

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Bonjour! Welcome to the 2019 school year! It is wonderful to see students so settled and keen to be here. We also welcome on board several new members of staff this year. Our 2019 staff details are as follows:

Dr Susan Ryan: Principal
Mr Ron Dando: Carmel Blue Teacher and Religious Education Coordinator
Miss Jessie Mackinnon: Carmel Red Teacher
Miss Brianna McGennisken: Carmel White Teacher
Miss Brienza Dries: Year One Teacher
Miss Georgia Hutchins: Year Two Teacher
Mr Matthew Curry: Year 3 / 4 Teacher and Mind & Body Specialist Teacher (P-6)
Mrs Holly Moody: Year 3 / 4 Teacher (Tuesday) and Learning Diversity Leader
Ms Tess Righetti: Year 5 / 6 Teacher and 100 Languages / The Arts Specialist Teacher (P-6)
Mr James Flint: Year 5 / 6 Teacher and Deputy Principal
Mr Gerard Douglas: Curriculum and Pedagogy Support Leader (also supporting classroom learning P-6)
Mrs Zoe Vagg: The Growth Project (Year 3-6) and Year 2 (Friday morning)
Mrs Miranda McCluskey: Literacy Enrichment (Tuesday, Wednesday, Thursday)
Mrs Angella Clifford: Learning Support Officer
Mrs Joanne Baldrey: Learning Support Officer
Miss Pauline Rotsaert: Language Assistant
Mrs Fiona Thompson: Administration Officer.

It is very exciting to finally be in our new building (affectionately titled "The Big House" by staff) after extensive delays. In the area of Positive Psychology, a term known as 'delayed gratification' refers to being able to delay satisfaction or resist the temptation of an immediate reward in preference of a later reward. Studies show that delayed gratification is one of the most effective personal traits of successful people. If this is true, we should all be very successful in our careers, relationships, health and finances as every member of our community has shown great patience and self-discipline in awaiting the finished building! Thanks to all for your understanding and good will throughout this journey.

The new space is very contemporary and flexible and students are enjoying being able to break out into different areas. All students, including our Preps, will have lessons in the upstairs Art area with Ms Righetti and in our Book Nook area at different times for Literacy Enrichment with Mrs McCluskey. While our inside spaces are now (almost) complete, we will continue to maximise opportunities for outdoor learning through timetabled programs such as Outdoor Discovery, Mind & Body and The Growth Project as well as incidental opportunities to engage in mindfulness, Literacy, Religious Education, Mathematics, etc outside where possible. If you haven't yet come in for a look around our new spaces, please know that you are welcome any time.

ISSUE 1 | 7th February 2019

SCHOOL CALENDAR

FEBRUARY

Thur 14 th	Yr 5/6 Leadership Conference (includes learn to surf lesson)
Fri 15 th	Yr 5/6 Leadership Conference (includes learn to surf lesson) Family Picnic at Lisieux 5:00-7:00pm
Sun 17 th	Prep Family Mass & Commissioning Mass at St Therese Church 8:45am
Tues 19 th	Meet the Teacher Evening 7:00pm
Fri 22 nd	Beginning of Year Mass 9:30am - At Lisieux (all welcome)
Tues 26 th	Lisieux Advisory Council 7:00pm
Thur 28 th	Parents & Friends AGM and Welcome Evening. Wine & Cheese provided. All welcome.



FROM THE PRINCIPAL

We have also progressed landscaping of outdoor spaces over January and our plan is to extend this further over the coming months. Stay tuned for updates. This will be a staged project over several years but it is great to now have a range of play spaces – and no doubt we will appreciate a place to sit at our family picnic evening next Friday night. I hope you have this event in your diary.

In the first week of the school year, we have commenced study of our second Language, French. Staff are on a learning journey along with students, ably supported by Madame Pauline, our in-house expert. The language will be centred on conversational oral dialogue so expect to hear your child sharing some words with you very soon.

Whether you are new to our learning community or one of the ‘original pioneers’ we would love to see you involved in the life of the school. We have a Parents & Friends meeting coming up on 28 February, and will be calling for volunteers to assist with regular reading assistance, support with The Growth Project and Genius Hour. We will also host several working bees across the year, usually one or two per term. Please don't hide your light under a bushel, as the saying goes.

God's blessings for the week ahead,

Susan Ryan
Principal

PRAYER

A Prayer for a New School Year

Lord Jesus, I ask for Your help as I begin this new school year.

Allow me to experience Your presence in the many blessings You put before me.

Open my eyes to the new challenges and exciting opportunities that this new school year brings.

Open my heart and mind to new friends and new members of our learning community.

Give me a generous spirit to be enthusiastic with my my approach to learning and courage to accept new opportunities.

Be beside me as I journey through a new school year.

