

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Welcome back to Term 2. There are two important announcements regarding members of the community.

We ask for the prayers of the Lisieux community to be with the Judd family as Estella (Carmel D) recovers from surgery for a brain tumour. Estella is currently in the Royal Children's Hospital after surgery last Thursday. May the family be strengthened and supported by our very best wishes and prayers for a full recovery.

The caring nature and generosity of members of the community are clearly evident in the way people have responded to the news of Estella and the Judd family. Many families have been so quick to look for ways that they can help which is wonderful to see. It has been amazing to witness your community coming together in times such as these. Susan often references 'journey' when talking about Lisieux and I think these events really encapsulate the journey that you are on together.

We also congratulate the Gooch family on the arrival of their beautiful boy, Arlo. Arlo arrived at 28 weeks and is being looked after at the Mercy Hospital. Our thoughts and prayers are with the Gooch family during this time.

The students have settled into Term 2 really well. They are a vibrant, curious and caring bunch of young people that, along with the staff and parents, have made me feel very welcome. It is clear that everyone is excited to be the establishing members of a new school, and the way that people are working together is fantastic to see.

Susan has been busy learning about "The Green School", in Bali. She will return to Lisieux next Thursday 26 April. I remind families that next Wednesday 25 April is a public holiday (ANZAC Day) and as such there will be no school on that day.

Thank you for having me "on-board" for a small but very enjoyable part of what is a very exciting journey for you all.

God Bless,  
James Flint  
Acting Principal

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## SCHOOL CALENDAR

### APRIL

- 25<sup>th</sup> Anzac Day Holiday  
(School Closed)
- 26<sup>th</sup> First Parents and Friends  
meeting – all welcome  
7:00pm

### MAY

- 1<sup>st</sup> Student Learning  
Conferences
- 3<sup>rd</sup> Whole school full day  
excursion – Werribee Zoo
- 10<sup>th</sup> Mother Day High Tea  
(More details to follow)



## PRAYER

"We ask for the prayers of the Lisieux community to be with the Judd family as Estella (Carmel D) recovers from surgery for a brain tumour. Estella is currently in the Royal Children's Hospital after surgery last Thursday. May the family be strengthened and supported by our very best wishes and prayers for a full recovery."

## STUDENTS LEARNING CONFERENCES

Students Learning Conferences will be held for years **Prep to Year 3 on 1<sup>st</sup> May 2018** from **3:00pm to 8:00pm**.

Interviews will be of **15 minutes duration**.

For these interviews we are introducing a new internet-based booking system called Parent Teacher On-Line (PTO). It will save time for parents, staff and students.

A link to the Parent Teacher On-Line website will be added shortly.



## FUNDRAISING



Help us to fundraise, purchase your 2018 / 2019 Entertainment book using the following web page:

**[www.entbook.com.au/9513e26](http://www.entbook.com.au/9513e26)**

## Majority of young children not doing enough exercise and physical activity, UWA study finds

BY REBECCA CARMODY



Teddy Robinson should be getting three hours of physical activity each day, guidelines show.

ABC NEWS: REBECCA CARMODY

Monique Robinson assumed her four-year-old son Teddy was getting more than enough exercise, comparing him to a border collie that needed to run twice a day.

But when researchers tracked his physical activity for a week, it was a big surprise to discover she was wrong — that he was actually doing less than the nationally-recommended three hours of daily activity for children aged 2-5.

And far from being alone, the Robinsons are in the majority.

The study, led by the University of WA, found two-thirds of children in Teddy's age group aren't getting enough physical activity needed for their growth and development.



*Monique Robinson was surprised to learn Teddy wasn't as physically active as he should be.*

Over a two-year period, researchers used activity monitors to track 1,600 children attending Perth childcare centres over the course of a week.

They found toddlers aged 1-2 years were on average getting 150 minutes of daily physical activity, while preschoolers aged 3-5 years were getting 174 minutes.

Over an eight-hour day at early childhood education centres, the activity was 123 minutes for toddlers and 139 minutes for preschoolers.

Australian government guidelines recommend 180 minutes of physical activity each day for 1- to 5-year-olds, noting more is better.

### A wake-up call to be more active

Ms Robinson said the study was a wake-up call, because she thought her son was "really, really active" and she had been careful to minimise his screen-time.



"It's surprising. I thought that Teddy did a lot of running around and that he was meeting the expectations," she said.

"But actually you don't realise how often you're sitting in a car or you're busy at appointments and different things, so there's actually a lot more sedentary time than I would have thought.

"I think it's a good idea just to keep in mind that we need to do a lot of physical activity."



UWA lead researcher Hayley Christian said it was concerning so many children were falling short of the national physical activity guidelines.

"Physical activity is not only important for a child's physical development and fitness, it is important for their brain development and mental health, and helps them to develop socially and emotionally," she said.

"It is about having fun, moving and playing every day.

"This includes fast-paced activities like riding bikes, dancing and playing hide and seek, as well as slower-paced activities such as making and playing in cubby houses, dress-ups and water play."

