

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

### Bonjour!

Our learning community is eagerly awaiting the arrival of our newest recruit, our yet to be officially named pet pig. She is due for arrival tomorrow and we have a temporary pen ready for her to move into. In making the decision to increase our 'pet family', some of these reasons we considered included:

- Pets stimulate learning and can provide a number of new learning opportunities.
- Children often come to school with a new enthusiasm for learning when they know pets are there, and class pets improve attendance and engagement.
- Pets can also enhance social skill development and are beneficial to the emotional and mental growth of children.
- Pets help children learn about care and kindness, as well as turn-taking and responsibility.
- Pets can reduce stressful situations and can also improve children's immune systems.

With all those worthwhile considerations, it was an easy decision! We do invite family help, especially with the holidays approaching. We will set up a bin for 'pig food' donations of fresh vegetable scraps, and if you would like to assist with a weekend / holiday 'pig sitting' roster, we would be very grateful. We are also calling for holiday 'chicken sitters' which involves checking water and food, and where possible, providing some 'free range' time.

At this stage we are planning a guest role for our pet pig in our 2019 School Production!

God's blessings for the week ahead,

Susan Ryan  
Principal

[Susan.ryan@lisieux.catholic.edu.au](mailto:Susan.ryan@lisieux.catholic.edu.au)

ISSUE 7 | 21<sup>st</sup> March 2019

## SCHOOL CALENDAR

### MARCH

Thur 21 <sup>st</sup>	Nazareth Parish Fun Run, Reach Vietnam Fundraiser, Armstrong Creek 5:30pm
Fri 22 <sup>nd</sup>	District Cross Country  Assembly 2:30pm run by Year 2 students
Tues 26 <sup>th</sup>	Year 3/4 Geelong Cats Visit
Fri 29 <sup>th</sup>	Earth Hour Run by Ines & Stevi Year 5/6

### APRIL

Mon 1 <sup>st</sup>	Beach Activities Day – All students
Wed 3 <sup>rd</sup>	Easter Liturgy 9am; Easter Bonnet Parade 9:30am; Project Compassion Coin Line Challenge 9:45am
Wed 3 <sup>rd</sup>	Final day, Term 1 for students 3:15pm Finish
Thurs 4 <sup>th</sup> Fri 5 <sup>th</sup>	Staff Conference Staff Conference



## LENTEN PRAYER

“The Examen” is an Ignatian spirituality method of reviewing your day in the presence of God. It has 5 steps and leads us through thankful reflection on where God is in our everyday life. It is particularly useful during the season of Lent.

**1. Ask God for light.** I want to look at my day with God’s eyes, to show me what I need to see.

**2. Give Thanks.** I thank God for this day, for my life, for all I am and have.

**3. Review the day.** I look at my day in the light of the Spirit. I look back over the morning, the afternoon, and the evening. Who talked with me or worked with me? Did I get done what I meant to do or leave things out? Have I followed my own path? Have I done what everyone does?

**4. Face your shortcomings.** I face up to what is wrong in my life and in me.  
Did something go bad?  
Is my work incomplete?  
I feel the sorrow of painful situations that I cannot change.

**5. Look toward the day to come.** I look forward in hope. I where I need God in the day to come.



## SCHOOL INFORMATION

### 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.

### FRENCH WORDS

[travaille \(work\)](#)

[parle \(speak\)](#)

[sort \(go outside\)](#)

[entre \(go inside\)](#)

[avec \(with\)](#)

[moi \(me\)](#)

[Un partenaire \(a partner\)](#)

[Groupe \(group\)](#)

[En groupe \(in groups\)](#)

[Ensemble \(together\)](#)

