

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Bonjour!

We had an excellent attendance at our Mothers' Day High Tea last Friday- almost 80 mums, nanas and special female role models. Those present had the opportunity to listen briefly to CEO of Cottage by the Sea, Tony Featherston, who explained that this is a not-for-profit organisation helping young people in need in a healthy, seaside environment. Their vision is that every child deserves a happy and healthy childhood and the programs they offer take the form of camps at Queenscliff. Tony explained that a high majority of the children who participate have never been to the beach before. As the children who participate face a range of challenging personal circumstances, many of them have never known what it is like to wear new clothing, even pyjamas for instance. If you would like to support the organisation, we will set up a collection tub at reception. In particular, Cottage by the Sea would greatly appreciate donations of boys' clothing and pyjamas up to size 14, however, girls' clothes are welcome too. They have requested that items are all new please. Once we have a collection, we will organise for our senior leaders to be involved in distributing the goods to the organisation.

Car park safety

The following message appeared on our Facebook page last week: We appeal to you to follow these clear expectations to avoid congestion and ensure safety:

If you choose to use the KISS and DROP zone please say goodbye, kiss your child and go. This is not a parking area. Do not stop, do not linger- please kiss, drop and drive on.

For afternoon pick up, please don't park here or use as a Waiting Bay. Arrive after 3:15pm if you wish to use as a pick-up zone and your child should be waiting. If they are not there, drive on and park in a designated parking spot.

We do not have the capacity to have cars lined up and this is not how the zone was designed. The current pattern of multiple cars lining up is creating congestion and reducing safety. Staff will have the unpleasant task of asking parents to move on if they are stationary or using as a waiting zone. They do not want to have to do that. Let's please work together to facilitate smooth pick up and drop off arrangements so all children will be safe. I would like to thank members of our community who have responded to this and improved conditions enormously.

ISSUE 12 | 16th May 2019

SCHOOL CALENDAR

MAY

Thur 16 th	Parents & Friends Committee Meeting 7pm-8pm
Fri 17 th	Assembly 2:30 start Year 5/6
Sun 19 th	Eucharist Presentation Mass at St Therese Church 8:45am
Wed 22 nd	Year 5/6 Social Justice Conference Excursion
Thur 23 rd	Prep – Yr 2 Seussical the Musical Excursion
Fri 24 th	District Athletics
Tues 28 th	Eucharist Family Night at St Therese 7pm-8pm
Fri 31st	2020 Prep Enrolments Due



FROM THE PRINCIPAL

I hope to see some of you at our Parents and Friends Committee meeting tonight. This will take place in the staff room and all are welcome.

God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au

PRAYER

Dear God,

We pray for another way of being:
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.

God lead us to our footpath:

Lead us there where in simplicity
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.

Lead us there where step-by-step we may feel
the movement of creation in our hearts.

And lead us there where side-by-side
we may feel the embrace of the common soul.

Nothing can be loved at speed.

God lead us to the slow path; to the joyous insights
of the pilgrim; another way of knowing: another way of being.

Amen.



FRENCH WORDS

Words:

[Colorie \(Colour in\)](#)

[Dessine \(Draw\)](#)

[Joue \(Play\)](#)

[Commence \(start\)](#)

[Coupe \(cut\)](#)

Sentences:

Je colorie (I colour in)

Tu dessine (You draw)

Je joue avec toi (I play with you)

Tout le monde commence et dessine something. (Everyone start and draw something)

Tu dessine et colorie. (You draw and colour in)

Tout le monde/tu/je joue avec un partenaire.

Tout le monde colorie et then coupe your picture. (Everyone colour and then cut out your picture).

FOR SALE

Packs of cards designed by students

Packs of 10 assorted cards with envelopes in designs created by 2018 students are available from Reception for a reduced price of **\$12 per pack**. These are handy to have on standby and as they are blank inside, they can be used for a range of purposes.

REMINDERS

We are seeing a small amount of rubbish creep into our yard. Please note that as a **nude food school**, our expectation is that lunchboxes do not contain food wrappers eg. Muesli bar wrappers, popcorn packets, etc but that families use recyclable containers. We ask that all families respect this expectation and support our mission to teach students about sustainability and environmental awareness.

Donations of food scraps for Mavis can be added to the red bin with lid outside her pen. We have discovered she LOVES watermelon, but also broccoli, bok choy and cauliflower. She does not seem to enjoy carrots.

ART ROOM REQUESTS

Thanks so much for all those who have collected and donated small boxes for our construction projects. Pigs and their houses have taken over our space for the last few weeks and are now making their way back to your homes to treasure.

No more boxes are needed at present, thanks.

