



St. Elizabeth's Parish School

Specialist Week 2

Newsletter: 13th March 2015

Dear Parents, Guardians, Students and other Parishioners,

Recently I have had a few parents talk to me about 'bullying' at our school. Let's be very clear about a couple of things. Firstly, all children of primary school age will somewhere along the way find themselves either a victim of some other child's poor choices or they will make poor choices themselves. Usually, there will be a bit of both!

Secondly, all schools work towards making sure everyone is safe all of the time and really entrenched targeted bullying is rare. Most of what we deal with at our primary school is opportunistic, not targeted. Someone wants the best seat and lashes out if someone else gets it, someone says something unkind or leaves someone out of a game and someone else reacts physically. It may be a pattern that we see quickly or one that you hear about before us. (If you do, please tell us straight away!)

Let me say a few things about each of those thoughts. All children are learning about life. Most adults are too! Children learn by doing things. When children are learning, they make mistakes. Part of the power of making mistakes is that there are consequences and these are powerful learning tools. If I pinch someone and they pinch me back, I might learn not to do that again. If I pinch someone and they say in a very loud voice, 'Stop that, I don't like you pinching me' then I might not want to do that again. If an adult sees me doing it and talks to me about respecting others, then I might learn to treat people respectfully in the future.

If that person doesn't want to be my friend after that, I might learn to value my friends more.

St. Elizabeth's Weekly Calendar ...

Monday, 16 March	Catholic Education Week begins School Assembly (3/4HPHM "Organisation" presentation, 8.45am)
Tuesday, 17 March	Feast of St Patrick School Leaders - St. Patrick's Cathedral Mass
Wednesday, 18 March	Literacy Information Night - 7pm
Thursday, 19 February	Yr5 & Yr6 - Inter School Sports (semi/grand finals)
Friday, 20 March	Yr5 & Yr6 - Community Mass (4th week of Lent) - 9.15am Radio Assembly - 3/4HPHM
Saturday, 21 March	Nagle Hosting Mass - 6.30pm St. Elizabeth's Parish Mass - 6.30pm
Sunday, 22 March	St. Elizabeth's Parish Mass - 8.30am, 10.30am, 5.30pm
<u>UPCOMING EVENTS:</u>	
Friday, 27 March	Yr1 & Yr2 - Community Mass, 9.15am Last day of Term 1 - enjoy your holidays

111 Bakers Road, Dandenong Nth, Vic. 3175

www.sedandenongnth.catholic.edu.au

Parish Priest : Rev. Tadeusz Ziolkowski SC

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School Principal : Mrs Christine Ash

Principal's Message cont ...

There are many ways to learn to stop that behaviour, but I might also learn to go on doing mean things because it might get me attention at home, at school and among my peers. It might give me power over others and it might mean that I get out of doing my school work or home responsibilities.

The reasons why children persist with poor choices are many and so working with children who are so discouraged is very complex. Some children who engage in what looks like bullying behaviour only feel worthy if they have power, only feel they have adults' attention when they play up or only think the best way to win friends is to be the powerful boss.

To add to the complexity, some children are really well developed socially and emotionally and others are not so well developed. Some children understand how to be a great friend really easily and some really struggle to understand what makes a good friend. Just as some children learn Chinese quickly, some are really good at Maths and some write fantastic poems. Some use an iPad better than everyone else, some run faster, some dance and sing with flair and some are really not great at any of those things.

However, everyone can learn to be a better singer, dancer, mathematician, runner, linguist and they can learn to be more computer savvy! It's all a matter of learning. It's about finding and believing that with help, you can achieve more than you think possible! It's about getting support, being encouraged and finding personal qualities of persistence and commitment. So it is with managing social and emotional learning. Everyone can learn to be a better friend and member of society. But, we all do it at our own level of development and we all need opportunities to practice and improve!

Schools are working hard all over the world to help children learn to be good members of their family, good friends to other children and respectful caring members of the wider community - and it is hard work! Teachers believe that with the right level of support and encouragement from home and school working together, we can help children develop their social and emotional skills.