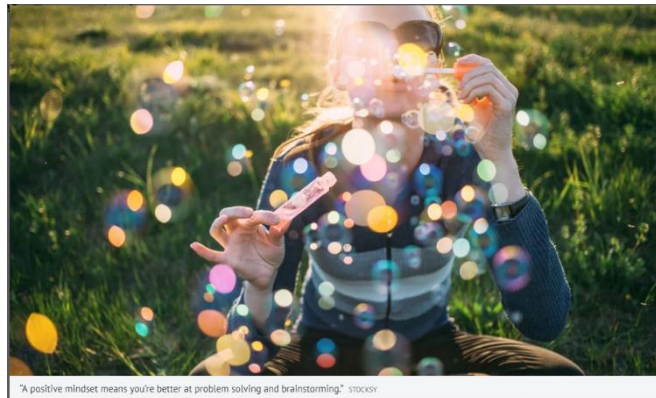


# How cultivating a positive mindset benefits your 'emotional fitness'

By Evelyn Lewin March 16, 2019

Everyone wants to be happy, but this goal can seem elusive. Take Lea Waters, who found that the effects of a troubled upbringing got in the way and was desperate to claw her way back to good mental health through treatment. By the time she graduated as a psychologist, those issues were under better control.

But she realised that the absence of mental illness was not the same as the presence of mental wellness



“A positive mindset means you’re better at problem solving and brainstorming.”

Besides, Waters didn't want to just be mentally well; she wanted to thrive. She just wasn't sure how to do that. Sure, she'd heard about practices such as gratitude, but she didn't think such simplistic solutions could help her.

"I was so sceptical," recalls Waters, now a professor and the founding director of the Centre for Positive Psychology at the University of Melbourne. "It's almost what shoots [creating a positive mindset] in the foot, because the actions are so simple, people don't understand the power behind them. People think, 'Oh, that won't really make a difference.' "

But as Waters looked deeper into the science behind positive psychology, she discovered that while the methods used to achieve a positive mindset are deceptively simple, the neurochemistry behind it is incredibly complex. So she decided to give it a go.

Early on, Waters realised that she needed to work on cultivating a positive mindset. She likens it to exercise, saying you have to train regularly to be physically fit. "It's the same thing for our emotional fitness. You have to put in effort; you have to search for it."

So she set time aside each day for that. She started by "savouring the little positive moments" in life. The reason savouring makes such a difference, she explains, is because we all have an inbuilt negativity bias. That means that anything negative that happens to us is like Velcro: it sticks in our mind. Meanwhile, positive moments slide right over us like Teflon.

"What savouring does is help those good moments stick in your mind," she says. "It trains your mind to make those positive moments become Velcro instead of Teflon."

Practising gratitude also helps. Waters says noticing and appreciating the actions of others generates your own positive emotions. Expressing your gratitude to others further strengthens an upbeat mindset.

Technology plays a role, too. Rather than allowing our devices to sap our energy, Waters recommends using them to our advantage. This can be simple and easy, like making a commitment to only sending positive text messages, or taking a photo each day of something that makes you smile.



Cultivating a positive mindset leads to a plethora of benefits, Waters says. Not only will you be happier, you'll think more clearly. "You're better at problem solving and brainstorming, you think more creatively."

There are physical benefits, too. Having a positive mindset may not only lower the chance of developing a virus but also lessen its symptoms. And positive psychological wellbeing is associated with a reduced risk of coronary heart disease.

They're not the only upsides. Waters says people with a positive mindset are more likely to lead healthier, fitter lifestyles in general. "It's not so much that mindset creates fitness. Rather, it allows you to be more proactive and engaged in life, so you're more likely to join a Zumba class, or go for a walk."

Waters says her life still has hardships and darkness, such as her sister taking her own life a few years ago, but she credits her mindset for keeping her afloat in hard times. "I'm such a completely different person to what I was," she says.

"I'm optimistic, I'm hopeful, I'm resilient. In these past two decades of practising a positive mindset, I've wired my brain for happiness."

## 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](http://www.terracycle.com.au/colgategarden). If you have any further questions, call TerraCycle on 1800 983 324



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## 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

<https://www.trybooking.com/book/event?eid=482679&>

### 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](mailto: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 - TONIGHT**

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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# HOT CROSS BUN FUNDRAISER

Orders are now open for delicious Hot Cross Buns from Routley's Bakery! Stock up for school holidays (they freeze great!) and feel free to order on behalf of family and friends.

