

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Bonjour!

As this week's edition of *The Tide* goes to press, our first ever group of Year 5 / 6 students are cruising the D'Entrecasteaux Channel, quite possibly viewing whales, dolphins, seals and other sea life. Reports from the participating staff members – Mr James Flint, Miss Georgia Hutchins and Ms Tess Righetti – are that the students have been outstanding in their behaviour, team work and display of zest for life. During my years living in Tasmania, I came to know Bruny Island quite well as I lived in Kettering, the gateway to the island, for a couple of years, and the ferry was at the end of the road I lived in. It was a fun weekend adventure to take the 15 minute ferry and spend a day being re-energised by the beauty of nature (the oysters, cheese and wine were good too.) Bruny is such a serene and pristine setting with white-sand beaches, incredible wildlife and a natural beauty, so when we began planning for our first Lisieux camp, I cautiously suggested this venue to our team, wondering if it would be possible. As we have with many new ventures at Lisieux, we adopted a 'why not?' approach, imagining what might be possible if we pushed the boundaries a little more.

It is a huge venture to take students on an overnight excursion; to go interstate presents further challenges, but the benefits for personal growth are huge. I know that parents will be very relieved to see their children home safely tomorrow evening, and hope that the stories recounted over the weekend will all be positive. A **massive thank you** is extended to Tess, Georgia and James for their enthusiasm, energy and goodwill in coordinating this special event.

Last week we hosted Andrea Downie at our Parent Information Evening and the night was very well supported. Andrea is incredibly knowledgeable about mental health and wellbeing issues in Australia and several parents have let me know how valuable they found the information. It's impossible to condense Andrea's presentation into a few words – there were so many 'aha' moments for those listening – but a couple of key points worth restating are:

- We are wired to be interconnected and relationships early in life affect the growth integration of the brain.
- As well as relationships with others, we need to role model and nurture a positive self to self relationship. "The way we speak to a child becomes their inner voice."
- Mindful practices change the structure of the brain by improving emotional regulation and cognitive functioning.
- We are growing an 'indoor generation' with huge amounts of influential screen time but 'green time' is so vital to our health, wellbeing and learning and should be prioritised.

We have some brief notes from the Information Evening- if you would like a copy let me know. Our staff will be working with Andrea on the final two days of Term One and we are looking forward to continuing to build our own Lisieux 'eco-system of wellbeing.'

God's blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

ISSUE 6 | 14th March 2019

SCHOOL CALENDAR

FEBRUARY

Thur 14 th	Parish 2020 Enrolment Information Evening 7:00pm at Lisieux
Fri 15 th	Year 5/6 return from camp 7pm
Sun 17 th	Year 3 Reconciliation Presentation Mass 8:45am (compulsory)
Mon 18 th	March Birthday morning tea with the Principal
Tues 19 th	Individual Progress Discussions 3:30pm – 7:30pm
Wed 20 th	District Swimming Competition
Thur 21 st	Nazareth Parish Fun Run, Reach Vietnam Fundraiser, Armstrong Creek 5:30pm
Fri 22 nd	District Cross Country



PRAYER

God of Creation,

We thank you for this beautiful world with its amazing variety of animals and plants. May we never forget that we are stewards of Your Creation and that we hold it in trust for future generations. Help us to respect Earth's rich diversity and to share with each other and all living creatures in responsible ways. Amen.

SCHOOL INFORMATION

APOLOGIES IN ADVANCE- WE HAVE HAD PROBLEMS WITH PHOTO DAY BOOKING!

Please accept our apology at needing to change the scheduled Photo Day for the second time. The reason for the most recent change is that it clashes with District Swimming, a date we do not have any control over. Since we have 6 students representing Lisieux in the carnival, we don't want them to miss out on school photos so have agreed to change our Photo Day date to Wednesday June 5, 2019.

Please note this in your diaries and we will also include regular reminders in The Tide, our weekly newsletter. Thanks in advance for your understanding.

NUDE FOOD REQUEST

We request that families support our "Nude Food" expectation by avoiding sending to school for snack or lunch any of the following items: pre-packaged popcorn, savoury shapes, muesli bars, yoghurts, etc. Please send all food items in re-usable containers. Unfortunately not all families have shown support for this expectation and we are working very hard to build awareness of environmental care and recycling. You will also save money by purchasing items in bulk.