This deep learning takes time.

This deep learning requires all the adults to be working together with a realistic picture of what can be achieved and how long that might take.

Members of the community can play a really helpful role in this. They can respect that lots of support is in place even if they do not know about it. They can support the child and the family by being friendly and caring. Try putting yourself in their shoes. What would you need for support?

Sometimes I get exasperated when parents want to know if another child has been sufficiently punished for hurtful or disrespectful actions. If it was your child, would you want us to punish your child or help them learn to manage themselves better? Is this about making adults feel better, or helping children so they can live life to the full? Everyone needs to trust that situations are dealt with in the best way possible for the child's learning! Consequences are set to support social/emotional learning, not to punish.

This brings me to the second idea that all schools are working towards making sure everyone is safe all of the time. Every teacher wants to have a happy and safe learning environment for all the children and every Principal wants to have a school that is happy and safe for everyone. Every family wants their child to go to school to be happy and safe. School staff have to manage the needs of all the children, we cannot just be focused on one or two children. We try to work with parents closely because we know that they are focused on the needs of their particular children. Together we have all aspects in focus. We do want to know what you know, but we also know what we see here. Sometimes parents have pieces of the puzzle and we have other pieces, but we need to put them together to see the whole picture. Working together we can have consistent understandings about what we put in place for all children. We need to hear what you are seeing and hearing from your own children, but we have to put your information into what we see and hear at school. Working together for your child, we can make a difference for all children.

The key ingredient to making schools a place where everyone can be safe and happy is when we are all working together in a trusting partnership where we can help every student learn to the best of their ability to help to keep others happy and safe.



Christine Ash
The Principal

Religious Education News ...



Lenten Prayer

God, heavenly Father,
look upon me and hear my prayer
during this holy Season of Lent.
By the good works You inspire,
help me to control myself
and to be renewed in spirit.

Lord, during this Lenten Season,
nourish me with Your Word of life
and make me one
with You in love and prayer.

Amen

HOSTING MASSES

Nagle-Blue: Saturday 21 March, 6.30pm



We are very excited that our first school hosting Mass will be held on Saturday 21 March at 6.30pm. We have chosen a Saturday night Mass to make it more convenient for families to attend. This will be one of the ways that we will be building team spirit in each of the house colours. Team spirit is built through a variety of ways and gathering together to pray is one of them. There will be 4 hosting Masses, one for each of our sport team colours throughout the year. Teachers will be there to celebrate Mass with the students. We are looking forward to seeing each of the house teams from Foundation to Yr6 gather together and celebrate liturgy together.

The first Nagle-Blue Mass is only two weeks away!

ALL STUDENTS WHO ARE IN BLUE-NAGLE HOUSE COLOUR ARE EXPECTED TO ATTEND THIS SCHOOL/PARISH MASS.

CARITAS Project Compassion



The focus for project compassion is 'Food For Life.' A reminder that the Project Compassion boxes can be collected from the church foyer, school office. Thank you to the many families who have been focusing on the needs of others during this Lenten Season.

SCHOOL LITURGIES AND CELEBRATIONS

All families are invited and very welcome to come to liturgies! (The St. Patrick's Day Mass is at St. Patrick's Cathedral)

- **Friday 13 March:**
Yr3 & Yr4 Learning Community will prepare and lead the 9:15am Mass.
- **Tuesday 17 March:**
St Patrick's Day Mass (School Captains to attend) at 10.30am.
- **Friday 20 March:**
Foundation, Yr3 & Yr4 Learning Community will prepare and lead the 9:15am Mass.
- **Saturday 21 March:**
Nagle (Blue Hosting Mass). All students in Nagle House will be hosting Mass 6.30pm

SACRAMENTAL NEWS:



RECONCILIATION

A gentle reminder about the \$25.00 levy for this Sacrament can be paid at the school office. The levy covers the cost of books and ALL resources needed to prepare your child for Reconciliation.

