

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Our Focus of the Fortnight is currently the character strength, **teamwork**. Teamwork is one of the most important skills children need to succeed in life as it builds understanding of empathy and increases learning capabilities. It certainly takes practice, however, and isn't always easy.

Some strategies to enhance teamwork skills may include:

- Involving children in organised activities such as team sports, clubs, volunteer work. This encourages collaboration with others and can increase empathy.
- Family/ friends games such as scavenger hunt and follow the leader, where turns are taken, and your child is not always the 'winner.'
- Supporting others in activities such as cheering on friends or family in sport, learning to praise others for their accomplishments, developing an interest in the life events of others.
- Promoting unity at home, with a focus on teamwork through household chore distribution.
- Reading stories that offer teamwork takeaway messages e.g. Amelia Bedelia, The Great Big Enormous Turnip.

As with all character strengths, some individuals 'shine' in certain areas; our individual character strengths make us who we are. As parents and educators, when we focus on what children do well, we enable them to see the best in themselves and work towards becoming better.

One of the ways schools build capacity in teamwork is through the experience of **school camps**. We are thrilled to announce that we will be taking our 2019 Year 5 / 6 students interstate to Bruny Island, Tasmania, next year in March. Bruny Island is situated off the south-eastern coast of Tasmania, separated from the Tasmanian mainland by the D'Entrecasteaux Channel, and is a significant site for indigenous history. Not only will this beautiful natural environment provide for both academic and wellbeing attainment, but it is a wonderful opportunity to strengthen positive relationships between students and teachers. The camp will involve activities such as visiting the lighthouse and the iconic isthmus which divides the two sides of the island, walks and meditation on the pristine white beach, evening spotlighting for nocturnal animals and a wilderness cruise. More details will follow and we look forward to planning for lots more special and unique learning opportunities with all our students.

God's blessings for the week ahead,

**Susan Ryan**  
**Principal**

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## SCHOOL CALENDAR

### AUGUST

Sat 4<sup>th</sup> **WORKING BEE  
POSTPONED**

Fri 17<sup>th</sup> **School Assembly  
2:45pm – All Welcome**

Mon 20 – Fri 24 - **Book Week**  
(parade to be held on Friday 24 August)

Thur 30<sup>th</sup> **Fathers' Day  
Breakfast**  
(details to follow in future edition)



## REMINDERS

As we increase our vigilance as a learning community about issues related to the environment, we remind parents / carers that our goal is to be a 'nude food' school. Students are asked to bring a daily fruit or vegetable snack (e.g. sliced fruit, carrot or celery sticks, etc) in a re-usable container. As fruit break is only 5 minutes in length, a whole apple can be problematic and often wasted. Please cut up fruit as required. Similarly, at recess and lunch time, we encourage 'zero packaging' and use of food containers that do not require plastic wrap. It is wonderful that we currently have recycle bins for chook food, worm farm and compost and are encouraging students to understand their role in minimising waste and living sustainably where possible.



Reminder to all parents / carers that Tuesday is Specialist Day and students are required to bring an art smock to wear during the 100 Languages program.

**Please note this weekend's working bee has been postponed due to lack of numbers. Stay tuned for a revised date.**

## PRAYER

Teamwork means that we share a common ideal or embrace a common goal. Regardless of our differences, we strive towards our goals, confident in one another's faith, trust and commitment. In the end, we believe in one other.

Throughout the Bible we read stories of people working together as teams to achieve a mission or "produce uncommon results." Starting at the beginning, in the book of Genesis Chapter 2:18 we read, "The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

*Lord,  
May we be bold as a team working together in unity as we embrace the goal of sharing God's love and building a place of learning. May we as members of the one learning community be an encouragement to one another, lifting up each other in prayer, love, word, and support. Amen.*

**"There is one body and one Spirit- just as you were called to one hope when you were called-**

**one** LORD,  
**one** Faith,  
**one** Baptism....  
EPHESIANS 4:5

## Move Well Eat Well

### Why should we limit children's screen time?

#### What is screen time?

Screen time includes:

- watching television
- watching DVDs
- playing on computers and using the internet
- playing electronic or video games
- playing games or watching things on mobile phones, smart phones or tablets.

#### Why should screen time be limited?

Too much screen time means not enough time for children to be active. When children are not active enough they miss out on opportunities to:

- develop and strengthen important movement skills like running, catching and jumping
- mix with others and develop social skills like taking turns and making friends.

Children are naturally very active-it is not normal for children to be sitting for long periods of time.

These are Australian recommendations about the amount of time children should spend in screen time activities. These have been put together using studies and research from across the world.