DOGS ON SCHOOL GROUNDS

Due to having free range chickens as 'school members' please avoid bringing pet dogs to school unless by prior arrangement.

ENROLMENT 2020

Although it is only March, we have already begun the enrolment process for 2020 and ask that any current Lisieux families with younger siblings who are due to commence Prep next year, complete an enrolment application before the end of April. Forms are available through our website or from Reception at Lisieux. We will be limited in the number of Prep students we can accept in 2020, and wish to prioritise siblings, but it is essential that application forms are received by the required date. Families wishing to join a school tour over the coming weeks should also register by contacting Fiona at Reception.

EGGS

The school is selling the eggs from our wonderful chooks. 1 dozen eggs can be purchased for \$5. Please see Fiona at reception.

FRENCH WORDS

Regarde – look	Comment -how	comme ci comme ça -so so	<u>ça va comme-çi comme-ça</u> - it's
Ecoute-listen	ça -it	et toi? – and you?	going so so.
<u>viens -come</u>	va – go/going	Tu t' appelles – your name is?	<u>Ça va très mal</u> - it's going very
<u>va -go</u>	bien –good	<u>Comment ca va?</u> - How's it	bad.
<u>s'il te plaît -please</u>	mal -bad	going?	<u>Comment tu t'appelles?</u> - what is
<u>merci -thank you</u>	Très -very	<u>ça va bien</u> - it's going good.	your name?
<u>et -and</u>		<u>ça va mal</u> - it's going bad.	<u>Tu t'appelles</u> - your name is.
<u>Tu -you</u>		<u>ça va très bien</u> - It's going very	<u>Et toi?</u>
		good.	

Parenting hacks for a calmer home

This article was first published at [Essential Kids](#). POSTED ON [JULY 1, 2018](#)



Everywhere I go around Australia parents tell me how stressed, exhausted and overwhelmed they are.

Many cannot believe they have turned into a frazzled, shouting parent. Aside from generally feeling pressure from the demands of life, there are other possible reasons why this is happening.

Firstly, children tend to spend so much more time inside their homes than in previous generations.

Parenting in the '80s was so much easier, as it was completely acceptable to send the kids outside to play for hours with neighbourhood kids. You could also *get* them out there because they didn't have little devices to distract them from real play.

We also weren't able to access the enormous amount of information about raising children that has, quite frankly, created as much confusion and stress as it has been helpful.

Also there was no social media where we could see into the lives of other parents — much of which leads to comparing and despairing!

Stress has a nasty habit of getting worse. The flooding of the stress hormone cortisol can become habitual and it's a bit like keeping the accelerator flat to the floor.

Our body and nervous system needs times when things are calmer.

I struggled with being a wonder mum, involved in parent bodies, volunteering at a hospice, coaching basketball teams and running my husband's business while mothering four sons. I almost snapped.

I took up Tai Chi, just one class a week, and within a month everything had changed.

Prior to that, I had forgotten what it felt like to feel calm and centred. I also began using calming CDs that use visualisation because I found this was the best way to calm my inner critic. I still use calming audios to this day.

Both of these activities helped because they reduce cortisol, thus inducing more calmness. Cortisol always floods when stress peaks and it needs to be counteracted by positive neurochemicals like serotonin, dopamine and endorphins.

So, given that our parents are so busy, here are some quick and easy hacks to help reduce tension and create some calmness in your home.

1. Take three deep breaths often – this extra oxygen is good for calming the brain and, if done often, your kids may copy you. Enjoying three deep sighs is also a fabulous way to trigger serotonin.
2. Stop striving to be a perfect parent – good-enough, imperfect parents can raise awesome children.
3. Accept that as a mother you will never ‘get in front’ – your kids are already wearing the next load of washing and your son’s probably already done a skiddy in his jocks!
4. [Safe touch](#) soothes most of us – it seems the busier we become the less we touch lovingly. Gentle tickles on the ‘tickle spot’ – high up on the back – is a quick way to trigger serotonin – anywhere and anytime!
5. Start speaking to your kids the way you speak to your best friends. Also try a gentle whisper into a child’s ear rather than a loud voice.
6. When you find the endless commanding, demanding, nagging and giving consequences is not working – try something new – [try kindness](#). Kindness triggers all the positive neurochemicals – and lowers stress while lifting the love.
7. Use creative visualisation and calming audios regularly. I have some [free audios](#) on my website for kids struggling with heightened stress and irrational fears, to help with sleep and also a special one for mums in particular. The free [Smiling Mind](#) app also has some fabulous mindfulness tracks for all ages.