Jesus, inspire me to do my best this year. Amen



GENERAL REMINDERS

- As a ‘nude food’ school with a strong focus on environmental care, we ask that student lunches are prepared without wraps or pre-packaging. For fruit snack, which is a very short 5 minute break, please pack only fruit or vegetables in easy, bite size quantities eg. Berries, carrot sticks, grapes, sliced cucumber or apple, cherry tomatoes, etc rather than whole pieces of fruit.
- Drink bottles may contain water only and students will be encouraged to keep hydrated throughout the day. (NO juices or flavoured drinks are permitted.)
- All students require a named Art Smock to be left at school during the term. If students do not bring an Art Smock, they will not be permitted to engage in certain Art activities.

GENERAL REMINDERS

- Students with shoulder length or longer hair must wear hair tied back neatly.
- Lunch orders are available on Thursdays – see details in this edition of the Tide.
- PE uniform may be worn on days when students have Mind & Body and Outdoor Discovery (P-2) or The Growth Project (Years 3-6):
Prep: Tuesday and Friday
Year One and Year Two: Wednesday and Friday
Year 3 /4: Wednesday and Thursday
Year 5 / 6: Wednesday.
- Please note that if you are wishing to have a discussion with your child's teacher, you are encouraged to email them directly in the first instance to arrange a mutually convenient time. Before school is a busy time for all staff setting up the room and preparing for lessons and is not an appropriate time for one on one progress discussions.
- From tomorrow, students will be dismissed via the central grass area and should be collected from here unless being picked up via the Kiss and Drop Zone.



WELLBEING

Studies Show That Kids Need More Downtime Than You Might Think

by [Jade Nicolette](#) – on Jan 25, 2019 in [Did You Know...](#)



In today's modern world, parents are constantly on the go, and kids are certainly no exception to the rule. From soccer practice to violin lessons, many young children are pushed towards becoming overscheduled in everyday life. However, according to new reports from [VOA](#), researchers have found that children need downtime, and reducing the number of scheduled activities is an important aspect for parents to understand.



For example, psychologist Lea Waters has studied the topic of children development in depth. In her book, *The Strength Switch*, Waters stresses the importance of helping children recognize their strengths, instead of only focusing on their weak points. Lea refers to this as "strength-based parenting" and emphasizes that parents should stop pushing their children to have too many responsibilities on their plate.

According to Waters, downtime isn't just about being lazy or having kids become totally passive. Instead, Waters explains her rationale with a clear metaphor. "It's a little bit like if you have too many programs running on your computer," Waters said. "Your computer starts to slow down. And when you shut these programs down, the computer speeds up again. It's very much like that for the child's brain." Whether it's an increased amount of extracurriculars or simply too much tutoring, Waters reminds parents to relax a little bit. Overscheduling is never a good thing, for parents or children, and it's important to understand that having too much on your plate can lead to heightened levels of stress and eventually, total burnout.



Examples of downtime include letting kids choose a fun activity to engage in, whether it's playing outside with a ball or participating in some sort of arts and crafts project. During this time, kids aren't necessarily just fazing out completely, but rather, they're actually using this time to reset their brain. During downtime, the brain doesn't become totally inactive, and kids are still learning at all times. "[The brain] goes into this default network mode and uses that time to process all the information it had during the day, to integrate the new information," Waters explains.



Other researchers, like Mary Helen Immordino-Yang from the University of Southern California, agree wholeheartedly. For example, Immordino-Yang notes that the brain has two alternative systems, including on-task focus and free-form attention. With on-task focus, children are perceiving the environment around them, along with observing and paying attention to their surroundings.

At the end of the day, it's important for parents to remember that it's certainly all right to let kids be kids. There are many research studies which have proven the benefits of play, including how children can develop their imagination and social skills through playtime



BELLARINE UNIFORMS

Official supplier of uniforms to



Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY


Lisieux Catholic

Primary School - Torquay

Uniform Pricelist (valid to 30 June 2019)

uniform	Pullover (80/20 Merino Soft Feel wool with logo)	55 – 60 – 65	\$78.50
		70 – 75	\$80.50
		80 +	\$83.95
	Summer Dress (Pale blue/white check with peter pan collar)	4 – 6	\$48.50
		8 – 10	\$51.50
		12 – 16	\$53.50
	Winter Skirt/Kilt (Navy/Pale blue check)	4 – 6	\$64.50
		8 – 10	\$66.50
		12 – 14	\$69.50
	Soft Shell Jacket (Navy with Logo)	All Sizes	\$55.00
	Shirt S/S (White with Navy pinstripe & logo)	All Sizes	\$31.50
	Shirt L/S (White with Navy pinstripe & logo)	All Sizes	\$34.50
	Blouse S/S (Pale blue with Peter Pan Collar & Logo)	All Sizes	\$31.50
	Blouse L/S (Pale blue with Peter Pan Collar & Logo)	All Sizes	\$34.50
	Sports Rugby Top (Navy /Pale blue/Red with logo)	All Sizes	\$76.00
	Polo Top S/S (Cotton Back Coolmesh with logo)	From	\$33.00
	Polo Tops L/S (Cotton Back Coolmesh with logo)	From	\$34.00
	Shorts (Navy with Drawstring waist)	All Sizes	\$23.00
	Summer Skort (Navy Poly VISCOSE SKORT –SKORTSPARC&A)	From	\$23.95
	Trousers (Navy Full elastic waist, Double knee)	All Sizes	\$36.95
Sports Shorts (Navy stretch microfibre)	All Sizes	\$27.50	
Sports Skort (Navy elastic waist) TSCOSKORT	From	\$23.95	
Tracksuit Pants (Cotton Nylon, double knee)	All Sizes	\$41.50	
accessories	Tights (Navy Cotton)	Child Size From	\$16.95
	Socks (Navy Knee hi)	From	\$5.50
	Socks (Navy Anklet 3 pack)		\$13.95
	Socks (Plain white sports sock)	All Sizes 3 Pack	\$15.95
	Slouch Hat (Navy, Wide Brim with Logo)	All Sizes	\$14.50
	School Bag	Uno Pak	\$48.95
	NAME LABELS Pre-ordered Garment Labels (Sew or Iron	50 units	\$23.00

