

FROM THE PRINCIPAL

Dear members of the Lisieux community,
Bonjour!

Our focus in the first weeks of the school year has been on building a sense of belonging, as we know that feeling safe and comfortable is a strong foundation for learning. Taking time to settle in, get to know one another, work out class expectations and feel good about school is a solid investment for future growth. I hope that your child has been coming home and sharing some stories of getting to know others (including their teachers) and of having fun.

In years gone past, there was an expectation that an explicit focus on ‘the 3 R’s’ started formally on Day 1 of school. We now know that literacy is more than just reading and writing and numeracy is more than just reciting times tables, and that both these skills are best developed through an authentic and meaningful approach. For students in the early years of school, this involves play, and for all children it involves exploration, testing theories, social interaction, experimentation and dialogue. Rich opportunities to engage in oral language and print help students to express themselves with confidence. Play helps incorporate literacy and numeracy into their language and is a vital part of childhood learning.

One of the ways to help students feel a sense of connection and belonging to school involves ensuring that their parents and families are involved in the life of the learning community too. We strive to support active involvement in a range of ways and strongly urge families to get involved in whatever ways they are able. I do hope all families can join us tomorrow night for our first social event of the year. Our staff team is working hard to learn all names so do come up and say hello. Please also note the details of Meet the Teacher Evening below. We strongly encourage every family to be represented on the night where possible.

Today and tomorrow our 19 Year 5/6 students are participating in a Leadership Conference. They will all take on leadership opportunities this year and our two workshop days will focus on building relationships between the team, effective communication and interpersonal skills. Specific leadership roles will be announced and all leaders will be inducted to their roles at our first Assembly of the year on Friday 22 February at 2:30pm, to which you are all warmly welcome.

God’s blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

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SCHOOL CALENDAR

FEBRUARY

Thur 14th	Yr 5/6 Leadership Conference
Fri 15 th	Yr 5/6 Leadership Conference (includes learn to surf lesson) Family Picnic at Lisieux 5:00-7:30pm
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) Assembly & Induction of Student Leaders 2:30pm
Tues 26 th	Lisieux Advisory Council 7:00pm
Thur 28 th	Parents & Friends AGM and Welcome Evening. Wine & Cheese provided. All welcome.



PRAYER

Prayer of Belonging

To belong means to be “rightly placed in a specified position; to be rightly classified in or assigned to a specified category; to fit in a specified place or environment.”

In this week’s prayer, we re-frame the traditional model and imagine God, our Father, speaking to us. Our School Vision reminds us that every individual is created in the image of God, and that they have special gifts, each of which we value and celebrate.

My Child,

There is no other person in the world designed exactly as I have designed you. My own heart knit you together in your mother’s womb. You are created for belonging. You are designed for a purpose. This purpose gives you meaning, fulfillment and delight, a reason to awaken every morning with a song. Believe my word: you are created with beauty, design, and intent. There are no exceptions to my grace or to my Truth. You belong.

God, Our Father.



REQUEST FOR SUPPORT

Lisieux is blessed to have a special student in Year 1 named Estella Judd. In 2018 she was the worthy recipient of the Principal’s Award for the character strength of bravery. Estella has had surgery and is receiving chemotherapy. Whilst she has had some positive news regarding her health, Estella has one last round of chemotherapy ahead. Something small we as a small community can do to support the Judd family is to provide some meals. If you are able to prepare and deliver a meal, on the night of your choice, please check out the meal train link below and read the special instructions. Thank you in advance for your support

<https://www.mealtrain.com/trains/20q828>

We would also like to ask for your cooperation in an important matter. Please note that Estella has a lowered ability to fight infections due to her medical condition. This applies particularly to serious contagious infection such as measles, mumps, rubella, chicken pox, shingles, meningococcal and tuberculosis which could result in a serious illness. It is very important, therefore, that you contact the school immediately if your child develops any of the above infections, or has any definite contact with these infections. Your child is at no risk whatsoever from this situation. However, the health and wellbeing of another school member does depend on your help and cooperation. This is also a reminder to keep your child home if they are unwell with common illnesses such as colds / flu / gastro, to ensure that all students can attend school, even if they are undergoing medical treatment that makes them more susceptible to illness. Return to school and acceptance as one of the community is important to a child receiving intensive medical treatment. We are grateful for your assistance and will be happy to answer any questions you may have.

