

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

We **welcome** a new family to our learning community this week. Louie Walsh has commenced in Carmel D and I know the children and staff members will ensure he settles in quickly. This brings our student population to 44!

We had a strong turn-out at our working bee on Saturday morning which enabled us to:

- top dress lawn area and sow further seed;
- clear and prepare our shed as an outdoor learning space;
- collect and install a new cubby house.

**Thank you** to those who were able to attend- it was greatly appreciated. Thank you to **Newcomb Sand** for their donation and delivery of soil and to **The Torquay Lions club** who donated a cubby, made by St Joseph's College VCAL students. Our grounds continue to develop and we are very grateful for the community support we continue to receive.

We are still **seeking helpers** to listen to and change readers of Carmel M and Carmel H students every Monday, Wednesday, Thursday and Friday between 9:25am-10:30am. Even if you can come for half an hour one day a week, this will make a big difference. Please see Miss Georgia Hutchins or Mrs Holly Moody to sign up if you can spare some time. Grandparents and friends are welcome to assist if parents are unable to do so.

Families will receive a **Project Compassion** box next week. During the season of Lent, we ask that you support this cause with any change you can spare. This is very much aligned to our mission as a Catholic school and we are educating the students about the importance of generosity and care for our fellow citizens. In a part of the world that is so blessed, it is important that we accept responsibility for those who struggle to access basic necessities. In this edition of The Tide, you can read Bayan's story, to see how our donations can support education. Please give what you can.

With a long weekend coming up, this is a perfect time to re-energise. Have a wonderful weekend and we will look forward to seeing students back next Tuesday.

God's blessings for the week ahead,

Susan Ryan  
Principal

[susan.ryan@lisieux.catholic.edu.au](mailto:susan.ryan@lisieux.catholic.edu.au)

ISSUE 5 | 8 MARCH 2018

## SCHOOL CALENDAR

### MARCH

12<sup>th</sup> Labour Day Holiday

29<sup>th</sup> Holy Thursday  
Last Day Term 1, 2018

Holy Thursday liturgy at Lisieux,  
time to be confirmed.

Family members welcome.



## Bayan from Jordan

Bayan is a 12-year-old Syrian girl, living with her family in Jordan, a keen student, who has her sights set on a career as an ophthalmologist. She struggled to overcome the trauma of growing up in a conflict zone, facing the prospect of missing out on schooling. Now, Bayan is an academic high-achiever, flourishing in a stable school environment.

Bayan grew up in Syria's capital, Damascus. The Syrian conflict turned their lives upside down and they were forced to flee. As their time in Jordan extended, Caritas Australia and our partners, Caritas Jordan and Catholic Relief Services stepped in to provide vital academic and psychosocial support. Bayan started attending one of Jordan's Caritas Schools which operates on Saturdays, providing tuition to disadvantaged students.

"The school brings them back to a normal life, as they start to dream again," says Abeer, Caritas Education and Protection Co-ordinator.

Caritas provides a broad range of other education services, including preparing pre-school children for school, supporting students who have missed out on schooling to return to the education system, as well as counselling and nutritious meals and snacks at school.

***"I would not be able to read and write. I would feel lost, as if I knew nothing about the world. School has the power to lift us up, so we can reach our goals and learn quickly." – Bayan***



**\$70**  
can buy education materials for a young Syrian refugee so they can attend school in Jordan.



# 8 Research Backed Ways to Prevent Childhood Anxiety

by Angela Pruess



## 1. Be a media monitor

Evidence shows that exposure to news programming and fictional media such as video games, movies, and TV shows can cause children to experience fear and anxiety. When children are exposed to violent or aggressive content, their brains process it in the same way as if it were actually happening to them. Nut's right?

This means stress hormones are triggered, and the amygdala goes into overdrive creating an anxious response in the brain. In addition to this, if children are exposed to mature content that their maturing brain can't yet process, it will leave them feeling overwhelmed and anxious. With the barrage of media sources out there today, resources such as Common Sense Media are invaluable for assisting parents in setting these essential boundaries.

## 2. Harness the power of helpful thoughts.

Positive thinking has become a cliché, but I assure you, it is a powerhouse in terms of lowering anxiety. The thoughts your child has in any given scenario will shape their feelings and behavior.

You, as a parent, have the ability to pay attention to your child's language and alert them to negative thought patterns that contribute to anxiety.

Good indicators of negative thinking are the use of exaggerations, extremes (I always, I never), or speculative statements such as "what if..." or "I might..." Assist them in challenging the thoughts that are not based in fact or reason, and collaborate with them to come up with a more reasonable and self-affirming statement.

## 3. Become breathing buddies.

Odds are, you will be present with your child in a moment during the day where either of you may be feeling stressed. This is a great opportunity to experience the massive power of a few good quality breaths. Sit up straight, draw your breath into your abdomen, and count to four during each exhale and inhale with a pause in between.

There is no faster way to calm down an anxious physiology (lower stress hormones, lower blood pressure, and increase oxygenation to the front brain promoting problem-solving) than taking good quality breaths.