All prices are subject to change without notice.

 03 5221 9199

 bellarine@noone.com.au

 162 Moorabool St. Geelong

School lunch orders will begin on Thursday February 14th and be available on Thursdays only in Term One. Please note that we hope to run some of our own in-house lunch days through our Food Technology room, dependant on availability of volunteers.

Attached are instructions about how to register and order from the canteen.

Below is the menu being offered.

WRAPS

Vegetarian Salad Wrap \$4.50 (V)

Chicken & Salad Wrap \$4.50

Ham & Salad Wrap \$4.50

*Salad consists of the items below and any of them can be removed or increased in quantity at the time of your order at no extra cost.

Beetroot, Carrot, Cheese, Cucumber & Tomato*

Snacks

Homemade Muffins \$1.25

Popcorn \$1.25 (V)

Homemade Chocolate Brownie \$2.00

Gluten Free Products

Homemade Penne Napoli 9 (GF) \$4.50 (V)

Homemade Spaghetti Bolognaise (GF) \$4.50

Sushi

Rice Paper Roll 2 pkt – Teriyaki Chicken \$5.50

Rice Paper Roll 2 pkt – Vegetarian with sauce \$5.50 (V)

Teriyaki Chicken Sushi 2 pkt \$5.50

Hot Food

Homemade Lasagne \$4.50

Homemade Penne Napoli \$4.50 (V)

Homemade Spaghetti Bolognaise \$4.50

Fried Rice \$4.50

Homemade Zucchini Slice \$4.00 (V)

Good Eating Beef Pie \$4.00

Homemade Sausage Roll \$3.50

Homemade Veggie Roll \$3.50 (V)

Hot Snack

Good Eating Party Pie \$1.25

Homemade Party Sausage or Veggie Roll \$1.25 (V)

Spinach & Ricotta Filo \$1.25 (V)

How to get started and order is Quick and Simple!

FREE to Register

- Click on **Sign-Up** to register
 - Add your child/children
 - Select **MEAL ORDER**
 - Follow the 4 ordering steps
- Order up to 28 Days in advance

www.quickcliq.com.au
info@quickcliq.com.au
 1300 11 66 37

Trusted
 by 700+ schools
 Australia Wide
**SAFE AND
 SECURE**

QuickCliq

**REGISTER
 TODAY!**
 QUICK & EASY

**WE ARE
 NOW A
 QUICKCLIQ
 MEMBER!**

By supporting QuickCliq
 you are supporting
 your school.



REGISTER TODAY AT

www.QuickCliq.com.au

How to get started:

- Visit www.Quickcliq.com.au
- Sign up by completing the registration form
- Receive a confirmation email with activation link
- Activate your account and login to the website
- Add a student and nominate their school
- Order whenever you like

How to order meals:



It is that simple! It is our job to make your life easier.

Using QuickCliq helps you stay organised, order up-to four weeks in advance.

SAFE & SECURE

SUPPORT LINE: 1300 11 66 37

ORDER 24/7



NetSetGo Term 1 2019

Term 1 NetSetGo registration is now open!

\$146 for the term (8 weeks)-12th of February to the 2nd of April. Held at Surf-world Recreation Centre Torquay 4:15pm until 5:15pm every Tuesday evening.

The players will learn the basics of netball, including throwing, catching, dodging, leading etc. as well as participating in variations of netball.

All players will be required to pay Victoria Netball Registration (VNA) as well, which is included in the above cost.

Please register at <https://netsetgo.asn.au>
Great fun, book your spot today!

TORQUAY DANCE ACADEMY

Book Your Child's Free Trial Now

MORE THAN JUST DANCE CLASS...

Ballroom	Stretch/Aerobics	Contemporary	Under 6s Tinkerbell/Princess
Jazz Hip Hop	Tap	Adult dance	Boys only

Enrolment just open torquaydanceacademy.com.au ph: 0424 400 437