UPCOMING EVENTS

There are several upcoming calendar events that we wish to alert you to:

- Our **Family Picnic Evening** will be held at School on Friday 15 February between 5pm- 7:30pm. We ask that you BYO picnic rugs, food and refreshments. The picnic is an outdoor event so jackets are encouraged as the main building will be locked. Toilets will be available for use in The Carmel Centre only. Please note that active supervision of your children is required throughout the Picnic. We ask that all children remain in the back playground area as the front of the school and the Outdoor Discovery / bush area will be out of bounds during this time. We look forward to welcoming all families to this social event.
- **Meet the Teacher Evening** will be held on Tuesday 19 February at 7pm. The evening has been planned as an opportunity to introduce all staff, to explain our educational focus and vision, and to provide an introduction to 'the language of Lisieux' in terms of expectations, curriculum and Positive Education. We strongly encourage at least one parent / carer from each family to be in attendance. The evening will commence in our new Multi-Purpose Space at 7pm sharp and at 7:30pm parents will be directed to smaller class-based discussions with class teachers. At the conclusion of the class meetings, those wishing to have a small-group tour of the new learning facility will be welcome to do so. We have consciously planned the evening to run for just one hour, and do strongly encourage your presence.
- **A Camp Information Evening** for parents / carers of Year 5 / 6 students will be held on Monday 25 February at 7pm. At this meeting, we will outline the itinerary and expectations for our first camp, which will take place on Bruny Island between 12-15 March.

STUDENT INFORMATION

SEASONS FOR GROWTH PROJECT

This year we will be offering the Seasons for Growth program to help support our students' wellbeing. The program is aimed at students who have experienced a significant loss or change in their life.

The Seasons for Growth program is based on the belief that change and loss are part of life and grief is a normal response to these losses. Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives.

The Seasons for Growth program provides an opportunity for participants to learn the knowledge, skills and attitudes to understand and respond well to such experiences.

The Seasons for Growth Children and Young People's Program:

- supports children and young people to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives.
- assists children and young people to understand that their feelings and other reactions are normal.
- develops skills for coping, problem solving and decision making.
- builds a peer support network.
- helps restore self-confidence and self-esteem.
- educates children and young people about the grief process.

If you think your child(ren) could benefit from this program please contact Matthew Curry via matthew.curry@lisieux.catholic.edu.au with students' name(s) and a brief explanation of the change, loss or grief they have experienced.

STUDENT INFORMATION

SWIMMING CHAMPIONSHIPS

The 2019 Bellarine and North Geelong Division Primary School Championships will be held on **Wednesday 20th of March** at Kardinia Pool. Entries need to be submitted to Lisieux by **Friday 22nd February**. To qualify for the Championships students need to be born before or during 2010 and meet the qualifying time for their event. If you think your child meets this criteria and would like to compete please email Matthew Curry at matthew.curry@lisieux.catholic.edu.au for registration.

CSEF

Parents are eligible to apply for CSEF (Camp, Sports & Excursion Fund) if they hold a valid Healthcare card (HCC) or Pensioners Concession card (PCC) as of the 29th January 2019. Please collect an application form from reception.

Should you require any further details please see Fiona Thompson (Administration Officer)

HEAD LICE

A case of head lice has been reported at Lisieux and we request that you carefully check your child's hair this evening. Please check your emails as a letter was sent regarding what to do around head lice.

FRENCH WEEK 1 & 2 FOCUS WORDS

[Bonjour](#) (hello)

[au revoir](#) (goodbye)

[Tout le monde](#) (everyone)

[Madame](#) (Mrs)

[Monsieur](#) (Mr)

[Je m'appelle](#) (My name is - I call myself)



WELLBEING

10 THINGS YOUR CHILD'S TEACHER WANTS YOU TO KNOW

Posted on January 28, 2019 by Kids First

“What is the one thing you'd like parents to know as their children join your class this year?”

This was the question we recently asked some local teachers as they prepared for the school year ahead. Each of these experienced educators had a different perspective, but all agreed that you play a huge role in your child's chances of school success.



1. Build a positive partnership with your child's teacher

Teachers and parent who work together can be a formidable team, but you can really let the side down if you're careless with what you say to and about a teacher in your child's presence. Teachers say that if there's an issue, speak to your child's teacher privately, not in front of your child. It's rarely helpful to let your child hear your criticisms of a teacher, so even if you have your own views about the teacher's personality, skill, judgements or appearance, remember your child has to spend many days and hours in that educator's classroom. Let your child form his own opinions and help your child to respect the teacher's role whenever you can.