CONFIRMATION:

Thank you to the many candidates who have started attending Mass during this Lenten Season. Attending Mass is an important part of preparation for Confirmation. Please sign the Sign-In Sheet located near the kitchen at the back of the church.



FOUNDATION PRAYER IN PJ'S NIGHT

Thank you to all the families of Foundation who attended the Prayer in PJ's night. It was a wonderful night when all the families participated in a range of fun prayerful activities.

Maria Popowycz,
Religious Education Leader (REL)
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Student Wellbeing News ...

BULLYING

What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that is wrapped in emotion. For many people bullying is associated with bad childhood memories.

Bullying is an insidious behavior that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional wellbeing, further peer relations and their sense of self.

Bullying takes many forms and guises including physical and emotional abuse, intimidation, harassment and exclusion.

Bullying is about a lack of power as one person is powerless to stop teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit they are on the receiving end of bullying. Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. **Listen to their story:** Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell – tale. Use common sense to differentiate between bullying and more random, non – selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. **Deal with their feelings:** A child who is bullied probably feels scared, angry and sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognize and validate their emotions. Let them talk about how they think and feel.
3. **Get the facts:** Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.
4. **Give them coping skills:** With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.
5. **Get the school involved:** Bullying is best handled when parents and teachers are involved. Approach the school through the appropriate channels, make yourself aware of the school's anti – bullying procedures.
6. **Help build your child's support networks:** Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.
7. **Build their self confidence:** Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

Michael Grose
parentingideas.com.au

Nan Perazzo
Wellbeing Coordinator

HOMEWORK

Earlier this year, we provided each family with a copy of our Homework Policy and asked each family with students in Yr3-Yr6 to decide if committing to completing homework was the right decision for them.

You may have noticed that there have been changes to this policy, the biggest one being that homework is now mostly completed electronically. This is because we believe that timely feedback is important for students to progress in their learning. It's not helpful learning to spell a word every day or trying to answer some maths questions and then finding out after 2 weeks that you haven't spelt the word correctly or you make the same mistake each time.

Mathletics is one way that students in Yr3-Yr6 can practice their maths skills and receive instant feedback if the answer is correct as well as getting helpful hints when they are stuck. Another benefit is that teachers are able to regularly check on student work and see how they are going. What teachers can see is how many times a student has attempted each task and how many questions the student answered correctly. This is where communication from parents is really helpful, particularly when the parent and child are working together on Mathletics. The teacher can check and see that the student answered all 10 questions correctly, however if a parent was assisting for every question because their child was having difficulty then it is important the parent communicates this by emailing the teacher or writing a note in the diary. As diaries are checked weekly, the child then needs to bring these notes to the attention of the teacher the next day.

Spelling homework is also completed online. Some of the websites various levels have recommended are:

<http://www.spellingcity.com/>

<https://www.studyladder.com.au/>

http://www.kidsspell.com/custom_spelling_lists.php

The amount of time a student should be spending completing homework activities has also changed. This is to reflect the changes made by the Victorian Department of Education and Training that recommends up to 30 minutes a day for students in lower primary levels and between 30-40 minutes a day at Yr5-Yr6.

Our Homework Policy is available on the school website:

<http://www.sedandenongnth.catholic.edu.au/page/168/Policies>

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



Sport News ...



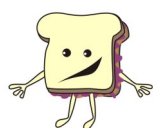
Term 1 is a busy term for inter-school sports. Opportunities abound for our children to participate in well organised, competitive competition in a number of sports. This Friday we have 8 swimmers heading off to the Noble Park Aquatic Centre for a Greater Dandenong Division event. Winners will earn themselves a place at the Southern Metro Regional Carnival later in the term.

A Division tennis tournament will be held on Friday 27th March and we also have a number of children trialling for state teams in basketball, netball and football this Thursday. State teams represent Victoria and travel interstate to play against other states. Many of our current sporting stars such as Cameron Smith (Rugby League), Teagan Caldwell (Netball) and Chris Judd (AFL) have followed this pathway in their climb to success.