#### **Children under the age of 2 years should have no screen time**

This is because screen time for this age group can:

- have negative effects on eye development
- have negative effects on social and language development
- reduce the amount of time children can stay focused.

Some people think that 'educational' programs aimed at children under the age of 2 years can help children learn things but there are no educational or developmental benefits from children watching these programs.

#### **Children aged between 2-5 years should have no more than 1 hour of screen time each day**

More than 1 hour of screen time for children aged 2-5 years can:

- slow down ongoing language development
- reduce short term memory and concentration
- have negative effects on social skills
- mess up sleep patterns
- increase the risk of unhealthy eating habits and becoming overweight.

There are times when it is tempting to sit children in front of screens so you can get household tasks done or just have a break. All parents and carers need breaks but too much screen time not good for your child. Swap screen time for other activities.

For more information about limiting screen time visit the website [www.movewelleatwell.tas.gov.au/families](http://www.movewelleatwell.tas.gov.au/families)



**TURN OFF,  
SWITCH  
TO PLAY**





### Lisieux on Tour....

Save the date for Saturday 17th November for our  
parents and staff winery tour!

Tickets are \$65 each and include bus from Torquay (pick up and drop off  
location to be confirmed) and lunch at one of Bellarine's best wineries  
(gluten free, vegan and vegetarian options available).

Drinks and tastings will be at cellar door prices.

Tickets will be available to purchase soon.

Looking forward to a fun day celebrating an amazing year with Parents  
and Staff!!

-Parents & Friends Committee



**FRUIT BOXES** – Below are photo's of the Fruit Boxes we will be offering.  
Large is \$60 and the small is \$30.

#### LARGE - \$60



#### SMALL - \$30





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## GREAT FUN

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



### How much physical activity does your child need?

School-age children should do at least one hour of moderate to vigorous physical activity each day.

#### But, Did You Know?

- 80% of school-aged kids aren't active enough according to Australian physical activity guidelines.
- 70% spend more than 2 hours a day in front of a screen for recreation

Most primary school-age children still need plenty of unstructured activity like running and chasing, and playground games. With this in mind, the team at Camp Australia OSHC team incorporate the Heart Health physical activity guidelines in each session of Before and After School Care, to help the kids at your school to find fun activities that will get them moving.

#### Some of the ways that we do this include:

- Providing a safe environment with active toys like balls, skipping ropes and supervised access to the outside playground when weather allows.
- Modified games of footy, netball, basketball and soccer are incorporated to develop skills without getting hurt or losing confidence.
- We lead by example and join in, so the kids are motivated to try something different.
- We limit screen time at OSHC, which allows more time to enjoy physical activities.
- For kids who just don't like sports, we encourage other hobbies like dancing, collecting leaves or feathers for craft and exploring outdoor areas.

Drop in after school if you'd like to see some of the active games we play at OSHC! The Program Coordinator will be available to answer any questions you might have.

Kind Regards,

Camp Australia



JOIN US TO CELEBRATE OUR  
**23<sup>RD</sup> BIRTHDAY**

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**FACE PAINTING  
DOOR PRIZES  
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& PLENTY OF TOYS**

**WHEN:** SATURDAY, 1 SEPTEMBER 2018

**TIME:** 9H30 - 11H30

**WHERE:** CHILDRENS SERVICES HUB

27 GROSSMANS RD, TORQUAY

**EVERYONE WELCOME - PAST, CURRENT AND FUTURE MEMBERS  
FAMILY AND FRIENDS**

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# Kinder Readiness Information Session



*Why is it important to consider kinder readiness?*

*Understanding kinder funding (1 year) and kinder cut off dates*

*Factors to consider before enrolling/accepting a kinder position*

WHEN: Wednesday 15 August 2018  
TIME: 7pm – 8pm  
WHERE: Kurrambee Myaring Community Centre  
12 Merrijig Drive Torquay  
COST: Free  
RSVP: Not required just turn up!

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



## Torquay Community Playgroup

### Torquay Children's Hub, 27 Grossmans Rd



#### **NEW PLAYGROUP STARTING COME JOIN THE FUN.**

Playgroups are fun for everyone and an opportunity to meet with other families in your local community.

#### **WHEN:**

Wednesdays during school term – starting July 25 2018

#### **TIME:**

10:30am – 12:00pm

#### **WHERE:**

Torquay Children's Hub, 27 Grossmans Rd, Torquay

#### **COST:**

Gold coin donation

#### **RSVP:**

[ksten@surfcoast.vic.gov.au](mailto:ksten@surfcoast.vic.gov.au)