adventures during Term 3, including our school production on Tuesday 16th September! The preps are keenly learning their song and dance during Performing Arts lessons!

We are super excited to celebrate 100 Days of School on Monday 4th August and can't wait to see everyone dressed up as a 100 year old!

Literacy

We will continue with the daily literacy review and UFLI phonics program, learning new letters, sounds and heart words. Students will also be introduced to making predictions while they are reading and asking literal questions - where the answer can be found in the book - to continue to work on reading comprehension.

In writing, we will continue to focus on writing sentences with a WHO (noun), WHAT DOING (verb) and WHERE structure, while also working on full stops, capital letters and correct finger spacing.

MOST EXCITEDLY, students will begin using lined paper to complete their writing!

Inquiry

This term in Inquiry we are focusing on personal history as well as geography mapping and skills.

Students will consider their personal history through stories of their family and close connections, differences in family structures and roles and how these have changed over time, and the daily lives of students and how this may have changed over time.

In Geography, students will study places and why these are important to them, how places are identified and named by Aboriginal and Torres Strait Islander people and the significance of place to these cultures.

Maths

In Maths, we will continue to work on:

- counting collections up to 20 in different ways
- naming the number that comes before and after in a number sequence

We will continue to focus on sequencing the days of the week and times of the day, including morning, lunchtime, afternoon and night time. We will connect these times to familiar events and activities.

Students will be asked to follow a short sequence of instructions, as well as recognise, copy, continue and create repeating patterns in different ways.

Students will be introduced to the concept of subtraction by representing simple, practical situations.

Religious Education

We will learn about Jesus's family and how through sharing stories, Jesus was able to bring all people together, show love and teach us how to live in his image. By reading these stories, we will learn about Jesus's purpose on Earth.

Wellbeing and Social Hour

This term we will continue to learn about the Zones of Regulation, how to recognise when we are in different zones and the tools we can use to help us move between zones.

We will also be focusing on Friendship and how to be Friendship Ninjas - being kind to ourselves and others and navigating friendship ups and downs.

Year 1/2 News

1/2 Newsletter

Welcome Back To School!

We're thrilled to welcome everyone back after the holidays—hopefully you found some time to rest and recharge, despite the chilly weather and winter bugs!

Term 3 is packed with exciting events and learning opportunities, including Book Week, our School Production, Father's Day celebrations, the School Disco, Footy Day, and our weekly Sustainability lessons.

We've already hit the ground running with our excursion to Rippon Lea Estate, stepping back in time to explore life in the 1800s. We also took time to celebrate NAIDOC Week, recognising and honouring the rich history, culture, and contributions of Aboriginal and Torres Strait Islander Peoples.

It's shaping up to be a fun and inspiring term!



Religion

During Religion classes students will explore what it means to belong—to their family, the Church, and God's wider family. They'll learn about the importance of family meals and how these connect to the Church's special meal, the Eucharist. Through Scripture, stories, and creative activities, they'll reflect on Baptism, symbols used at Mass, and the significance of sacred spaces.

Students will also deepen their understanding of how prayer, kindness, and participation in Church life show our belonging to God's family. Activities include drawing, role-play, and reflection, helping students connect faith to their everyday lives in meaningful ways.



Maths

This term in Maths, our students are building their confidence with number patterns by skip counting and exploring how numbers can be added, subtracted, shared, and grouped in different ways. We're focusing on using hands-on strategies for addition, subtraction, multiplication, and division to help make sense of real-life problems. Students are also learning to work with money—adding coins and whole dollar amounts—and telling time to the hour and half hour. We're having fun exploring 2D shapes, their features, and how they move and fit into different spaces.





Inquiry



In Inquiry, students are exploring the big idea of "Then and Now". Through hands-on activities, videos, discussions, and real-life stories, they are learning how life has changed over time. They've compared homes, toys, and school life from the past to the present, and explored local history to understand the significance of people and places in our community. By using sources like photos, objects, and memories, students are developing their historical thinking and discovering how the past helps shape the world they live in today.



Literacy

Students are exploring the exciting worlds of narratives and expositions—learning how to tell stories and share their opinions clearly. With Book Week just around the corner, we'll be diving into wonderful stories, discussing characters, settings, and what messages stories might be sharing. Students will build fluency and comprehension through daily reading, decodables, and UFLI sound work. We're also focusing on spelling, sentence structure, and grammar. As they read and write, students will learn to make connections, navigate different texts (including digital), and express their personal preferences as growing readers and writers.

Year 3/4 News

LEVEL 3/4

newsletter



A SNAPSHOT OF THIS TERM

Welcome to the New Semester!



We hope everyone is feeling refreshed and prepared for a term that will surely pass by in the blink of an eye.

This semester promises to be quite busy as we gear up for our entire school production on September 16th.



LITERACY

This term, students are strengthening their reading comprehension through engaging with historical texts about the First Fleet. They are learning about the reasons for the journey, who was involved and the effects on Aboriginal and Torres Strait Islander peoples.

To support their understanding and creativity, students will write memoirs from the perspective of someone aboard the First Fleet, such as a convict, officer or sailor. This task encourages empathy and helps students explore different historical viewpoints.

We are also introducing a new and exciting spelling program designed to improve student's word knowledge, writing fluency and confidence. It will support their overall literacy skills in a fun and meaningful way.

