

FROM THE PRINCIPAL

ISSUE 17 | 14 JUNE 2018

Dear members of the Lisieux community,

While students enjoyed an extended long weekend, staff returned on Tuesday to participate in a professional learning day about Visible Wellbeing. It was a very successful day, during which we learned more about the psychological, social and emotional capacities of students and how this links to educational outcomes. As you have heard me say many times, best practice in schools focuses explicitly on building the wellbeing of students which, in turn, promotes sound academic outcomes. We need to get this right so that learning can take place. At Lisieux, we learn about character strengths and talk about 'spotting strengths'. Research shows that particular strengths such as perseverance, fairness, gratitude, honesty, hope and perspective are directly linked to academic achievement, so we explore ways to build these strengths. You may hear your child referring to character strengths (of themselves or others) and may also hear them discussing 'brainbreaks' and mindfulness. Mindfulness refers to using strategies to bring the mind into the present moment. It is known to improve coping ability, reduce stress and aggression, generate empathy, improve impulse control and sleep patterns. The students engage in meditation every day immediately after lunch and can now show mindfulness for up to 10 minutes at a time. Brainbreaks are a structured form of short, mindful break to help bring students into the present moment at various times throughout the day. They help to increase energy and focus. As a staff team, our learning journey about positive psychology and wellbeing practices continues – we are finding our training very practical and directly relevant to the cultivation of a calm, affirming environment. Thank you to families for the feedback we have received about our work in this area. We'll continue to share information and articles about these topics from time to time.

In Term Three, we will introduce a new specialist rotation which we have named The Growth Project. The program will be facilitated by Mrs Zoe Vagg, and will incorporate elements of permaculture, growing and harvesting, caring for chickens, food preparation and recycling art projects such as bottle cap murals and scarecrow design. We're excited about extending this area of our learning, and to be driving such a dynamic program that will equip our learners with lifelong sustainable practices. Zoe will increase her presence in our school and be with us on Tuesdays for The Growth Project and in Carmel M every Friday as well.

SCHOOL CALENDAR

JUNE

29th **Last Day Term 2**
3:15pm Finish
(as normal)

JULY

16th **Staff Professional Learning Day**
(NO STUDENTS)

17th **First Day Term 3**
for Students



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If you are interested in helping out with The Growth Project (or in any other area of our school life) please let us know. We love to see parents and community members participate in our learning programs.

Our second Parents and Friends Committee meeting explored the data from our parent survey and the group has many ideas for upcoming social and fundraising events. Please see later notice in this edition of The Tide asking families to let us know if they would be interested in a weekly delivery of fresh, organic fruit and vegetables.

Please find attached to this week's copy of The Tide a letter from our Parish Priest, Father Linh Tran, about the delays in development of our main facility. You will note confirmation of an expected completion date of September. We will continue to communicate updates as they become available.

God moments: June

In our daily gratitude circle, a Grade One student explained, "I am grateful for the love in the world. It makes my mum and dad happy."

In a discussion about kindness, a Grade One student commented, "To me, kindness sounds like asking, "Are you okay?"

God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au

PRAYER / REFLECTION

Prayer is a type of "mindful" activity that allows us to free ourselves from distractions and focus intently on the matter at hand—forming a deeper, more intimate connection with God.



How to practice prayer and mindfulness. To experience freedom from outside thoughts during prayer, try the following:

1. Choose a quiet spot to pray. Eliminate as many distractions as possible. Take a few deep breaths and focus your mind on God.
2. Close your eyes and assume a comfortable position.
3. Begin to pray. It may help to select a prayer, such as "The Jesus Prayer," "The Lord's Prayer" or even a verse from Scripture.
4. Acknowledge and accept your thoughts—but don't allow yourself to get caught up in them. Surrender them to God.
5. Continue praying and redirecting yourself toward your prayer. You may enter a meditative act of worship.

PARENTS and FRIENDS 'CALL OUT'

The P & F Committee will offer the pick-up of a weekly box of mixed fresh, organic fruit and vegetables for interested Lisieux families and community members. The boxes are likely to be \$35 for a small box and \$50 for a large box and would be collected from Lisieux once a week on a day to be determined. To ensure the viability of this offer, families are requested to advise Fiona at Reception or email her via fiona.thompson@lisieux.catholic.edu.au if interested in ordering a weekly fruit/veg box. We would like to confirm numbers by the end of Term Two please.





8 June 2018

Dear Parents and Parishioners of the Nazareth Parish Community,

Re: Building Progress Lisieux Catholic Primary School Torquay

If you happen to drive on South Beach Road, Torquay, you would see a great deal of a timber framed structure rising from behind the hill and among the trees. This, our Lisieux Catholic Primary School, is promised to be a "state of the art" school, with its Stage 1 Construction targeted to be completed by late September 2018.

As Parish Priest, I am grateful for the support deeply committed by many groups including Catholic Education Melbourne (CEM), Catholic Archdiocese of Melbourne (CAM), NOW Architects, WP Contractors, and the Lisieux Local Steering Committee, to the establishment of the school.

However, despite this support the building progress has met with some unavoidable delays. These include:

1. Delays in the provision of materials for the construction of the facility;
2. Delays in obtaining building and planning permits preventing the commencement of construction;
3. State-wide shortage of timber; and
4. Dispensation of temporary fire services not received in a timely fashion.

Despite these delays, every effort was made including the retrofitted Carmel Centre so Lisieux could open to welcome the first group of children at the start of the 2018 school year. This work was to be completed at a later stage, so it is of benefit to have this work now completed and of use to us in the present and for the future.

Moreover, it has been heartening to witness and hear about the wonderful spirit of community formed and established at Lisieux. The feedback from families is one of positivity, which demonstrates clearly a strong sense of creativity in leadership among our school staff, and the desire to work together to build a resilient and forward thinking community.

I sincerely thank members of the Lisieux school community for their ongoing understanding during this period of unavoidable delay, and look forward to see our staff, children, and their families claim their space and create their story in the new building once it is completed as expected.

Yours sincerely in Christ,

Fr Linh Tran
Parish Priest

GROVEDALE
Nazareth Church
10-12 Griffith Street

TORQUAY
St Therese Church
43a Surfcoast Highway

ANGLESEA
St Christopher's Church
72 Bingley Parade

COMMUNITY FORUM

Warralily Catholic Primary School



A new Catholic primary school will open in Warralily Estate in 2020. Interested families are invited to a community forum to view plans, ask questions and shape the future direction of the school.

**Where: Nazareth Primary School Hall
Griffith St, Grovedale.**

**When: Thursday 21st June
7:00pm – 8:30pm**