

FROM THE PRINCIPAL

Dear members of the Lisieux community,

We held our first **P-3 assembly** last Friday and our focus was on using our character strengths to enhance our spirit of connection. Character strengths are ways of thinking, feeling and behaving that allow high functioning and performance. There are 24 key character strengths and all exist in every individual to different degrees. While individuals have natural predispositions towards particular character strengths (we call these signature strengths), each strength can be developed and enhanced.

Unlike our physical attributes, character strengths can't be seen with the naked eye, and that is why understanding and valuing them requires reflection and discussion. As educators, we encourage the recognition and use of character strengths in our learning community so that we can develop as self-confident and capable members of society. Learning to appreciate each character strength in self and others also builds our understanding and appreciation of diversity.

The names of particular character strengths that you may hear your child speak about at home include: appreciation of beauty, bravery, creativity, curiosity, honesty, hope, humility, humour, fairness, forgiveness, gratitude, judgement, kindness, leadership, love, love of learning, perseverance, perspective, prudence, self-regulation, social intelligence, spirituality, teamwork, zest .

Which ones do you recognise in your child/ren?



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SCHOOL CALENDAR

MARCH

29th Holy Week Liturgy - 2:30pm
Families welcome

Last Day Term 1
3:15 dismissal

APRIL

16th Term 2 commences
(Winter Uniform)



FROM THE PRINCIPAL

Our first **Lisieux Advisory Board** meeting was held on Tuesday evening. Thank you to those who have offered to be part of this group. Office Bearers were elected as follows:

Chair: Michael Timms

Deputy Chair: Mario Russo

Secretary: Lauren Barton

Advisory Board Members: Fiona Harrington, Jason Cuolahan.

Congratulations to Luke Brooks who celebrated his **First Reconciliation** on Wednesday evening at St Therese parish. Luke, may you always feel the loving presence of Jesus and God's wonder in this grace-filled sacrament. God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au



BUILDING PROJECT UPDATE

From this week, we will feature regular updates of building works to ensure families are aware of progress.

- Permanent road access nearing completion. Entrance via our own site driveway should be accessible by Term 2.
- Timber beams and floor panels in place.
- Second floor to commence this week.



ENROLMENT 2019

Please note that if your current enrolled child has a sibling who will be eligible for enrolment in Prep 2019 at Lisieux, you are urged to complete an enrolment application before the end of Term One. Interviews for all new students (Prep-Grade 6) will take place early in Term Two and offers of positions will be made shortly thereafter. It is anticipated that we will run two Prep classes in 2019 at this stage. Enrolment applications are currently being taken for Prep-Grade 6 2019.

How To Recognise Your Superpowers And the Superpowers in Others



We all come with a specific set of character strengths that makes us unique. And at one point or another, you've probably been told what your unique strengths are. Perhaps your friends have praised your creativity or mentioned how good of a leader you are when it comes to collaborative work. Now imagine being able to use these attributes as superpowers to create a happier life for you and the people around you.

Research has shown that identifying your character strengths can help you develop better relationships and live a more fulfilled life. This is because when you focus on your best qualities rather than your weaknesses, you develop more self-confidence and feel happier in general. According to Dr. Martin Seligman and Dr. Christopher Peterson, two pioneers of positive psychology, we all possess 24 character strengths to various degrees.

Recognising your own character strengths is just as important as recognising the strengths in others.

Write down a list of superpowers

Write down the things you love about your friends / children on a piece of paper. They should be related to the positive aspects of their personality. Give your friends /children this list whenever they are feeling down or "powerless". This way, they'll be reminded about their unique superpowers.

Just say it

We often don't acknowledge the superpowers in others. However, when you compliment others, you are helping them feel more valuable. The more you praise others, the more they will want to give that favor back, and it will become a mutual affection. So don't be afraid of saying things like "that speech of yours was very moving." or "what you did was very brave."

Like mother Teresa once said, "Always leave people better than you found them." When you strive to highlight the strengths in others, you make the people around you feel unique and special. Consequently, you make an impact in their lives. Instead of trying to make others be like you, celebrate the superpowers others have to offer. Think of what you could do if you and the people around you could combine your character strengths. Wouldn't that make this world a better place to live in?

This article is an edited extract by Jessica Arous

WINTER SKIRT FITTINGS

Appointments are available for Winter skirt fittings at Lisieux on Thursday 22 March between 8:15am-9am and 3pm-3:30pm. Please see Fiona Thompson at School Reception to book a time. Winter uniform is to be worn in Term 2 and Term 3.

PARISH NEWS

WHERE IS OUR PARISH HEADED?

Fr Linh has already been communicating to some of the groups that he has participated in within the last week or two, that the time has come to share the Master Plan for the Parish that the Advisory Team has been working on over the last couple of years. Now he and the Advisory Team are ready to share this work with us, and there are three meetings planned between now and the middle of April (this span of time takes into account Holy Week, the Easter Triduum and the school holidays after Easter) and everyone will have a chance to participate in at least one of these meetings. The first two of these meetings are planned for specific groups within the parish, and the third meeting will be an open meeting for the whole parish.

As this third meeting is immediately school returns from the term holidays we are giving you plenty of advance notice! It would be great to have a large number of school families at this third meeting to be held on

Tuesday, April 17, in Lisieux Place at 7.30pm

So please, mark it on your calendars NOW and plan to be there.

Because this Master Plan is something that is expected to have a positive influence for the life of our parish into the future, it is highly desired that as many as possible participate in these meetings. Consequently, Fr Linh invites every family to be represented at the April meeting and hopes to welcome many of our families. Please give it your best shot!

CATCH UP

The Lisieux class co coordinators would like to invite all Lisieux mums to a catch up dinner on Tuesday 20th March 7pm - Thai at Dunes restaurant. They would love to see whoever can make it. RSVP to Tarryn Attard 0400 064 187 by Tuesday morning.



ST THERESE CATHOLIC PRIMARY SCHOOL

TWILIGHT FAIR

FRIDAY 23RD MARCH
5PM-9.30PM

STALLS &
RIDES

FOOD
VANS

WINE
BAR

LIVE
MUSIC

\$29 UNLIMITED RIDES
EARLY BIRD TICKETS*

trybooking.com/356798

**Must be purchased prior to 16 March 2018. BYO picnic blanket (no glass, no chairs, no BYO alcohol).*