2. Create order at home

If your child is disorganised at home, teachers tell us there is a fair chance that he'll be disorganised at school too. To avoid messy desks, lost books and forgotten homework, set up a system at home where routine items are easily located. Establish a set spot for backpacks, shoes and notes that need to be signed. Teachers recommend having a centrally located calendar on which upcoming events are noted so that everyone knows what is going on. If your child has a phone, try using the 'memo' or calendar section and teach him how to use this so that he can become accountable for himself and his activities.

3. Give your child time at the end of the day

Studies show that just 10 minutes of undivided attention each day is all that kids need to feel connected to you. Before you check phone messages, read the mail or start organising dinner – teachers advise you to give your child some of your time. You can help your child to transition from school to home by creating a routine where you listen to your child talk about his day. This will show him that he can count on you and that the experiences and feeling of the day can be managed. This small investment of time will encourage the development of emotional intelligence and maturity.

4. Feed your children so they will succeed

Kids need fuel to ensure that their minds and bodies work properly. Teachers say that a well-balanced diet will maximise your child's learning potential. A healthy breakfast and a lunchbox that's filled with nourishing snacks are very important for kids of all ages. When each meal contains protein, your child will avoid 'sugar highs' that can affect concentration and behaviour. Teachers understand that pre-packaged food is convenient, but they also encourage parents to ensure that the nutritional value of their child's weekly food intake is high.

5. Give your child a chance to relax

In our busy lives, it's easy to forget that kids do not have the stamina of an adult. Tired kids find it hard hold it together at school and home, so teachers recommend that you try to maintain a schedule that allows your children to go to school rested. Include calm, peaceful times in your children's afternoons and evenings so that they have the energy to concentrate, learn and behave well at school

6. Remember...homework is for your child, not you

The only way a teacher can determine what your child knows is by receiving work that is truly his. By all means, encourage, support and show your child how to answer homework questions, but don't do the work for him! Teachers tell us that they gauge what a child has learned and understood by what they are able to remember and complete independently. Doing homework by themselves also helps children learn to be responsible for the quality of their work.

7. Have a Plan B for sick kids

What happened when you last went to work feeling unwell? Did you have the best day ever? Teachers tell us asking kids to manage the demands of a challenging classroom when they are ill is unfair. They recommend that families have a system in place so that sick children can stay home and get better, both for their own sake and the sake of their classmates and teachers. Of course, you'll know how to sensitively and sensibly manage a tummy ache that mysteriously appears on the morning of a spelling test, however teachers remind us that children can't learn or behave as well as they might when they are sick. And if the teacher catches the bug, the whole class's learning may be interrupted if the teacher has to take sick leave.

8. Let kids know it's OK to ask questions

Teachers note that some children are so conscious of looking foolish in front of their teachers and peers that they are afraid to raise their hand and ask a question in class. You can be a good role model for your kids and teach them to believe that no question is a dumb question. Kids do ask silly questions...sometimes over and over again, but that's part of being a child. When you respect your child's questions and encourage his efforts, teachers tell us that he is likely to be more willing to give unfamiliar things a try at school.

9. Balance screen-time with reading-time

The time children spend on 'screens' alarms many teachers. There's no doubt that computers, iPads, smart phones and other devices are a great sources of information and enjoyment, but teachers also tell us that books still have value. They offer children quiet opportunities to explore using their imaginations and to expand their knowledge. Teachers encourage families to fill their homes with books that kids can read, look at and find answers to life's many questions in. They also advise you to encourage your kids to join and borrow from the public or school library. This will empower them and expose them to a variety of resources that will broaden their horizon.

10. Find ways to tell your kids you love them

Teachers say that kids who are confident and know that they are loved often find it easy to be kind to others. You can remind your child of your love for him by tucking a note into his lunch box or sending him a text message to let him know that you are thinking of him. As they get older, your children might not want to hold your hand or give you a kiss as they walk through the school gate – but no matter how old they are, they will always need affirmations from you. You may need to be inventive as you find discreet ways to build your child's confidence, but the most important thing to remember is that secure kids are usually happy kids.... and happy kids find it easier to learn and make friends.