

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Bonjour!

A big thank you to all who have been able to come along to any of our recent events: family picnic, Prep family mass, Meet the Teacher night, as reading helpers, and so on. Not only do we greatly appreciate your involvement in the life of the Lisieux learning community, but research tells us that students with involved parents / carers earn higher grades, have better social skills and show improved behaviour. Why is this? We believe it is because parental involvement helps create a positive experience for children and sends a strong message to them that their school life is important. Please know that you are always welcome here in any capacity you can manage. Keep an eye on the upcoming dates in every edition of *The Tide* or chat to us about how you would like to be involved. We're in this together!

Staff enjoyed a very powerful professional development session with Andrea Downie, from Project Thrive, on Wednesday afternoon. Andrea extended our understanding of the power of a strengths-based Positive Psychology approach. We discussed the alarming data on student disengagement and mental health statistics across our country, and began dialogue about how we could work as co-creators of an effective educational response to empower our young people as confident, resilient and creative members of society. Andrea will be facilitating a Parent Information Session at Lisieux on Wednesday 6 March. Please don't miss it. It is going to be a fantastic session.

Tomorrow will be a special day for us at Lisieux. Our Beginning of Year Mass will be celebrated by Fr Linh Tran at 9:30am in The Multi-Purpose Room and at 2:30pm we will hold our first assembly, including the induction of student leaders. We'd love to see you at either or both events.

Sadly this week we farewelled one of our feathered friends, Jacky, who became unexpectedly unwell. The children are learning much about the cycle of life through their connection with our chickens, as well as more about caring for animals and creation. Next week, Mr Curry is going to introduce his border collie, Gus, to our community. Gus is a very well-trained pet and our hope is that he will spend some time with students this year as a friend and therapy dog. As well, we have made enquiries about introducing a miniature pig to our growing 'school farm' and will let you know more in the coming days.

God's blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

ISSUE 3 | 21st February 2019

SCHOOL CALENDAR

FEBRUARY

- | | |
|-----------------------|--|
| Fri 22 nd | Beginning of Year Mass 9:30am - At Lisieux (all welcome) Assembly & Induction of Student Leaders 2:30pm |
| Mon 25 th | Year 5/6 Camp Information Evening 7:00pm |
| Tues 26 th | Lisieux Advisory Council 7:00pm |
| Thur 28 th | Parents & Friends AGM and Welcome Evening. Wine & Cheese provided. All welcome. |



PRAYER

Good St Francis, you loved all of God's creatures. To you, they were your brothers and sisters. Help us to follow your example of treating every living thing with kindness. St Francis, Patron Saint of animals, watch over our pets and keep our companions safe and healthy. Amen.



SACRAMENTS

This year Lisieux students will be participating in all sacraments (dates are on the calendar). I have made contact with families whose children are in sacrament year levels (Reconciliation- year 3, Eucharist- year 4 and Confirmation- year 6) to ensure that they know what is required and make sure they have celebrated the sacraments. Please email me if you have any questions about this. (Ronald.dando@lisieux.catholic.edu.au)

For the various sacraments, your child will need a white stole. Find information about gracious glyphs (www.graciousglyphs.com.au) from whom you can purchase stoles. They can customise the stoles for you or you can just purchase the stole for \$12 and decorate yourself. The same stole can be used for all celebrations.



Reminder- Beginning of school year mass is tomorrow at 9:30 am in the multi-purpose room. All are welcome.

Nazareth Parish Combined Schools Fun Run / Walk

Date: Thursday 21st March, 2019

Venue: Armstrong District Park, Sovereign Drive, Armstrong Creek

Time: 5.30 (for 6pm start) -7.30pm

Fun run/ walk distance: just over 3km (runners will go first/ followed by walkers)

BYO Picnic Rug/Chairs and Picnic

REACH Vietnam

The REACH Vietnam Project is a partnership with a convent in KonTum, Vietnam. The Nazareth Parish have been raising awareness and money for many years now and this year we are wanting to bring our parish schools together by holding a fun run/walk. This will be an opportunity to raise some funds to continue to support this great initiative (where **ALL** funds go directly to the girls) and to bring our school communities together under the Nazareth Parish. As a way of recognising this event, we will be promoting the sale of a peaked cap. The cap will be worn during the fun run/walk event.

The cost for the hat is \$15 (adult size and/or child size) or \$50 for 4.