REMINDERS

It is expected that your child reads every day and has their diary signed ready for submission on Friday.

We encourage students to regularly practice their mental math strategies through games available on Google Classroom as a fun alternative to reading.

NUMERACY

This term, students will learn to use simple maps by locating items using X and Y axis, enhancing spatial thinking and mapping skills through practical activities.

In Number, the focus is on multiplication and division fact families, as well as, times tables fluency for solving complex problems. Practicing times tables at home is encouraged to boost speed and accuracy.

Additionally, students will explore fractions and measurement, including mass and capacity, through hands-on activities. This will help them compare, estimate, and measure using suitable units and tools.

INQUIRY

History:

This term, students will be learning about the arrival of the First Fleet and early contact between Aboriginal and Torres Strait Islander peoples and others. They will explore the reasons for the journey, who was involved, and the different perspectives and experiences of people from the past.

Religion:

In Religion, students will explore God's greatest commandment to love one another and discuss the importance of personal responsibility in maintaining respectful and just relationships. They will also reflect on local and global issues through the lens of Catholic Social Teaching.



Year 5/6 News

Term 3 Newsletter

WELCOME BACK!

Welcome back to all our students and families. We hope you had a fun and restful holidays and are ready for another busy term ahead. Can you believe we are already half way through the year! This term we turn our focus to all things Production! Please keep an eye out on Audiri and the school socials for information and updates!

LITERACY

This term, students will be exploring imaginative texts and creative writing features. After celebrating special events such as NAIDOC Week and Book Week, students will engage in their first ever novel study. This term we will be reading *The Wild Robot* by Peter Brown.

Students will deep dive into the book, practising key comprehension skills and practising being critical about language and investigating author voice.

Writing will go hand-in-hand with our novel study, as we use the text as a springboard to reflect on the importance of using creative language features and varying sentence structures when creating characters and engaging readers.



MATHS

This term we will be covering a range of topics in Maths including:

Time

Probability

We will also be spending time further developing student understanding of fractions and decimals. Students will be asked to apply their learning to real world examples and problem solve through open-ended tasks.





RELIGION AND INQUIRY

Our Inquiry Unit this term is centered around Australian History and the development of our country through immigration. Students will be exploring the perspectives of both individuals and groups who immigrated to Australia, including those of our closest neighbours. Throughout the unit, students will also learn about key differences between those who chose to immigrate and refugees, who don't always have a choice, and the challenges both can face.

In our R.E sessions we will be exploring the sacrament of Confirmation, investigating and reflecting on the fruits and gifts of the Holy Spirit. Students will explore a Saint of their choice, exploring their background, work and mission as a Catholic.

ANIMAL DIORAMAS

In term 2, students celebrated their inquiry into animal adaptations by creating a diorama about an environment and animal of their choice. Check out some of the pictures below to see how they went!



UPCOMING!

Sovereign Hill Excursion: Wednesday 30th of July

Production: Tuesday 16th of September

CONTACT US

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Literacy News



Children's Book Week
16–23 August 2025



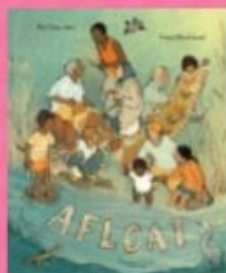
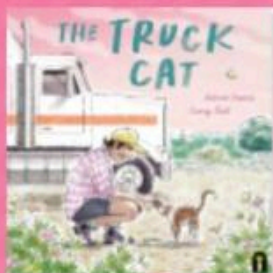
Term 3 Literacy News



Dress up
day and
parade
Monday 18th
August

This term we celebrate Book Week. The theme for 2025 is Book an Adventure.

During the week we will have our annual dress up and parade – dress as a book character or as an adventurer. Classes will all share reading of shortlisted books and engage with fun literacy activities.



Visual Arts News

VISUAL ARTS

This term, students across all year levels will be preparing artwork for the upcoming

Noble Park Community Centre Art Show, taking place from
Friday 17th to Sunday 19th October.

I am excited to share that our school was selected from a ballot to take part in this special community event, which celebrates its 20th anniversary this year.

A small selection of student artworks will be chosen to represent our school at the exhibition.

As part of the event, one student from each participating school will receive an individual art award, and an award will also be presented for the best overall school display.

This is a fantastic opportunity to celebrate the creativity of our young artists, and we look forward to sharing more details with you closer to the event.



Mrs Ladson
Visual Arts Teacher

Chinese News



Chinese



In Term 3, our learning focuses on understanding how the Mid-Autumn Festival is celebrated in Chinese communities. We explore the origins of traditional activities such as hanging lanterns, eating mooncakes, and moon viewing, which are rooted in the Legend of Chang'e – a story about a kind woman who floated to the moon after drinking a magic potion, while her husband Hou Yi, a heroic archer, looks up at the moon each year to remember her.

Additionally, Prep to Year 2 students will focus on learning how to name different foods in Chinese. Students in Years 3 and 4 will build on these skills by learning to express their likes and dislikes about various foods. In Years 5 and 6, students will further develop their language skills by interacting with peers and sharing their opinions on different foods and activities in Chinese.

We look forward to an exciting term of language and cultural learning!

Ms. Liu
Chinese Teacher

Google Translator



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