Our Yr5/6's play their last summer sports round this week against Silverton. Some of those teams will progress to the District finals on Thursday 19th March.

Yours in Sports
Dean Andrew

School News ...



Canteen

Don't forget to send your lunch order to the office by Monday or Tuesday morning so we can have them ready for you for lunch on Wednesday.

We encourage everyone to use a lunch order bag which are available for purchase from the Uniform Shop for \$6.00. They are great for the environment as they are re-usable and you do not have to waste money on a paper bag each week. Another huge positive is that money does not get lost as the section that you place your money has a secure zip and it won't fall out. We can also give you small amounts of change if you don't have the exact money when placing your lunch order.

Please remember if you do not provide a bag for your lunch order and send in your order on an envelope, you need to include an **extra 10 cents** to pay for the cost of a bag.

Thank you to everyone who has placed a lunch order or purchased an icy-pole from us so far this year. It's great to see so many happy faces.

St. Elizabeth's Netball Club



- Season runs from 21st February 2015 to 1st August 2015.
- Any boys or girls turning 8 in 2015 can join.
- Cost. \$95 + \$50 uniform.
- Game times at Dandenong Netball Club:
 - 9.30am - 11 & under
 - 10.30am - 13 & under
 - 11.30am - 15 & under

Any parents interested in coaching or joining the committee please contact Melinda on 0459 444 463 or Collette on 0439 703 955.

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is now open.



Enrolment form will be sent out via CareMonkey. The Reading Challenge is a very easy way of encouraging your child to enjoy reading a variety of books.

Once your child is registered, they will be given a username and password so that they (or you) can go on the website and register what books they are reading.

In our libraries, books that are in the "Challenge" have coloured stickers on the spine making them very easy to find.

<i>If you are in:</i>	<i>You must read:</i>	<i>Number from the Challenge Book list:</i>
Foundation	30 books	20 or more
Year 1	30 books	20 or more
Year 2	30 books	20 or more
Year 3	15 books	10 or more
Year 4	15 books	10 or more
Year 5	15 books	10 or more
Year 6	15 books	10 or more

If you are in Foundation, Yr1 or Yr2 you can read books by yourself or with someone else, e.g. , a parent, teacher, brother or sister, classmate, buddy or friend. They can help you or read the book to you if you are just learning to read. If you are in Yr3 to Yr6 you can read by yourself or to another person. If you are reading to a younger child, then the book can be added to both reading lists.

All books need to be entered online before 7 September 2015 so that they can be verified by the school.

If you have any queries, please come and see Mrs Martin in The Nook.

School News cont ...

Parents and Friends News:

Would you like a cup of tea or coffee after Monday assemblies?
Come and join us at the round table.

The **SecondHand Uniform Shop** will be operating **Monday 16 March** in the Level 5 / 6 Learning Link after assembly. The cost per item is a gold coin donation.

Thank you for the donations towards the Easter Raffle, please keep them coming.
Raffle tickets will be sent home next week.

A big thank you to everyone who has agreed to sell the entire contents of a Cadbury Chocolate Box. They should be sent home next week. Money (\$60.00) is due Wednesday 15th April (first week term two)



News from The Nook.

The Nook will be open Monday, Tuesday, Wednesday and Thursday at lunch times and after school till 3.45pm.

School News cont ...



Wakakirri

Just a reminder to all children involved in Wakakirri.

Payment is now OVERDUE. Please pay the fee of \$40 per participating student for your child to be involved in the showcase by this Friday 13 March. After this date, we will not accept any more students into the performance team.

Many thanks

Hollie Zachariassen



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: 0431 616 364, After Hours: 03 9758 0731 or email: choonblim@yahoo.com.au



Please label all items of school uniform clothing

Could we please remind all our parents/carers to clearly name all pieces of their school uniform to avoid any lost items. If clothing is clearly marked, it can be returned to your child when placed in the "Lost Property" basket.