### 4. Engage in beginner mindfulness.

A very practical way to begin sowing seeds of mindfulness with your child is practicing gratitude. Take a minute to each share three things you are feeling thankful for at that moment. When our brains are focusing on gratitude the part of our brain responsible for maintaining anxiety is forced to shut down. You are also helping draw your child's thoughts into the present moment as opposed to ruminating in the past or speculating about the future.

### 5. Be a safe haven.

Many kids work through tough feelings that contribute to anxiety through talking. Demonstrating you are available and present will encourage your child to share their thoughts and emotions. When they are sharing, resist the urge to criticize or lecture them. Repeat back to them what they shared and empathize with how they are feeling. Utilize the powerful listening skills of acceptance, validation, and empathy, and you will demonstrate to your child that you are a supportive resource to turn to when they are feeling anxious or stressed

### 6. Prioritize sleep.

Kids nowadays are busier than ever but somethings gotta give, and the unfortunate truth is that many times sleep is what gives. Studies have shown that children who experience a lack of sleep have an increased occurrence of anxiety disorders. Do your child's mental health a favor by knowing how much sleep they need, and then helping them to get it.

### 7. Allow free-play.

Through self-directed play, a child is able to get in touch with who they are at their core, learn basic problem solving and coping skills and process through big emotions such as fear, sadness, and anger. Giving your child ample time to play on their terms provides a chance to learn and develop the essential coping skills they will use to deal with stress and anxiety throughout their lives.

### 8. Get them out in nature.

There is plenty of evidence telling us that spending time in nature helps to lower stress and anxiety, but many of us could do better in making it a priority. Involve the entire family and get creative, it won't be long before the powerful grounding effects of nature are felt by all.

## What it really takes to help prevent childhood anxiety

When it comes to equipping your child with the resources to prevent anxiety, knowledge, and intentionality are a powerful pair. By taking steps now that have been shown to lower stress, you are giving them a life-long gift that will keep on giving, good mental health.





**AFTER SCHOOL CARE** by Camp Australia

*we make kids smile*

## GREAT FUN

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



To book, visit:

[www.campaustralia.com.au](http://www.campaustralia.com.au)  
or call 1300 105 343

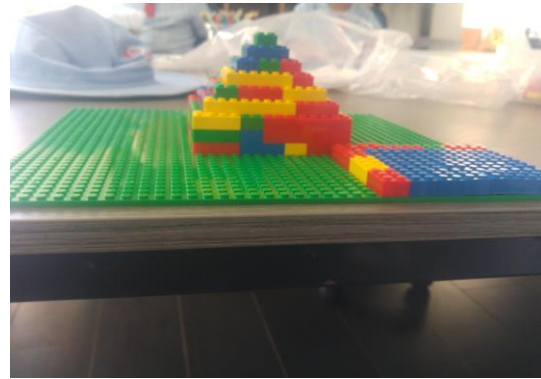
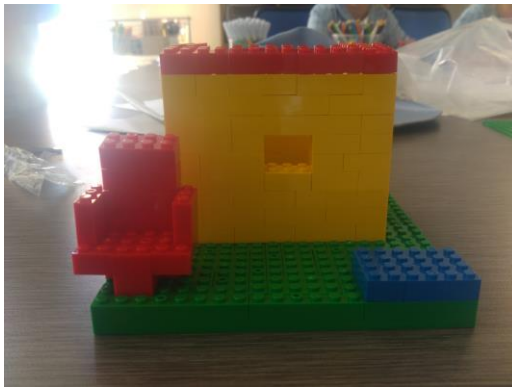
### Great Fun in OSHC

There were lots of activities on offer in OSHC last week, from 26.2.2018 to 2.3.2018.

Children participated in different group activities such as Lego construction, drawing and colouring.

Using Legos children built different kind of houses. By this activity they showed excellent imaginary skills and knowledge to build the house. Children participated in drawing using crayons and colour pencils to create art pieces for their families. In our service, we encourage every child to actively participate in the activities and help them smile and grow.

#### Here are some activity pictures



#### Come And Join Us In OSHC

You are welcome to drop in and visit our program anytime to meet our team and see what happens in OSHC program. We look forward to seeing you and your family soon.

From the Team at Camp Australia Team.

#### Program Details

To find out more about our program, view fees and to register visit [www.campaustralia.com.au](http://www.campaustralia.com.au)

If you have any questions about the program you're more than welcome to drop by and visit our program at any time. We look forward to see you and your family soon.

You can reach us on

Service mobile number: 0418945139

Service email id: [lisieux@oshccampaustralia.com.au](mailto:lisieux@oshccampaustralia.com.au)

To find out more about our program, view fees and to register visit [www.campaustralia.com.au](http://www.campaustralia.com.au)

Thanks,

Lisieux Catholic Primary School OSHC Service,

visit [www.campaustralia.com.au](http://www.campaustralia.com.au)

*we make kids smile*