

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Bonjour!

One of our new parents loaned me the book *“Gratitude- a positive approach to raising thankful kids”* by Dannielle Miller. I have thoroughly enjoyed it as it reinforces many of the ideas we embrace at Lisieux. Here’s a snapshot of some of the book’s key discussion points, based on research, about the cultivation of **an attitude of gratitude**:

- An attitude of gratitude leads to greater social bonding, the development of empathy, a stronger immune system, better sleep and lower stress.
- Children who focus on positives are less likely to take part in risky behaviour such as drug use.
- Our focus should be on building ‘real self-esteem’, which is not something we give to children by telling them they are special, but is grown as they develop skills and become more confident and competent.

Dannielle Miller writes about the importance of making sure our children feel loved and supported: “We need to let them know - open and often and joyously - that while they have a lot of growing up to do, they are also fine just how they are right now and we’re grateful they are in our lives.” As Professor Lea Waters reminds us, when we constantly focus on getting our children to fix their weaknesses, it’s like we are asking them to use their non-dominant hand to write. Their performance, energy and use won’t be nearly as high as when they work from their strengths.

The good news is that we can be taught to develop an attitude of gratitude. At Lisieux, we talk about ‘filling others’ buckets’; we end each day with a gratitude circle; we operate from a strengths-based foundation. Dannielle suggests the adoption of some of the following ideas to bring a spirit of gratitude into our children’s lives:

- Involve children in the act of giving, not just receiving e.g. making, selecting and wrapping gifts for others.
- Writing letters of gratitude and thank- you notes.
- Ending the day with a ritual of “three good things” that happened today.
- Starting a gratitude box where each day every family member writes on a slip of paper one thing they are grateful for, and once a week these are read out.
- Building a gratitude board- cutting out pictures or adding photos and placing on a corkboard in a central family spot.
- Volunteering in the neighbourhood, local environment, donation of goods.
- Ensuring every day has some quiet reflective time for us to stop, look around and appreciate the good things in our lives.

ISSUE 4 | 28th February 2019

SCHOOL CALENDAR

FEBRUARY

Thur 28th Parents & Friends
AGM and Welcome
Evening. Wine &
Cheese provided.
All welcome.

MARCH

Sun 3rd Year 5/6 Mass
St Therese Church
8:45 All welcome

Wed 6th Parent Information
Evening-Positive
Education with
Andrea Downie.
7pm All Welcome

Mon 11th Labour Day
Holiday
(Student Free Day)

Tues 12th - Fri 15th
Year 5/6 Camp to
Bruny Island
Tasmania

CHANGE OF DATE

Due to a clash with the District Swimming Competition in which we have 6 students entered, we have changed the date of our Beach Activities Day from Friday 22nd March to Monday 1st April.



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I particularly like this one: “A pebble of thanks.” As some children respond to tactile reminders, children can find a special smooth pebble which represents all that is good in their life. Your child can carry it in a pocket and hold it when he or she is having a hard time or feeling disappointed, as a reminder of all there is to be thankful for.

We’d love to hear your ideas on how you cultivate an attitude of gratitude at home.

Mr Ron Dando will be enjoying two weeks of Long Service Leave with his family from today. We say a brief **au revoir** to Ron, wish him a restful and enjoyable break and we look forward to welcoming Mrs Leesa McNamara who will work with Carmel Blue over the coming weeks. Leesa is one of our valued relief educators and our students will be very well supported in their learning and very much cared for under her support.

God’s blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

PRAYER

God of all seasons, we thank you for Autumn.

We thank you

for the touch of coolness in the air that gives us a new burst of energy,

for the colouring of trees that shows the creativity of the Divine Artist,

for the falling leaves that reveal the strength of the branches,

for the hues of fields that bring peace to our souls,

for the Autumn harvest which that brings us gratitude for the bounty of our land,

for this change of seasons that reveals the circle of life.

God of all seasons, as you transform the earth, transform us by your Spirit.

Amen

Things we are grateful for at Lisieux:

- parent helpers
- our Year 5/6 buddies who are showing their support and care for Preps
- opportunities to be outside
- friends
- our amazing educators
- the level of community involvement in our learning community.



SCHOOL INFORMATION

Parents and Friends Committee meeting TONIGHT

We warmly invite you to attend our first Parents and Friends Committee meeting for the year, to be held at 7pm **tonight** in the Staff Room. Wine and cheese will be served before the Annual General Meeting.

UNIFORM UPDATE

As advised last year, we have modified our formal uniform for boys to now include a cotton shirt, designed to be worn with shorts in Terms One and Four and the long sleeve version with trousers in Terms Two and Three. Orders have been delivered to Lisieux and are available for collection. The new shirts look fantastic and we are grateful to Courtney from Noone for her ongoing support.

Please note that it is an expectation that boys should wear shirts with their formal uniform on non-PE days. A girls' blouse is also in production to be worn in Terms Two and Three with Winter skirt.

Thank you to Noone who generously donated Year 6 jackets to our students this year. They look fabulous.