Finally, remember it’s OK when you are struggling with stress to excuse yourself to the bedroom for some calm-down time. Ensure you have good quality fruit and nut chocolate hiding in your wardrobe for such an emergency (after all, it has fruit *and* nuts so surely it’s a health food?).

Just doing one thing a day will make a calm difference.

COLGATE COMMUNITY GARDEN CHALLENGE!

Colgate, Chemist Warehouse and TerraCycle are thrilled to announce the second edition of the Colgate Community Garden Challenge and we are participating!

From now until September 30 we want you to bring in your empty toothpaste bottles, floss containers, toothbrushes, toothbrush and toothpaste tube outer packaging so that we can send them to TerraCycle.

At Lisieux, we want our children to become conscious citizens who want to make a difference for our planet. We are encouraging the children to bring in these products so that they can be recycled through TerraCycle, instead of going to landfill!

By participating in the Colgate Community Garden Challenge we have the opportunity to win much needed resources for our school garden.

You can also vote for our school online to earn extra points!

<https://www.terracycle.com/en-AU/contests/colgategardenvoting>

Zoe Vagg

HELP OUR SCHOOL WIN A COMMUNITY GARDEN!



Our school is competing in the **Colgate Community Garden Challenge!**

The schools that collect the most oral care waste and online votes can win a recycled community garden set!

Vote for us online and track our school's ranking at :

Terracycle.com.au/colgategardenvoting



To find out more about the Colgate Community Garden Challenge and for full terms and conditions, visit www.terracycle.com.au/colgategarden. If you have any further questions, call TerraCycle on 1800 983 324

Authorized under (DGR) Permit No. CFS/18/02802, (SA) No. T18/5172 and (SACT) Permit No. T18/00284



PHOTO'S FROM THIS WEEK



We are so excited to be hosting our first big fundraising event at Lisieux, a school ball!



- 2 course meal with complimentary drink on arrival.
 - Chance to win 'free school fees for a year'!
- Silent and live auctions including class art projects.
 - Live band so bring your dancing shoes!
 - Formal attire.
- 10 people per table, if you'd like to organise a whole table, please contact the event organiser with first and last names, otherwise seats will be organised accordingly.
On Saturday 3 August 2019 at 6:30pm

LOCATION

RACV Torquay Resort
1 Great Ocean Road, Torquay, VIC 3228

ADVERTISING PACKAGES

If you have a business that you would like to advertise, or know of anyone that would like their business advertised, please get in touch with Fiona Thompson - fiona.thompson@lisieux.catholic.edu.au or 03 90896614. (Word or jpeg formats are preferable).

The cost of advertising is as follows;

\$25 – 1 week

\$90 – 4 weeks slot

\$200 per Term

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





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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



Ph: 0475 753 590



www.nsgrovedale.catholic.edu.au

Ph: 5243 0502



**Wednesday
13 March, 7pm**

*50 Grossmans Road
Torquay*

St Therese Catholic
Primary School, Torquay



St Therese
CATHOLIC PRIMARY SCHOOL

www.sttorquay.catholic.edu.au

Ph: 5261 4246



**Thursday
14 March, 7pm**

*90 South Beach Road
Torquay*

Lisieux Catholic
Primary School, Torquay

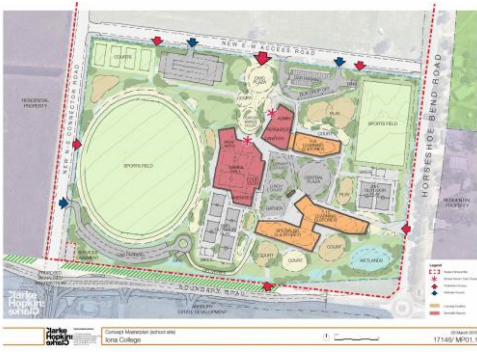


Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

www.lisieux.catholic.edu.au

Ph: 9089 6614





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

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



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Tickets purchased on the day \$40