

FROM THE PRINCIPAL

Dear members of the Lisieux community,

We are almost at the half way mark of our final term for 2019. This weekend is a long weekend with a Professional Practice Planning Day for teachers added to Melbourne Cup Day. As there have been some nasty viruses around, it is a good time for students to rest and refresh before tackling the final weeks of the school year.

This week we welcomed Year 1 educator, Miss Brie Dries, back to school part-time. While Brie recovers from a serious back injury, she is easing back into work with limited duties. Her main role has been supporting junior students through reading assessments. It is great to see Brie back at Lisieux and we pray that her healing continues. Meanwhile, Year 1 is being ably supported with the ongoing involvement of Miss Rearne Clark.

We are thrilled to know that Estella Judd's (Year 1) surgery went well last week and we look forward to welcoming Estella back to school soon. Our ongoing thoughts and prayers are with the Judd family through this challenging time.

This week I communicated via letter to all our Year 5/6 parents about cyber safety and online responsibility following an incidence which involved some of our senior students engaging in inappropriate online behaviour. As stated in the correspondence,

"We are all aware that the upper primary and early adolescent years can be a time of challenge and discovery. Young people can be impulsive and do make mistakes; while this is absolutely normal, it can be particularly problematic in the online world, an environment which requires regulation and where posts have a degree of permanency. The message we consistently share at Lisieux is that with privilege comes responsibility. If our students are going to interact on social media platforms, they require clear guidelines and parental support."

We have included an article in our wellbeing section of The Tide which may be relevant reading for all parents and educators. At Lisieux, we will be planning some further cyber safety and awareness sessions for our students before the end of the school year. As always, our goal is to work in partnership with families to develop a shared language and common expectations around such matters. Your ongoing support in continuing this dialogue is appreciated.

God's blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au



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SCHOOL CALENDAR

NOVEMBER

Fri 1st	Assembly led by Year 1 - 2:30pm - 3:00pm
Mon 4th	Student Free Day
Tues 5th	Melbourne Cup Holiday
Thur 7th	National Day – Outdoor Classroom Day Year 6 Candidates Confirmation Practice 12:15pm – 1:30pm Year 5/6 Star of the Sea Visit 1:30pm
Thur 7th	P & F Meeting 7pm
Fri 8th	Outdoor Discovery Excursion P-2 CareMonkey sent 29/10
Sun 10th	Year 6 Confirmation at St Therese Church 3:30pm – 5:00pm
Thur 14th	2020 Prep Transition Day 1 9:15am–10:30am
<u>Swimming Whole School</u> <u>Monday 11th - Friday 15th</u>	
Mon 18th	November Birthday Morning Tea
Wed 20th	2020 Prep Transition Day 2 9:15am–10:30am

PLODDERS PRAYER

God give me a quiet week,
Nothing too amazing,
Nothing too far up the creek,
I need to do some grazing.

God please let me simply plod
A path that's not too rough.
Being me is very odd
And that is quite enough.



PHOTO'S FROM THE WEEK



The 5 cyber safety tips every parent should know

Authored by a Symantec employee

They text. They snap. They wouldn't look up from their phones even if the apocalypse were upon them. They are today's generation of device-addicted kids.

Parents all over the world know that the advantages of the Internet far outweigh its disadvantages. Children learn more, understand more and accomplish more with the aid of the Internet. In a recent [survey](#) conducted by Norton by Symantec, it was observed that globally, 60% of parents allow their children access to the Internet before age 11. Even though 78% of parents agree that children today face more online risks than children five years ago, only 50% check their children's browser history and 46% limit access to certain websites and apps.

This generation of parents is raising children in a rapidly evolving cyber landscape. Children naturally learn and adapt quickly, but even more so in this age of technology. Besides the numerous responsibilities that come with parenting, now parents have the additional burden of keeping up with their kids' Internet habits and also guiding their children safely through the digital frontier.

Just as you have taught your child to look both ways before crossing the street, it is important to teach them a few essential cyber life skills.

1. Never leave your device unattended

One minute it's there and the next minute it's gone. Smartphones, laptops and tablets have a decent resale value. Besides, now cybercriminals make more money by stealing the data that's stored in these devices than from reselling them. Information like passwords, addresses, birthdates of family members, and Social Security numbers fetch a pretty price in the underground economy. Criminals can patch together the information on all these devices to commit identity theft.

Children make excellent targets for device theft because there is a high probability for all this information to be on their devices due to school and sports activities that require this information. Teach your kids how valuable these devices are, and to keep them close.

2. Click with caution

Whether subtle or bold, phishing is dangerous. One careless click is all it takes for malicious software to get into devices and wreak havoc. Talk to your kids about not automatically clicking on links in emails. Show them how to hover your mouse over the link to make sure it is going to a reputable address. Spelling mistakes, odd emails from popular companies, and threatening messages urging quick action are some of the telltale signs of a phishing email designed to install malware on your device. When in doubt, do not click on the link. Instead go straight to the company's website and contact the person concerned or the customer service department to ensure such a mail was sent to you. Fortunately, most high-quality antivirus software, like Norton Security, will catch these phony emails before they come to you.

3. Never ever share your password

You may think that everyone knows the importance of keeping passwords a secret — but maybe your children don't. After all, 76% of people share passwords.¹ It takes just one moment of poor decision-making and you risk exposing everything stored in your device. Teach your kids to protect accounts with strong, unique passwords that use a combination of at least 10 upper and lowercase letters, symbols, and numbers to confuse password-stealing bots that scour the Web. Change your passwords every three months and don't use the same password across different accounts. If it's too difficult to remember all those passwords, then use a free password manager like Norton Identity Safe.

4. Be wary of using social media

Many social networks require users to be at least 13 years of age, but some allow children to sign up with their parent's permission.