CAR PARK GUIDELINES

Thank you to our families who have noted our parking expectations and made a great effort to ensure the car park is a safe zone for all. Please note that the KISS AND DROP zone is not a waiting bay and the expectation is that the front vehicle should drive right to the front of the zone, students should alight from vehicle and driver should drive on. Parking here is not permitted. If parents need to alight from their car, they should use a designated parking space. Please continue to model and explain to children that they should cross at the designated pedestrian zones, now noted with yellow permanent dots. Your cooperation with these expectations is greatly appreciated.

SCHOOL PHOTOS

Just a reminder that school Photos are on Wednesday 20th March, forms will go home with students on Wednesday 13th March.

DONATIONS FOR RESOURCES

100 languages and The Growth Project are seeking donations of wool, sewing needles and knitting needles. We have noticed that the children are passionate about handcrafts and we would like to create some learning experiences around this passion.

We would also gratefully accept donations of excellent quality pre-owned books, enamel or tin kettles, wooden bowls and spoons and plastic toy dinosaurs or farm animals.

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)



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





ST JOSEPH'S COLLEGE GEELONG

COLLEGE TOURS

Tours for prospective families considering 2020 enrolment at St Joseph's College will depart at 9:00am on:

7 March, 12 March, 14 March, 2 April, 30 April, 2 May, 6 May & 7 May

Year 7 applications for 2020 close on Friday 17 May 2019.

**TOUR REGISTRATIONS ESSENTIAL
REGISTER ONLINE AT:**

WWW.SJC.VIC.EDU.AU



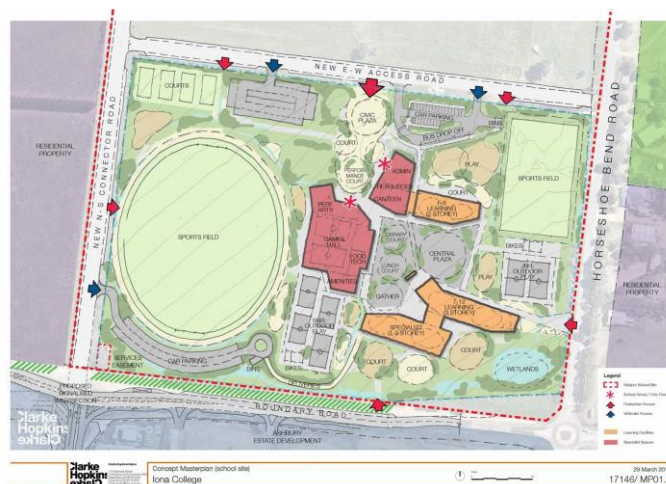
Families may be interested to learn that a new co-educational secondary college is opening in 2020 and is taking enrolments now. Iona College, Geelong will be headed up by the former principal from Clonard College, Damian McKew, and is located 260 Horseshoe Bend Rd, Charlemont 3217.

Iona College will be a showcase for educational excellence and adopt learnings from schools world-wide. The intention is to develop relationships with Tertiary institutions that use that latest research to promote a holistic educational experience – spiritually, academically, physically and emotionally.

Mr McKew is taking small group interviews with interested families who would like to discuss the opportunity with him personally – interviews are available 5-26 March. Additionally, an evening information session is being hosted on Wednesday 27 March for those unable to make one of the other dates.

To book an interview go to 'book interview' at <https://iona.vic.edu.au/> or to register your interest for the evening session email enquiries@iona.vic.edu.au (please note the number of attendees).

You can make contact with Iona College on 0427189279





Little French Wave



What is Little French Wave?

A Local French class for preschoolers in a fun and friendly environment.

Learning French vocabulary by singing, socializing, playing, , writing, arts and craft...

When?

2 sessions available:

Thursday 9:00 am to 11:00 am at the Grovedale's children hub

Thursday 3:00 to 5:00 pm at the Torquay's children hub

Contact us:

Website: littlefrenchwave.wixsite.com

Instagram: [LittleFrenchwave1](https://www.instagram.com/LittleFrenchwave1)

Facebook: [Little French Wave](https://www.facebook.com/LittleFrenchWave)

Email: littlefrenchwave@gmail.com

Phone: 0481233714

Our Local Koori People – a Workshop

The long history of the Wadawurrung people in our region will be outlined, followed by information on where they are at today, including how they see the quest for justice in both the local, state and national context. Are there ways that we can help them increase their voice in our community? Please join us to listen and ask questions.



The presenter, Corrina Eccles, is a proud Wadawurrung Woman, with a deadly, strong and beautiful spirit. Her story is an amazing one of survival and strength, of which she is more than happy to share to teach and empower other people across our community. Corrina is a mother of 2 wonderful young men, she is a fulltime worker who volunteers her time to the growth, development, empowerment, awareness and education of Aboriginal people, communities and the broader Geelong region.

When – Sunday, 10th March, 2019, 2.30 to 4.30pm

Where – St Therese Church, Surf Coast Highway, (Opposite Bristol Road), Torquay

Entry – Donations Box

Plus – Afternoon Tea provided