Some students in years 3-6 will be using repurposed textiles to weave and knit. Please keep those old T-shirts coming into our collection box outside the Art space for them to shred and use for these projects. These can go in the box outside the art space along with plastic soft drink bottles. We are also looking for any handsaws, rasps, and files to add to our limestone carving gear. If you have any unused tools please feel free to pass them on to us to use. Thanks for your help and interest





The Key to Raising Successful Kids in a Tech Saturated World? Build Real-World Efficacy...

A [recent study](#) showed that the more time children spent in front of a screen (TV, smartphone, tablets, video game consoles, computers), the **worse** their behavior was.



Compared with children who had less than 30 minutes of screen time per day, children who spent more than two hours of screen time per day were *five* times more likely to exhibit behavioral problems such as *inattention, acting out, hyperactivity and being oppositional*; and over seven times more likely to meet the criteria for attention deficit hyperactivity disorder.

Of course, there are caveats to this study. It is correlational — meaning cause and effect is unknown. It could be that children with more behavioral problems are also more likely to spend more time in front of screens or that there is some third variable that accounts for both behavior problems and spending lots of time in front of screens.

But, if you are asking me — I see it in my own kids. Depending on what they are doing on the screen and how compelling it is, I sometimes see a shift in behavior once we turn it off and it's not for the better.

It's as if their minds become so tied into that virtual world, that it makes it difficult to return to the real world. Yet, the real world is where all the *real* interaction and learning takes place.

But here's the catch. Video games and screens are a part of life. Wouldn't it be better to try to teach kids to regulate screentime and balance it with all the other stuff *of life*.

Maybe it isn't only about what screens are doing to our kid's brain, but what **they are missing out on** spending so much time in front of the screen or thinking about games.

Remember those children showing behavior problems from too much screentime? Certain things seemed to **protect against the negative effects** of screentime — like getting good sleep and participating in organized sports.

Why might things like organized sports have a protective effect? When you think about it, activities like sports provide children with an outlet to be **challenged** and feel **competent** at something, as well as to **connect** with others. These are innate needs that all kids have. All kids want to feel they are good at something; that they are improving their skills in an activity they love and that they have strong connections with others.

Throughout history, these needs for competence and skill-building were often met through **challenging real-world activities and life skills** they learned in the process of growing up. Decades ago, these needs might have been met through learning to build a fire or chop wood. When was the last time you let your 8-year-old use a knife in the kitchen or build a fire outside? Have we lost touch with real-world challenge, real-world competition? Is this what our kids are finding in an online world? Are they trying to meet these same needs through video games?

It seems then that our answer to the video game dilemma might be found in our own backyards, gardens, and kitchens. Can we find ways to incorporate challenging real-world experiences into our kids' lives to help them meet these needs?

Balance The Pull of Technology with Challenge, Competence, and Connection

Kids Need Real-Life Challenges, Competency, and Connection to Build Your Kid's Self-Efficacy

Self-efficacy is something a little different than self-esteem or self-confidence. Perhaps something a little deeper. It is the belief that you have the power to make a difference. To change a situation you don't like, to overcome failure. Self-efficacy is the belief in one's own agency — one's sense of independence or autonomy.

Video-games give kids a kind of virtual self-efficacy. They can control and change many aspects of the virtual world and they can achieve multiple levels of success. That's all fine if it's just for fun or entertainment. But, when a child's sense of self-efficacy is developing, the ability to distinguish virtual competency for real-world competency becomes out of balance.

But it is also important for kids to build self-efficacy in social environments — on family camping trips, on the soccer field, with fellow scouts, or even family game nights. Building social skills and social connection is one key element to balancing the modern day isolation effects of the world of gaming.

Here are some activities to help build your kid's self-efficacy and social engagement in their world.

8 Real-World Challenges to Build Your Kid's Self-Efficacy and Social Engagement in the Age of Video Games

Sports. There is a reason many kids are drawn to sports of all kinds—the challenge in progressively mastering a skill that is difficult. Just as video games offer increasingly difficult levels of challenge, sports provide a similar outlet for kids. They master skills in catching, throwing, kicking (or whatever the sport involves) in increasingly difficult levels. This challenge, combined with the motivating factor of competition, is very appealing to kids as it meets their need for competence and challenge.

Chess. This game is pretty amazing in that it promotes strategic thinking, patience, and progressive challenge. You may be surprised at how your kids, even as young as 5, can pick up chess and find it irresistible once they learn the rules and strategy. Since it's been around for centuries, chess can often be an intergenerational game as well. Kids get no small amount of pleasure out of progressing enough to beat grandpa or aunts and uncles at chess!



Puzzles and Mazes. Although puzzles may seem “old-fashioned” by today's standards, many kids still love them once they realize how you can progress to increasingly difficult levels. Puzzles and mazes, of course, help develop spatial skills and reasoning in a fun way. Like other classic toys, puzzles can be a team activity that builds emotional skills as well. Favorites in our house are the Perplexus Epic, Gravity Maze, and our 500 piece holiday puzzles. Real-life mazes are very **engaging** for kids. In the fall, find a challenging corn maze and let your kids lead or for a fun family outing try an escape room.