Orders must be received by no later than Friday 1st March, 2019 and dropped off at the office in an envelope enclosed with the form provided and cash.

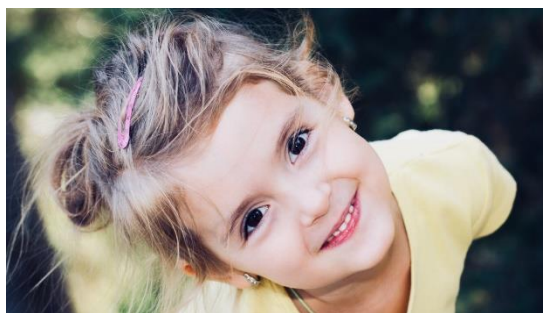
Any enquiries should be directed to;

Ron Dando (ronald.dando@lisieux.catholic.edu.au)

Jessie Mackinnon (jessie.mackinnon@lisieux.catholic.edu.au)



Harvard Psychologists Reveal: Parents Who Raise ‘Kind’ Kids Do These 5 Things...



Parents are saddled with the difficult task of raising tiny humans. These tiny humans learn all kinds of things from their parents. Most importantly, though, children learn how to treat other people. Raising a child who is considered “kind” may seem easy, but many parents can tell you that it’s not always the case.

“Grades and athletic/artistic accomplishments matter, but most of us would agree raising kind kids matters more. If we spend our days drilling math facts and chauffeuring our kids to “enrichment activities,” it begs the question: What are we prioritizing most—and why,” adds Dr. Robin Berman.

Thankfully, Harvard psychologists have pinpointed the best ways to raise your child to be “kind”, and to retain that kindness throughout their lives.

HERE ARE 5 THINGS PARENTS WHO RAISE KIND KIDS DO

1. BE THEIR ROLE MODEL

Nobody is perfect, and everyone makes mistakes. However, being a parent means that your child is going to soak up information from you like a sponge. Especially during their formative years, **children are going to be looking to you as a role model.** To raise a child that is kind, it’s especially important to know how to be “kind” yourself.

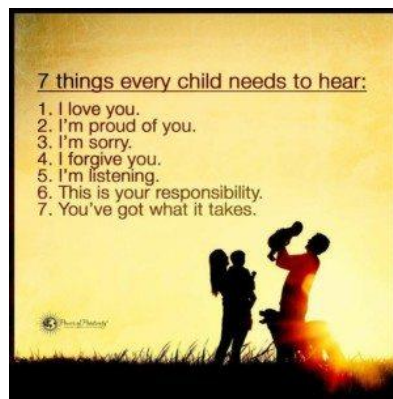
According to a study by Harvard University, *“Being a role model doesn’t mean that we need to be perfect or have all the answers. It means grappling with our flaws, acknowledging our mistakes, listening to our children and students, and connecting our values to their ways of understanding the world.”*

Being honest with your child, especially when it comes to difficult emotions, is one of the best ways to be a good role model. Children will learn their values and how they interact with the world from their parents.

2. TEACH YOUR CHILDREN USING EMPATHY

When you’re teaching your child how to interact with the world, it can be hard for you to imagine how they see things. Children have all the same kind of emotions and feelings that adults have. However, they’re not fully prepared to express them yet. When you teach your child by using empathy, you can show them how to care for other people.

Kind children know how to connect with other people on a personal level. That connection involves being able to feel what other people feel. Show them how by empathizing with them first. *“Unfortunately, selfie culture is not helping our children grow their highest or happiest selves. Studies show that the more we connect to others, the happier we are. So we need to make sure we are spending more time looking out, rather than looking at our own selfies,”* says Dr. Berman.



3. MAKE CARING FOR OTHERS IMPORTANT

As humans, we often make caring for ourselves the most important thing. And sometimes, that's what we need to do to get through life. However, **making caring for others an important part of their life will teach your children how to reach out to other people.**

“With guidance from adults and practice, young people can also develop the skills and courage to know when and how to intervene in situations when they and others are imperiled. They can become effective “upstanders” or “first responders.”,” states the study from Harvard University.

Show your children that caring for others is important to you, and it will also become important to them. You will no doubt raise a child that thinks of others before themselves and works hard to make sure that they're being their best and kindest every day.

