Dear Parents, Guardians, Students and Other Parishioners,

Our school staff supervise students from 8:30am until 8:55am when the bell goes. The bell rings to say that supervision is over and learning time, or face to face teaching time, has begun. They do the same when the students are eating at recess time and at lunch time. Eating time is not teaching time, it is a time when teachers supervise student activity.

There has been some discussion from the IEU (Tas), which is the Union that some of our staff belong to, that supervision time before school should change so that children only go into the classroom to be with their teachers when the bell goes. That would mean that the children would be outside until 8:55am. The Union says that Teachers are under a great deal of pressure with all the changes to education and they need to have a greater time to prepare before school.

I think we all agree that learning to adapt to all the changes is stressful in every job and I know that we are very aware that teaching every child to their own point of need is placing a great deal of stress on teachers. We can only manage that goal...
by learning how to use technology effectively. A huge ask when you are also dealing with 25 or more children around you all the time. I asked the parents who went on the Zoo excursion and the farm excursion recently if they were interested in taking up teaching after that experience, and the answer was a resounding NO in every case. It’s a complex and difficult profession.

However, I am not satisfied that it is in anyone’s interest to stop supervising children in the 15 minutes before school starts at 8:55am. I do not think that losing 10 minutes of very valuable teaching time after 8:55am whilst children unpack bags, put notices in the right place and catch up with friends, is going to make teachers feel more in control or more prepared for the day. I know that many of our teachers feel the same way too.

What we do as teachers, impacts on both our students and on you, their parents. What do you think about the IEU’s suggestion that we do not open the school doors until 8:55am? I asked a few parents for their thoughts and I had most parents express their concern that children would miss out on a time to get ready before the bell for learning went in the morning. A couple of the parents were unhappy about losing learning time. Some were unhappy about the large groups of students who would be on the church steps and courts area without enough supervision. I did reassure them that if teachers did not open the doors, the number of teachers on outside duty would be increased. One parents thought it was a good idea that the children have more time outside as it was healthy being outside.

I have suggested to the staff that if they want to have more time preparing in the morning, they can have a roster in their learning community so that only one teacher is supervising the children before school from 8:40am through until 8:55am. That is definitely not teaching time so its fine to have one teacher supervising the 2 home groups.

Another alternative would be to open the classroom doors at 8:45am which gives teachers a little more preparation time but still allows children time to go in and prepare themselves for learning. We would increase the teacher supervision of children on the yard if we did not go in until 8:45am.

Now I would like to invite you to send me you thoughts and comments. We work in partnership with you so it is important that we have your input to this discussion. You can call me on 97955258 or email me on principal@sedandenongnth.catholic.edu.au.

We will be making a decision in the next week or so, please have your say!

INVITATION TO MEET NAZARETH PRINCIPAL AND STAFF

Ms Ann McDonald will be visiting our school on December 1st to present us with a book from a school in China that would like to become a sister school to us. Anne will also stay for morning tea and would love to meet parents and guardians of students at St Elizabeth's. Anne would be very interested in speaking to Yr5 parents who are wanting information about Nazareth College for the future education of their children. Please come along and bring lots of questions for Anne and her team!

Christine Ash
The Principal
For the last two weeks, my brother, sister and I sent our mother for a well-deserved holiday. My father, who is in a nursing home and suffers dementia, was her biggest concern. My brother, sister, all the grandchildren and I took turns to go each day to feed him lunch, spend time with him. Each day we would ask, “Who has been to see you?” He would ponder and answer, “No one.” Everyone spent time with him willingly and lovingly, knowing he would not remember them or the visit because we love him. I was feeling pretty good about myself.

During one of my visits our parish priest brought him communion. I realised that he and I not only shared the body of Christ, we also were both part of the Body of Christ. We are all part of the same body. Then I thought: have I considered the other residents at the home who are also part of the Body of Christ? Did I find time for them as they sat alone? They were lonely too, just like my father. Suddenly I wasn’t feeling as pleased with myself.