Order forms have been sent home with children or you can order via online spreadsheet and pay via Bank Deposit here: <http://bit.ly/2GXinn9>

LISIEUX CATHOLIC PRIMARY  
PARENTS AND FRIENDS COMMITTEE

## HOT CROSS BUN FUNDRAISER

Get delicious Hot Cross Buns from Routleys Bakery in time for the  
Easter School Holidays and raise funds for our school too!

\$6 per pack of 6.  
Available in Traditional or Chocolate.  
Delivery on the last day of term Wednesday April 3rd.

Order online and pay by Bank Transfer here:  
<http://bit.ly/2GXinn9>

Or return order forms and cash to the office.

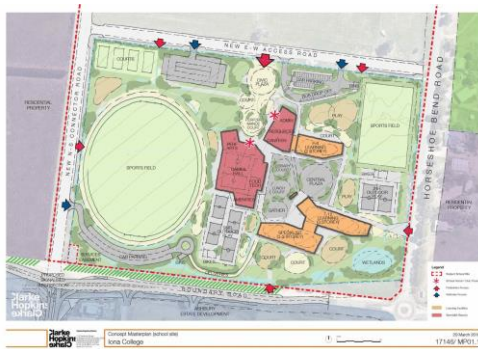
Orders close Wednesday March 27th.

Geelong  
**Advertiser**

My **First** year 2019

48-page liftout featuring photos of Prep students  
across Geelong and surrounding regions

Inside the Geelong Advertiser Tuesday, April 2



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](mailto:enquiries@iona.vic.edu.au) (please note the number of attendees). You can make contact with Iona College on 0427189279






COMPASSION  
INNOVATION  
INTEGRITY

## 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**





#### POSITIONS VACANT

Currently we are witnessing major building developments in Torquay North & Armstrong Creek. The Parish has three Church communities as well as three Catholic Primary schools, with a fourth to open in 2020.

As a result an opportunity exists within the Nazareth Parish of Grovedale, Torquay & Anglesea to fill the following positions:

Parish Secretary Approx. 30hours.

Finance Officer Approx. 15hours.

There is a possibility that the time fraction may increase as the Parish demands expand. The positions are situated at St Therese Catholic Church, Torquay.

Closing date: Wednesday 3rd April, 2019.

Applications are to be sent to [recruitment@cam.org.au](mailto:recruitment@cam.org.au) by Wednesday 3rd April, 2019. Please submit a cover letter along with a current resume. For further information contact Ashley Thomas HR Officer on (03) 9926 5615 Email: [recruitment@cam.org.au](mailto:recruitment@cam.org.au)

## HOLY WEEK/EASTER 2019

### PALM (PASSION) SUNDAY

Saturday 13 April 6:00 pm Vigil Mass - St Christopher's Church, Anglesea

Sunday 14 April 8:45 am Mass - St Therese Church, Torquay

10:30 am Mass - Nazareth Church, Grovedale

### LENTEN RECONCILIATION – WEDNESDAY 17 APRIL

7:30 pm – St Therese Church, Torquay

## THE SACRED PASCHAL TRIDUUM

### HOLY THURSDAY – 18 APRIL

7:30 pm *Mass of the Lord's Supper* - St Therese Church, Torquay

### GOOD FRIDAY – 19 APRIL

3:00 pm *Celebration of the Lord's Passion* - St Therese Church, Torquay

### HOLY SATURDAY – 20 APRIL

8:00 pm *The Easter Vigil Mass* - St Therese Church, Torquay

**NO VIGIL MASS AT ST CHRISTOPHER'S CHURCH, ANGLESEA**

Please note that there will be *Stations of the Cross* held at Nazareth Church, Grovedale at 10:00 am on Friday 19 April.

### EASTER SUNDAY - 21 APRIL

8:45 am *Mass* - St Therese Church, Torquay

10:30 am *Mass* - St Christopher's Church, Anglesea

10:30 am *Mass* - Nazareth Church, Grovedale