### **'Send them outside': Heart Foundation**



The Heart Foundation's director of cardiovascular health, Trevor Shilton, said the role of parents was critical.

"It's not rocket science," he said.

"One of the key pieces of research is send them outside. Kids will find a leaf, they'll find a stick, they'll find a pet, a toy and they'll be active.

"There's nothing inherent in our children that makes them sedentary. Conversely, sit them in front of a screen and they'll be sedentary."

Mr Shilton said there were many ways to motivate children to exercise and to provide physical activity opportunities.

"Perhaps remember at Christmas time that there's boogie boards and bathers and bats and balls, and not just Xboxes," he said.

"Active play and physical activity in 2- to 5-year-olds is critical for a healthy future.



Winter is coming and students are encouraged to bring their Gumboots to wear during Recess, Lunchtime and on a Tuesday for Outdoor Discovery.



**TWO WEEKS FREE  
SCHOOL AGE YOGA**

Mindfulness classes for kids.  
Free Birthday classes for two weeks.  
Book a spot at [torquaydanceacademy.com.au](http://torquaydanceacademy.com.au)

SURFCOAST SHIRE COUNCIL IN PARTNERSHIP  
WITH THE CITY OF GREATER GEELONG PRESENT



# FREE PARENTING FORUM



## ANXIETY AND MENTAL HEALTH ISSUES IN YOUNG PEOPLE



Dr Michael Carr-Gregg exclusively represented by Saxton.

**Dr Michael Carr-Gregg** is one of Australia's highest profile adolescent and child psychologists in private practice. He is also the author of 12 books and is the resident parenting expert on several television and radio programs. This parenting forum is designed for parents/carers of young people aged 8-16 years of age. Michael will be discussing anxiety and mental health issues in our young people. At the end of the forum, he will be available to answer some questions.

### EVENT DETAILS:

**Date:** Tuesday 15 May 2018

**Time:** 7.00 - 8.30pm

**Location:** The Sands, 2 Sands Boulevard  
Torquay 3228

**RSVP:** Please register at:  
[https://anxietyandmentalhealthinyoungpeople.  
eventbrite.com.au](https://anxietyandmentalhealthinyoungpeople.eventbrite.com.au)





# Kindergarten Program



## HOW TO APPLY FOR YOUR CHILD'S KINDERGARTEN PLACE IN 2019



**THE ONLINE APPLICATION FOR 2019 KINDERGARTEN PLACES WILL OPEN ON 16 APRIL 2018.**

To apply for any Council managed kindergarten program please go to:

**[www.surfcoast.vic.gov.au/kinder2019](http://www.surfcoast.vic.gov.au/kinder2019)**

### COUNCIL MANAGED KINDERGARTEN PLACES

- Torquay Kindergarten Childrens Hub, Grossmans Road, Torquay
- Kurrambee Myaring Kindergarten Community Centre Merrijig Drive, Torquay
- Jan Juc Preschool Bob Pettitt Reserve
- Anglesea Kindergarten McMillian Street, Anglesea
- Helen Mary Kininmonth Preschool Hesse Street, Winchelsea
- Lorne Kindergarten Smith Street, Lorne

Follow the instructions for completing the form online.

Please note: make sure all required documentation is in electronic form and saved on your computer before starting your application. All required documentation must be uploaded at the time of applying. If it is not up to date

or attached, you will go onto the waiting list until we have received it.

Families have until 29 June 2018 to submit their form to be considered for first round offers in 2019. All applications received within this time will be reviewed after the closing date.

Kindergarten applicants will be notified and offered session options before the end of Term Three.

Pre-kindergarten applicants will be notified and offered session options before mid-October 2018.

During your application you will need to provide your child's birth certificate, Immunisation History Statement (We CANNOT accept copies of your maternal child health book or a Doctor's Statement), and fee subsidy card (if applicable).

Any further queries please refer to Council's website or email [centralapplication@surfcoast.vic.gov.au](mailto:centralapplication@surfcoast.vic.gov.au)

### Critical information and dates

- Applications open: 16 April 2018.
- Applications close: 29 June 2018.
- Applications are not prioritised by date order. Council operate a priority of access system only if groups exceed capacity. See online form regarding the priority of access.
- Applications without supporting documentation will be placed on a waiting list until the documentation is received.
- You must provide your child's birth certificate, Immunisation History Statement (copies of originals not copies of your maternal child health book or a Doctor's Statement), and fee subsidy card (if applicable).
- Kindergarten applicants will be emailed group session options and your child's place will be confirmed between 9 July and 21 September.
- Pre-Kindergarten applicants will be emailed group session options and your child's place will be confirmed after we have offered and confirmed places for the four-year-old program.

***If you require support in your online application, for example, you are unable to scan and upload completed required documents, please email [centralapplication@surfcoast.vic.gov.au](mailto:centralapplication@surfcoast.vic.gov.au) for over the phone support or to arrange a time to come in and use the public computer based at the Torquay Children's hub or Kurrambee Myaring Community Centre.***