

90 South Beach Road Torquay VIC 3228 (03) 9089 6614 www.lisieux.catholic.edu.au

**KNOWN & LOVED** 

ISSUE 16 | 13<sup>th</sup> June 2019

#### FROM THE PRINCIPAL

Dear members of the Lisieux community,

#### Bonjour!

I hope all students and their families made good use of their extended long weekend and have returned for the final stretch of Term 2 feeling refreshed and re-energised.

The extra days were well-utilised by staff to extend their professional development and allow time for planning. On Tuesday, David Vinegrad from Behaviour Matters facilitated a workshop with all staff members on Restorative Practice. As our Lisieux website outlines,

#### We adopt Restorative Practices at Lisieux Catholic Primary School as our way of relating to each other.

The aim of Restorative Practice is to restore right relationships and bring about healing after some hurt or harm has been done to another or others. It has, at its heart, the key Gospel values of reconciliation, responsibility, reintegration and resolution of conflict. Restorative Practice offers processes that can help all students learn to understand and deal with their own emotions in ways that build stronger relationships.

The Restorative Practice motto within the School is Triple R: **Respect, Restore, Repair.** 

A key discussion point over the day was based around the idea that our goal as schools is to design school-wide systems for academic success, and equal weight is required to embed behavioural systems. Just as it takes time and repetition to learn new academic concepts, so too it takes learning opportunities, repeated practice, encouragement and affirmation to embed behavioural concepts. Restorative Practice recommends that we support our young people by:

- getting relationships right as a foundation for cooperative classrooms:
- use guiding questions to learn about actions, thoughts and feelings;
- working on making things right rather than punishments;
- making sure consequences are specific, measurable, achievable, realistic and timely.

Below is a snap shot of some questions that our staff may commonly use when guiding students through conflict management, and we encourage families to make use of them at home as well.

#### **SCHOOL CALENDAR**

#### **JUNE**

Sun 23<sup>rd</sup> First Eucharist
Celebration at
St Therese Church
8:30am – 9:30am

Tue 25<sup>th</sup> Advisory Council Meeting 7pm

Thur 27<sup>th</sup> Pyjama Day & Sausage Sizzle

Fri 28<sup>th</sup> Last Day Term 2 Classes conclude 3:15pm





Thank you to all who have responded to our Lisieux Community Survey. The feedback is overwhelmingly affirming with some valuable comments made about future priorities as well. We have shared the data with "Think in Colour", a Melbourne based business whose mission is to communicate complex ideas in simple, artistic and accessible graphic forms. We look forward to how they will interpret our collated feedback and what it will provide as a reference point for our community.

God's blessings for the week ahead,

Susan Ryan Principal Susan.ryan@lisieux.catholic.edu.au

#### **PRAYER**

## PRAYER: Conflict Resolution

Lord Almighty, anger, hatred and bitterness is not of You. You are the

GOD of GRACE
GOD of PEACE
GOD of MERCY
but most importantly,

You are the **GOD** of **LOVE**.

Teach me to forgive and resolve any conflicts that may arise.

Help those around me to resolve their situations and may we all execute that never-failing eternal love to one another.









#### **SCHOOL INFORMATION**

#### **GROWTH PROJECT UPDATE**

We recently had additional planter boxes constructed and are very keen to start growing our own produce, allowing the students to experience growing their own garden and developing kitchen skills. We would like them to have ownership of the garden and provide opportunities for students to experience real life, hands-on learning.

One of our goals is to see the students engaged in the project. We want to see them eager to come to class, prepared to put in hard work and realise that a garden needs an ongoing commitment. We know that a garden requires patience and we think that is a valuable life skill for our young people to have.

With all these future aspirations in mind, the school would like to trial taking the Growth Project in a slightly new direction in Term 3. We will continue to focus on sustainability and we begin to tend to the garden on a more regular basis and cook. For this to happen we need the support of our community. We are calling upon volunteers to help with the Year 3/4 (11am-12:30pm) and Year 5/6 (9am-10:30am) Growth Project Class on Wednesdays. We want to build a regular basis of volunteers (mums, dads, grandparents, anyone who holds a Working With Children Check) who can come in and help us!

At this stage we envision that our timetable may look something like this.

	Focus and date	Year 3/4 11am - 12:30am	Year 5/6 9am - 10:30am
Term 3 Week 1	17/7 Focus: Garden	3 volunteers per session	3 volunteers per session
Term 3 Week 2	24/7 Focus: Kitchen		
Term 3 Week 3	31/7 Focus: Sustainability/Recycled art		
Term 3 Week 4	7/8 Focus: Garden		
Term 3 Week 5	14/8 Focus: Kitchen		
Term 3 Week 6	21/8 Focus: Sustainability/Recycled art		
Term 3 Week 7	28/8 Focus: Garden		
Term 3 Week 8	4/9 Focus: Kitchen		
Term 3 Week 9	11/9 Focus: Sustainability/Recycled art		
Term 3 Week 10	18/9 Focus: Garden		

We hope to have three volunteers for each session and each volunteer would be leading/supporting a small group.