Brain Teasers. Many of us probably worked on brain teasers as we prepared for SATs or similar tests. Brain teasers, however, don't have to just be busy work. Brain teasers can be 3-D puzzles, clue-solving games, spatial building challenges and more. We recently attended a "brain bender" exhibit at our local museum that involved many of these types of challenges and our kids loved it and couldn't wait to do more.

Chores. Although kids may not always love chores, having household tasks that they oversee really does build a sense of self-efficacy. Instead of labeling them chores, perhaps you can come up with a name that sounds more engaging such as "culinary arts" or "household management."



A few years ago, my oldest son asked to be "kitchen trained" because one of his friends was permitted to use the microwave and toaster at home. I had not really considered this at the time, but it turned out to be a huge autonomy-booster for him. He learned how to toast bread and cook bacon in the microwave. Bonus for us—he can now oversee his and his little brother's breakfast if we want to sleep in on the weekends!

Friendships. Although kids do not have to have a lot of friends, [research](#) finds that at least one close friend can be *crucial* to children's mental health as they progress into adolescence. Although some video games do allow for interaction with friends, that is not a substitute for real-life interactions. For friendships to truly be emotionally supportive and help kids build social skills, in-person interactions are key.

We can help support our children's friendships by making our homes available to gatherings and encourage kids to meet up in real life, not just behind screens. Additionally, many parents are now limiting or completely banning smartphones when their older kids gather together to promote more face-to-face conversation.

Family Traditions and Daily Rituals. When our children are young, I think it's easier to feel connected to them. They require a lot of hands-on care and attention, so we inherently know what's going on in their little minds (at least some of the time).

As our children mature and start to spend more time away from us in school or activities, this connectedness can often break down a bit. I know I often get so caught up in the daily routine of school, meals, activities, etc. that I forget to just ask how my kids' day went or if they're struggling with anything.

These small moments are key to staying connected with our kids. Daily rituals like an afternoon snack time together or special time before bed make kids feel secure and that the details of their lives are important.

Family traditions like a spring camping trip, family game nights, or a favorite hike also help build that sense of connection. Allowing kids to have some (age-appropriate) input in choosing the family agenda is also a key way to build your kid's self-efficacy. Maybe your older child can map out the trail for the hike or plan the menu for that family camp-out. While these might seem like mundane tasks to us, for kids it gives them a real sense of purpose in the family.

Make Outdoors Appealing Again. One aspect of the video game debate that sometimes gets overlooked is that perhaps the best solution to the challenge is literally in **our own backyard**.

Time outdoors can be the antidote to video game overwhelm, but we may have to foster it in clever ways.

The needs kids have for competence, challenge, and connection can all be met through outdoor play and adventure. You've never seen a prouder child than one who just managed to climb up a very challenging tree. Competence-building challenges like this are built into nature all around us.

My kids sometimes balk at going on “another hike” but once we are on the trail, they always enjoy it. Sometimes we have to point out and encourage them to see the nature-made challenges that are right in front of them. Encouraging kids to see what nature has to offer can really help them see the appeal of it. Pointing out trees that seem climbable, or rocks that they might be able to climb are just a few ideas of things we can do to foster outdoor adventure.

Autonomy-building activities are prevalent in nature as well. Older kids can learn how to start a fire on their own, cook foods on the fire or even learn how to safely wield a pocket knife. Even younger children can learn simple tasks to do on their own in nature like collecting sticks for the fire, learning the names of different plants and searching for unusual insects. Although these activities seem simple to us, children gain so much confidence in learning how to do them independently.



Video games are part of our children’s world today. As parents, it’s probably unwise and impractical to shield them from all of them. Balance is key to our approach in handling video games. We can learn to see the value that some video games provide in offering a novel outlet for them to feel competent and be challenged. Some studies suggest that real benefits like better [peer relationships](#) can be fostered by the playful competition that video games provide.

However, we can also help our kids learn that real-world experiences and nature provide fascinating challenges and adventures well beyond those of the games. If we can help our kids see how real-world challenges offer them the same feelings of competence and autonomy, we will have given them a lifelong gift.



Lisieux will be holding a Supatramp FUNdraiser

When: Wednesday 3rd July

Time: 10am to 12noon in Grovedale.

Put it on your calendar and put a reminder in your phone.

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

LISIEUX 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

Linking people with property

Experience our female approach, we are creating outstanding results time and time again for our clients throughout Torquay, Jan Jue and the Surf Coast.