Thank you for your assistance.

Students Enrolling at St. Elizabeth's in 2016

Could any families who have children planning on coming to St. Elizabeth's in 2016 for their first year of schooling please contact Lisa on 9795 5258 to register.

St Elizabeth's Vacation Care Program March/April 2015

111 Bakers Road, Dandenong North 3175


For more information & bookings please contact your Coordinator Elarine 0422803709

Please provide your child with a packed lunch and snacks for morning/afternoon tea and a refillable water bottle.

Monday 30 th March	Tuesday 31 st March	Wednesday 1 st April	Thursday 2 nd April	Friday 3 rd April
Wacky Science and Art Day This is going to be a fantastic science day!  Activities include: - Making play dough - Finger paint creation - Water rockets - Corn flour slime  Make a messy-fizzy volcano eruption and more.	Wheels Day Join us for a Fun-Filled day at our school!  Please bring your favourite wheels & helmets. Other activities include: Autumn craft / fruit salad game Movie Marathon New release DVDs and popcorn! NO HELMET NO PLAY!	Big 'E' Day Join us for some great Easter activities! - Easter Rabbit Door hangers - Easter rabbit puppet kits - Easter paper chain - Take part in our Easter egg hunt, how many can you find?  Enjoy your hot cross buns for afternoon snack	Explore Your Senses Incursion: Candle Making Discover your senses by: - Exploring with shaving cream - Making slimy goop - Making bath bombs and potpourri!  Cooking: chocolate balls Incursion: make coloured, scented candles with lots of scents. Cost: \$11	Good Friday Public Holiday
Easter Monday Public Holiday	Creativity Day Kids will enjoy making a cool designer pillow case to take home using tie-dye technique.  Other Activities: - String photo frames - Balloon games - Rainbow relay race - Follow the leader - Dodge ball.	Monster Mash Come dressed up in your scariest outfit! Activities include making: - Monster pencil toppers - Silly monster book marks - Paper bag monsters - Monster feet  Decorate your own Monster cookies for afternoon snack!	Excursion Day Swimming at Dandenong Oasis. Join us for a swimtastic day!  Have lots of fun swimming with your friends. BYO: bathers, towels and thongs Cost \$-8	Goodbye To The Holidays PARTY TIME! Don't be surprised if you feel a little topsy turvy today!  Activities Include: - Variety of bingo games - Freeze frame fun - Crazy experiment BYO: favourite CD's and a plate of food to share. Cost \$ 3

St. Elizabeth's Out of School Hours Care Program ...

YOUTH LEADERSHIP VICTORIA PRESENTS - ST ELIZABETH'S OUT OF SCHOOL HOURS CARE

Contact Details ...	Weekly Activities ...	
 <p>Elizabeth's Out of School Hours Care Program 111 Bakers Road, Dandenong North Ph: 0422 803 709 / 0426 282 721</p> <p><u>Before School Care</u> Permanent: \$12.00 / Casual: \$13.00 7.00am to 8.55am Monday to Friday during school term, excluding all Victorian public holidays.</p> <p><u>After School Care:</u> Permanent: \$13.50 / Casual: \$14.50 3.15pm to 6.15pm Monday to Friday during school term, excluding all Victorian public holidays.</p> <p><u>Vacation Care / Pupil Free Days:</u> Per Day: \$45.00 7.00am to 6.00pm Monday to Friday. (No vacation care available in January.)</p> <p><u>Late Pick Up Fees:</u> Per minute: \$1.00</p> <p>For enquiries or further information, please contact Elarine on 0422 803 709 or 0426 282 721 during session times.</p>	Beginning: Monday 16 March 2015	
	Monday	Drawing, Pressing Flowers, Marble Game
	Tuesday	Natural Art, Celebrity Head
	Wednesday	Ironman with Magnets, Make a City with Blocks
	Thursday	Use your imagination to make and create 3D pop-up cards with newspaper:
	Friday	Sport Day Netball, Badminton, Basketball, and Cricket

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