In this Sunday’s Gospel, Christ says we serve him when we serve the people considered least in our world. God’s Spirit lives in them. God’s Spirit also lives in us. Through this connection, we are all part of the same body, the Body of Christ.

The child starving in Africa. The child without friends. The man begging on the street corner. The old woman alone. The prisoner serving a sentence. And you and I. All part of the same body.

That means we have to change our thinking at times. When we are hurt or sick, we spend time and money for treatment. We don’t ignore it.

At times we treat part of our spiritual body, the Body of Christ, differently when they suffer. We ignore or make excuses. “I’m too busy to visit,” some might say as they pass a nursing home where so many suffer loneliness. “They shouldn’t have broken the law,” some might say about people in prison.

If we are all part of the Body of Christ, then our spiritual body stretches around the world. When parts of it suffer, perhaps through poverty, loneliness or being scared, we should take the time to understand why and relieve the pain.

What connections or similarities have you seen between yourself and people you’ve met who are hurting or in need?

God Bless,

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

CLASS LITURGIES:

Friday 21st November:  
Yr3 & Yr4 Learning Communities will prepare and lead the 9.15am Mass.

Friday 5th December:  
WHOLE SCHOOL GIFT GIVING MASS - 9.15am.

Sunday 14th December:  
Yr6 Transition Mass - 10.30am

Wednesday 17th December:  
WHOLE SCHOOL END OF YEAR MASS - 9.15am
Day Wetting
Most children have gained daytime bladder control by the age of four. If a child regularly wets during the day after this age professional advice is necessary.

Most wetting occurs because the bladder is not working normally.

Common problems are:

Overactive bladder
This occurs when the bladder has problems storing urine. The child has urgency and may leak urine on the way to the toilet. They may also go to the toilet more than eight times per day.

Underactive bladder
This occurs when the child goes to the toilet infrequently (less than four times a day) and sometimes urine escapes without any warning as the bladder overfills. Urinary tract infection is common.

Leakage
This can occur if the child is in the habit of putting off going to the toilet and wets when the bladder is overfilled.

Incomplete emptying of the bladder
Some children have learned to empty their bladder incompletely and this can also lead to wetting.

Day wetting is NOT caused by:
- laziness;
- naughtiness; or
- attention seeking.

Bed Wetting
Bedwetting happens when the bladder empties without permission during sleep. Bed wetting is very common with approximately 1 in 5 children in Australia wetting the bed.

Bedwetting is a complex condition that can often be a source of worry for parents and children. For parents, the main concern is often the emotional and social effects on their children. Children can experience feelings of embarrassment that can lead to low self-esteem. There are also other issues such as sleep disruption.

Day time control of the bladder comes before night time dryness. Most children will be dry through the day by the age of three and dry at night by school age. It’s important to remember that all children develop at different rates, and some children may experience accidents from time to time until the age of 7 or 8.

There are three main causes of bedwetting:
- The inability to waken to a full bladder.
- The bladder becomes overactive at night and cannot store urine.
- The kidneys make large amounts of urine at night and the bladder has difficulty holding this.

Bedwetting is NOT caused by:
- being young for your age.
- laziness.
- bad behaviour.
- rebelliousness; or
- drinking after dinner.

Some illnesses are linked with bedwetting, however most children who wet the bed do not have major health problems.

It is important to seek help for bedwetting if:
- The child who has been dry suddenly starts wetting at night.
- The wetting is frequent after school age.
- The wetting bothers the child or makes them upset or angry.
- The child wants to become dry.

Soiling
Children usually develop the ability to be toilet trained by about three years of age. If a child is unable to be toilet trained or has regular soiling accidents after the age of three to four years, then they should be medically assessed.

About 1–3% of children can have this problem and some of them may have wetting as well. It is more common in boys.

In almost all cases soiling happens because the large bowel is not emptying properly and the child is constipated. Constipation is very common and occurs at some time in up to 25% of children. If it is not recognized and treated, bowel actions may become harder and less frequent. Over time, stretching of the bowel makes it less sensitive, so the child may not feel when they need to go to the toilet and therefore have an accident.