We are calling all members of the community who have skills in gardening, cooking, sustainability or just want to help! We want you! If you could email your intentions of how you could help to <a href="mailto:zoe.vagg@lisieux.catholic.edu.au">zoe.vagg@lisieux.catholic.edu.au</a> or with any further questions, that would be greatly appreciated.

#### **GROWTH PROJECT DONATIONS**

The Growth Project are seeking donations of any kitchen equipment in good condition. Items such as measuring cups, bowls, utensils, cutlery, mixing bowls, oven trays, muffin tins, cooling racks. Anything that may be beneficial to the setting up of our kitchen would be greatly appreciated.

#### Year 5 / 6 BIKE EDUCATION PROGRAM

During Term 3 The Year 5/6 students will undertake a Bicycle Education Program. The program will take place on:

Tuesday 30th July Wednesday 31st July Thursday 1st August

Tuesday 6th August Wednesday 7th August Thursday 8th August

On these days the students will be required to bring a functioning and safe bike and helmet to school. Students will be provided with Bike storage throughout the program and bikes are welcome to stay at school for the duration of the program.

Each students bike will have to pass a safety test at the beginning of the course, below are instructions on how to check the safety of your child's bike.

If you have any questions or concerns please contact Mr Curry on matthew.curry@lisieux.catholic.edu.au







#### SCHOOL PRODUCTION UPDATE

Thank you for your incredible offers of assistance for the school production in September. We are still keen to hear further from any helper with specific dancing/directing/ acting experience who could act as a coach to students during school hours. We will be in touch early in Term 3 to organise working groups, and tasks to be done. Many thanks for your support.

#### WELLBEING

#### Let them play! Kids need freedom from play restrictions to develop

You may have heard of play. It's that thing children do – the <u>diverse range</u> of unstructured, spontaneous activities and behaviours.

Children play in many ways, including by exploring movements, constructing with equipment, creating games, using imagination and chasing others around a playground.

The UN Convention on the Rights of the Child <u>recognises play</u> as every child's basic right. But play is becoming extinct. Global <u>studies</u>, <u>across generations</u>, have confirmed outdoor children's play has been declining, across all age groups, for decades.



Unstructured play improves <u>learning</u> and <u>social</u> and <u>physical</u> development. Providing a variety of play options, improved play access and fewer restrictions can encourage <u>children to engage</u> in physical activity with peers in line with their imaginations.

#### Play is becoming extinct

Australian <u>children's active or independent</u> travel <u>has been declining</u> over the past two decades, <u>consistent with other</u> countries.

There are many reasons researchers are describing child's play as "<u>endangered</u>" and "<u>extinct</u>". These include more use of electronic devices and parents wanting to protect children from strangers, traffic, pollution and bullying.

<u>Research also points to</u> a low awareness of the importance of play, more pressure on children to do well in class and more restrictions on play. Hectic schedules, such as parents' jobs and children's extra-curricular activities, may also contribute.



Parents <u>have reported</u> their children are playing outdoors far less than they used to when they, themselves, were children. Parents are <u>noticing fewer children</u> walking and cycling to school or actively playing after school.

Modern parents are more likely to accompany children, by driving them to school, attending their excursions, supervising them on school grounds, or keeping them indoors altogether.

More than <u>half</u> of the world's population lives in cities. Urban environments are prone to decreasing play opportunities with less open, <u>natural spaces</u> for outdoor play.

#### Why this matters

Children have fewer <u>opportunities to engage</u> with nature. Providing more <u>contact with nature</u> can enhance children's creativity, boost their mood, lower stress, improve well-being, promote physical activity and improve attention spans.

<u>Nature play</u> is also becoming more important as a counterbalance to children's technological saturation. It is important for children to connect with nature early, as they are then likely to learn to appreciate nature into adulthood.

In primary school, children spend around 30 hours per week at the school and have more than 4,000 recess periods. If play opportunities are becoming limited around the home and community, schools are the best place for children to meet their play requirements.

#### How schools can help

Research <u>shows</u> introducing simple objects from around the home (such as milk crates, pipes and wooden planks) into school playgrounds may influence children to work cooperatively. They discover new ideas and solve problems by constructing, observing, designing and learning from each other.

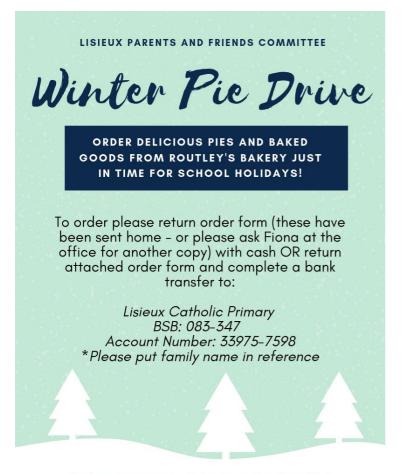
Providing more options for children to play outdoors ensures they are <u>intellectually challenged</u> and engaged to find new ways to use such spaces for discovery. If loose play equipment, such as balls, bats and blocks, isn't available children can still use what nature provides, such as twigs, leaves, rocks, feathers, petals, mud and sand.