- Extensive local knowledge - we live where you live
- We successfully manage over 160 rental properties

Call Lynne: 0415 966 471 or Suzy: 0438 438 388

LINKS
PROPERTY

COASTAL SALES | PROPERTY MANAGEMENT | LAND PROJECTS

LINKSPROPERTY.COM.AU

2019/2020 Entertainment Books.

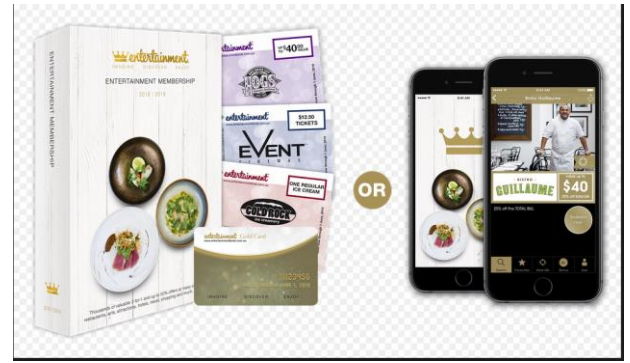
The new entertainment books and online memberships are now available for purchase.

If you are interested in purchasing a 2019/2020 Entertainment Book or online membership, please go to our online booking page -

<https://www.entbook.com.au/9513e26>

Entertainment books will be available at school from the first week of June.

If you would like any further information, please contact Lauren Brody 0488336678.



LISIEUX VEGGIE BOXES ARE BACK!



Now in three sizes

Small box \$40

Medium box \$60

Large box \$90

Why buy your veggies through Lisieux?

- 5% of every box donated back to the school by Organic Mojo
- For every \$500 donated, a box worth \$75 will go to a family in need
- Friends and family can order which further helps support our kids
 - Recipe ideas that align to items in your order
- 100% Australian Certified Organic and Bio-Dynamic fresh produce
- Supporting our farmers to live and work in a healthy environment
 - Reducing waste which contributes to a happy planet earth
 - Select from 3 options – mixed box, only fruit or only veggies
- Order 1 week, 4 weeks or ongoing weekly subscription you can manage online
 - New easy online ordering system

Pick ups will always be Friday afternoon at school.

Go to <https://www.organicmojo.com.au/shop?category=Schools> to place an order!

Thanks in advance for your support to the P&F Committee ☺

Courses and Activities
Torquay Community House
14 Price Street, Torquay



Bookings/enquiries: 5261 2583

IDAHOBIT DAY CELEBRATION

Join us to celebrate our LGBTI Community with an evening of drinks, nibbles and special reading by special guest, poet John Bartlett.

When: Friday May 17th, 5.30pm

Cost: FREE

Contact: Please RSVP by calling 5261 2583 9am-5pm, Monday - Thursday

ADVANCED FERMENTING

learn to make four ferments – Sauerkraut, Kimchi, Kvass and a Ginger Bug. Bring 4 jars (2 big 2 small)

When: Saturday 18th May 10am-2pm

Cost: \$120

Contact: 5261 2583 Enrolment essential

NATIONAL VOLUNTEER WEEK MORNING TEA

For National Volunteering Week they will be one of five community houses across the Surf Coast that will all host morning teas for volunteers in their area at 11am on Wednesday May 22nd. Volunteers from organisations across the community are invited to their local community house to meet other volunteers, network and enjoy a well-earned tea break!

When: Wednesday 22nd May, 11am

Cost: FREE

Contact Details: Please RSVP by calling 5261 2583 9am-5pm, Monday - Thursday

RECONCILIATION WEEK SUPPER

National Reconciliation Week will be commemorated on Wednesday May 29th with a light supper and guest lecture on Indigenous languages by guest speaker Corrina Eccles.

When: Wednesday 29th May, 7pm

Cost: FREE

Contact: Please RSVP by calling 5261 2583 9am-5pm, Monday - Thursday



Torquay Books are starting up a

Young Readers Book Club

Who: Suitable for children in Grades 4-6

Where: Torquay Books – 14B Gilbert St, Torquay

When: 3rd Sunday of every month commencing 16th June

Time: 3pm – 4pm

Convenor: Jenny Laidlaw

Cost: \$20 – includes book and afternoon tea

So how does it work? When you sign up you will receive your first book to read, along with a question about the book to feed back to the group on 16th June. Following the group discussion, you will pay for and receive your next book to read for the 21st July club meeting, and so on. The group discussions will be very informal and it will not be compulsory for you to speak if you don't feel comfortable. But chatting about books is lots of fun!

To register, please call in to the shop to complete a registration form and collect your first book!!

Any enquiries please phone the shop on 5261 2311.

WE WOULD LOVE YOU TO JOIN



Calling all under 12 girls who wish to play basketball on a Monday after school!

This is a fun competition so no experience necessary!

Please contact Craig 0412227040 or email surfcoastbasketball@gmail.com to be placed in a team.