Soiling is NOT caused by attention seeking, naughtiness and although it may cause emotional upset, soiling is not usually caused by it.

The social consequences of soiling are distressing for parents and children. It is important to realise that the problem can be treated and early recognition and effective treatment will minimise the impact it has.

Nan Perazzo / Wellbeing Coordinator
There are a series of clips on YouTube called “Did You Know?” based on a presentation by US educator Karl Fisch. The original presentation was made as a presentation to staff at the school Karl was working at for the beginning of the 2006/07 academic year, however the information was so powerful that the message spread and has been updated each year. The 2014 version can be viewed here: http://goo.gl/CxH20k

Some of the facts presented are:

- Technology is heavily focused on data.
- If you’re 1 in a million, in China there are 1360 people just like you and in India 1100 just like you.
- Today’s learner will have 10-14 jobs by the time they are 38.
- 1 out of 4 workers has been with their current employer for less than 1 year. 1 in 2 for less than 5 years.
- The top 10 jobs in 2013 did not exist in 2004.
- If Facebook were a country, it would be the world’s 3rd largest.
- More than 4000 new books are published every day.
- Predictions are that by 2049 a $1000 computer will exceed the computational capabilities of the entire human species.

This information clearly shows why we no longer have classrooms that look like when you or I went to school. The students of today live in a vastly different world and need to be educated in a different way so that they have the foundational skills they will need throughout their life.

Rebecca Gage
Learning and Teaching Leader
gagere@sedandenongnth.catholic.edu.au
Our younger students in Foundation, Yr1 and Yr2s are currently involved in playing "mini games". We play modified games of rounders, soccer and handball. The games enable us to put all of the skills we have learnt throughout the year into action. Although we don't keep scores, the friendly competitiveness sharpens the focus of the players and keeps the engagement at a high level. In the "mini-games" our young athletes are beginning to learn about the importance of rules and the roles of umpires/referees. They also are beginning to realise the impact and value of having others on the same team.

Yours in Sport
Dean Andrew

Students leaving St. Elizabeth’s at the end of 2014

Could any families, who are planning on leaving St. Elizabeth’s School at the end of the year, please notify Lisa in the School office on 9795 5258. This will enable us to accurately plan for next years classes.

New St. Elizabeth’s Winter Tunic / Skirt

The Uniform Shop now has various sizes of the new school tunic for parents/carers to try on their child. Any parent/carer wishing to try on a size is welcome to do so either Tuesday or Friday mornings 8.45-9.15am.

It’s that time of year again.

We are asking for donations for the Christmas Raffle which will be drawn during Carols Night.

Please send along items to the school office.

Do you work for a company which may donate goods towards our raffle? If so, please email the company details to info@sedandenongnth.catholic.edu.au.

Thank you so much for your support.

Parents and Friends Association
Parents and Friends

Christmas / End of Year Dinner

Friday 28th November
7pm Sandown Park Hotel

We would like to extend an invitation to all Parents and Carers in our Community to join us for our annual Christmas Dinner get together. Meals and drinks are at own cost.


To secure your seat, please contact:
Lisa at school office either via phone on 9795 5258 or Email:
info@sedandenongnth.catholic.edu.au.

You can also reply to the invitation on our new app Tiqbiz, click "whole school", "contact" and type in message section - name of family and how many attending.
## Contact Details ...

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 ...

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<th>Day</th>
<th>Activities</th>
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<td><strong>Beginning:</strong></td>
<td>24 November 2014</td>
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<tr>
<td><strong>Monday</strong></td>
<td>Collage Painting, Ice-Cream Dream</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Painting Chalk Drawing, Caterpillar Prints</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Marble Painting, Splat Monsters</td>
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<td><strong>Thursday</strong></td>
<td>Paint With Pebbles, Glue Painting</td>
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<tr>
<td><strong>Friday</strong></td>
<td>Paint A Bubble Dinosaur</td>
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