The <u>diversity of outdoor objects</u> and features offers children a variety of shapes, sizes and locations they can use to discover, explore and invent games or designs. It's better for play objects not to be fixed as this helps with exploration, discovery and creativity.

Many Australian <u>school playgrounds are fixed</u> in the same spot. But new and replenishing play opportunities are important for children. For schools and parents to maximise children's play, play environments <u>should include</u>:

- spaces for thinking, so school children can make discoveries, learn and be intellectually engaged
- spaces for doing, so school children can take moderate risks, undertake play challenges and extend themselves physically
- spaces for being, so school children can be themselves away from the confines of classroom walls or overly restrictive rules, regulations and routines
- spaces for feeling, so school children can explore and independently embrace their senses and play decisions with a diversity of colours and features.

The <u>Australian Curriculum</u> recognises the importance of play and outdoor <u>learning</u>. Ensuring children can access quality outdoor play <u>can help align</u> with national curriculum objectives.





### Lisieux will be holding a Supatramp FUNdraiser

When: Wednesday 3rd July Time: 10am to 12noon in Grovedale.

Orders close end-of-day Tuesday June 18th Orders delivered to school Tuesday June 25th



#### 2019/2010 Entertainment Books.

2019/2020 Entertainment Books were sent home with children earlier in the week.

Please see the included pink or yellow slip inside for the different options.

If you are not wishing to purchase the Entertainment Book can you please arrange for the Book to be returned to Fiona.

Here is the link to our online booking page - https://www.entbook.com.au/9513e26 If you would like any further information, please contact Lauren Brody <u>0488336678</u>.





#### 2019 Business Sponsorship Packages

#### GOLD SPONSORSHIP - \$500

- · Listing as Gold sponsor on our Sponsors Board in school foyer
- Sponsors board displayed at Lisieux CPS inaugural School Ball in August 2019
- · Acknowledgement by MC of Gold Sponsors at Lisieux CPS School Ball
- · Listing as Gold sponsor on our school website, along side your businesses logo
- Newsletter advertising in each weekly newsletter for the remainder of the 2019 school year
- · Framed Certificate of Appreciation

#### SILVER SPONSORSHIP - \$250

- · Listing as Silver sponsor on our Sponsors Board in school foyer
- Sponsors board displayed at Lisieux CPS inaugural School Ball in August 2019
- · Listing as Silver sponsor on our school website
- 3 x Newsletter advertising per term (In terms 2, 3 and 4)
- · Framed Certificate of Appreciation

#### **BRONZE SPONSORSHIP - \$100**

SILVER

**BRON7F** 

- · Listing as Bronze sponsor on our Sponsors Board in school foyer
- Sponsors board displayed at Lisieux CPS inaugural School Ball in August 2019
- · Listing as Bronze sponsor on our school website

SPONSORSHIP PACKAGE: (Please circle)

- 1 x Newsletter advertising per term (In terms 2, 3 and 4)
- · Certificate of Appreciation

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BUSINESS NAME:		
CONTACT NAME:	PH:	
ADDRESS:		
EMAIL ADDRESS:		

Lisieux Catholic Primary School - 2019 Business Sponsorship Packages

I would like to sponsor a table at the Lisieux CPS School Ball (Cost \$120)

I would like to donate an item to the Live or Silent Auction (at the School Ball)

Please return Sponsorship acceptance form to Lauren Brody at laurenbrody07@gmail.com or call 0488 336 678 for further information.

#### LISIEUX BALL UPDATE

GOLD



Only 72 sleeps to go...and less than 85 tickets left!!

If you haven't secured yours yet, the event is now open to the wider community so ensure you don't miss out! Tickets can be purchased here <a href="https://www.trybooking.com/BBMAP">https://www.trybooking.com/BBMAP</a>

Do you have a business you'd like to promote at our event? Or know someone you think might be interested, please find out more here <a href="https://forms.gle/KdAhM33xjYTwdvTT6">https://forms.gle/KdAhM33xjYTwdvTT6</a>

Saturday 3 August 2019 at 6:30pm

### **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 <a href="https://www.organicmojo.com.au/shop?category=Schools">https://www.organicmojo.com.au/shop?category=Schools</a> to place an order!

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



# Save money and the environment while raising funds for our school!

Litter Free Living offers a range of reusable lunch and household products and has offered us a great fundraising deal. Visit <a href="www.litterfreeliving.com.au">www.litterfreeliving.com.au</a> and enter the code <a href="LISIEUX">LISIEUX</a> at checkout and you will receive a 10% discount plus 20% of your sale will come back to our school. Also, when you spend over \$50 and use the LISIEUX code, you will automatically receive 1 small reusable zip-fresh snack bag.



# stuckonyou

We are fundraising with Stuck on you! Follow this link or use the code **LISIEUX** at checkout to earn 20% commission for our school (or 5% for sale items). Please share with family and friends for great gift ideas also! Stuck on you sell high quality school essentials, baby products, stamps, bags, books, stationery and offer free local pick up (16 Leather St, Breakwater). <a href="https://www.stuckonyou.com.au/affiliate/fundraiser/LISIEUX">https://www.stuckonyou.com.au/affiliate/fundraiser/LISIEUX</a>









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