4. HELP THEM PROCESS THEIR EMOTIONS

Not all emotions are fun. Some emotions, like anger and frustration, can be difficult for children to understand. When children become upset, they need to be taught how to deal with those feelings. Children who aren't taught tend to lash out physically – hitting, kicking, screaming. That kind of behavior doesn't make for a “kind” child at all. Instead, Harvard psychologists say to focus on dealing with and processing emotions in a healthy manner.

“We need to teach children that all feelings are ok, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways,” add Harvard psychologists. Children need to learn that it's okay to feel unpleasant emotions, but also how to handle them and let them go.

5. PRAISE ONE ANOTHER CONSISTENTLY

“The power of mindful words can't be overstated. Words can inflame or inspire. The diplomacy you teach will allow your kids to be heard in the future. It also feeds a gentler narrative in their head.” – Dr. Robin Berman

Praise and consistency are key to raising a child who is emotionally well-rounded. It's also key to raising a child who is kind. Kindness comes from practice, and all practice requires consistency. When your child does something kind, make sure you recognize and acknowledge it. **Praise them for their kindness, so that they know that they're on the right track.** Don't just do it with your children, either!

Parents should praise one another for kindness, because your tiny humans are always listening. Get the rest of the adults in your child's life to get on board, too. The more they see adults being kind, recognizing it, and reinforcing it with praise and thanks, the more they'll learn.

Final thoughts

Kindness is something that children have to learn – like manners, please and thank you, right and wrong, and empathy. Learning kindness becomes way easier when their parents are on board and know the right ways to instill kindness into their children. If you're worried about how to bring your child up in a way that helps them be “kind”, here are the ways other parents did it. Don't be afraid to make mistakes, though! Just know how to correct them – because your child is always learning.

Nazareth Parish Primary Schools

2020 Enrolment

Information Evenings

We welcome families to attend our 2020 Enrolment Information Sessions, to be held at each of our local Parish Schools.

Meet our Parish Priest, Father Linh Tran and the School Principals.
Hear about the mission of our schools and how we nurture the development of each Individual learner.

Tuesday 12 March, 7pm

Griffiths Street, Grovedale

Nazareth Catholic Primary School, Grovedale and
St Catherine of Siena,
Armstrong Creek



**Wednesday
13 March, 7pm**

*50 Grossmans Road
Torquay*

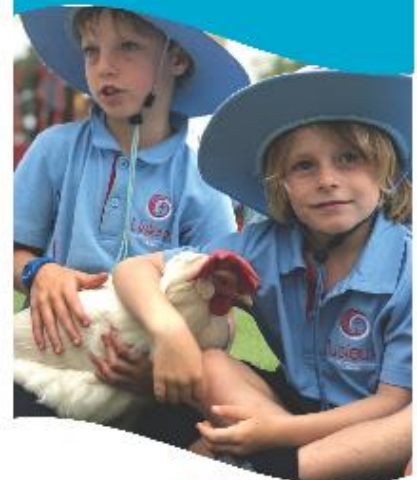
St Therese Catholic
Primary School, Torquay



**Thursday
14 March, 7pm**

*90 South Beach Road
Torquay*

Lisieux Catholic
Primary School, Torquay



Ph: 0475 753 590



www.nsgrovedale.catholic.edu.au

Ph: 5243 0502



www.sttorquay.catholic.edu.au

Ph: 5261 4246



www.lisieux.catholic.edu.au

Ph: 9089 6614





To register go to hookin2hockey.com.au

WHO: TORQUAY HOCKEY CLUB

START: 27th Feb 2019

FINISH: 17th April 2019

TIME: 6pm-7pm

WHERE: Bob Pettit Reserve -
Sunset Strip, Jan Juc

CONTACT: Georgina Sayer

CONTACT NO.: 0412 078 718

EMAIL:
info@torquayhockeyclub.com.au

WEB:
www.torquayhockeyclub.com.au

TORQUAY HOCKEY CLUB is running its 2019 HookIn2Hockey program. This is an introductory program into hockey for juniors aged 10 and under. It focuses on fun and the development of new skills.

The program aims to act as a transition into competition in the hopes that they will go on to join our junior teams.

The program costs \$85 including hockey equipment (stick, shin guards and ball), insurance and coaches.

We are a family club that cater for the competitive and the casual player and for a team that supports one another.

FREE COME & TRY SESSION FEB 27TH