If your children have accounts, check their privacy settings. The default settings may expose more information than you'd like. Change settings to the highest level of privacy. You never know who is snooping around their social media profiles. Teach your kids not to accept friend requests from people they — and you — don't know. Some friend requests come from bots that will spam friends lists.

There are many risks that come with social accounts, but stalking and bullying are two very real dangers that can haunt kids online and off. Publicly broadcasting your location is not the safest thing to do. To deter stalkers, disable location services on your child's phone and apps.

5. Be a good online citizen

Remember, the Internet is forever. So anything said online stays online. Nothing really gets deleted, not even on Snapchat. Unfortunately, since the Internet is the new playground, bullying can plague children offline and on. Teach your children to practice good online etiquette and to never say mean things. Instead, they should be kind and not participate in negative posts. Let them know that the law protects cyberbullying victims, so they should tell you if they are being cyberbullied or know someone who is.

All of these are essential cyber safety skills, but kids are kids and mistakes can happen. As a parent, you can take preventive steps against this eventuality by helping to protect your child's device with security software. [Norton Security Premium](#) is a great solution for securing the devices in your home. It comes with award-winning parental controls and a wide range of features to help your kids explore the digital world safely.





+ Instrument Lessons

A&B Musical Instruments Pty Ltd and Lisieux Catholic Primary are proud to offer one on one instrumental lessons on site beginning term 1 2020 for **Guitar Keyboard and Ukulele**

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Help Raise funds for Lisieux Catholic Primary School

Sunday November 10th 2019
7:00am - 4:00pm
@ Bunnings Torquay

Please come along & grab a snag to support your school

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This month, Nutrition Australia is celebrating 10 years of nude food in schools and encouraging families to find more ways to enjoy vegetables and try for 5! Check out the try for 5 [website](#) for new recipes and lunch box ideas.

NUDE FOOD = A HEALTHY BODY + A HEALTHY PLANET

This is a great time to celebrate our achievements as a nude food school and promote our expanding sustainability efforts. As a community, we can now also raise funds for our school through purchases made with Bellarine Beewraps (by entering *Lisieux* at checkout). Free pick up is available at their Torquay Cowrie market stall or at our school each month.

We will soon also be running an Onya fundraising campaign to raise funds for school facilities (such as playground, sports and kitchen equipment). Onya's products (including sandwich wraps, coffee cups and drink bottles are made from recycled materials and are 100% recyclable.

Details to come later this month via the newsletter and Facebook.



Courses and Activities Torquay Community House 14 Price Street, Torquay



Bookings/enquiries: 5261 2583

THAI COOKING CLASS

Learn about Thai authentic flavors through a hands-on cooking and sampling experience with our delightful tutor Orm Annetts. All ingredients and cooking equipment supplied. Enjoy your own creation of Thai street food with your friends! Include recipe card for you to cook at home.

When: Saturday 9th November 10am-1pm (3-3 ½ hrs), maximum 8 participants
Cost: \$75 per person
Enrolment Essential: Call 5261 2583 Mon-Thurs, 9am-5pm or go to www.torquaycommunityhouse.org.au

STAY SAFE ONLINE

Learn how to protect your privacy and security online with our tutor Janek Kondzior. This introduction to internet security will help you to stay safe online. We'll cover topics such as: Which browser and search engines should you use? Things to look out for when banking and buying online. Should you have multiple passwords? What about a password manager? How to avoid becoming a Facebook 'product' plus tips and security advice. Bring your iPhone/android, or laptop.

When: Tuesday 12th November for 2 weeks
Cost: \$50
Contact Details: Call 5261 2583 Mon-Thurs, 9am-5pm or go to www.torquaycommunityhouse.org.au

JAPANESE BORO STITCHING


Learn the Art of Boro in this 3 hour special workshop as part of National Recycling Week. Make an eco-friendly bag that's all Boro or mend a garment using this clever patchwork technique and be part of the sustainable movement and fashion up-cycling solution.

When: Friday, 15 November 2pm - 5pm
Cost: \$50
Enrol or Enquire: Call 5261 2583 Mon-Thurs, 9am-5pm or go to www.torquaycommunityhouse.org.au 5255 4294.

'Not In Our Town' Family Violence Forum

The forum will be led by a panel of various experts in the area and will discuss issues such as warning signs, legal rights and responsibilities, and how to approach someone who may be experiencing family violence.

When: November 25th, 1.30pm-3.30pm
Cost: Free
RSVP: <https://www.eventbrite.com.au/e/family-violence-forum-tickets-72023290601>



LET THEM PLAY LIKE A GIRL!

U10 GIRLS BASKETBALL

IN TORQUAY

Basketball competition for girls born in 2011 & 2012

Modified rules with a focus on fun and learning.

Teams needing players now!

All games held in Torquay on Fridays, straight after school (4.10pm and 4.55pm)

To join email: admin@basketballsurfcoast.com.au



ONYA SCHOOL FUNDRAISER

Please follow this unique URL for 30% of your Onya purchase to go towards school facility purchases, such as kitchen, classroom, sports and playground equipment.

<https://www.onyalife.com/ref/106/?campaign=lisieuxcps>

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- BYO coffee cup
- BYO reusable straw
- Use bar soap

PLANETARK

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

- Anne-Marie Bonneau

PLANETARK

FAMILY VIOLENCE FORUM

'NOT IN OUR TOWN'

Please join us for a forum and lunch to discuss the issue of family violence with a panel of representatives from Victoria Police, the Sexual Assault and Family Violence Centre, Barwon Community Legal Service, Surf Coast Shire, The Orange Door, a men's case manager from Bethany Community Support and a family violence survivor from advocacy organisation Broken to Brilliant.

The panel will address legal options and issues, warning signs, creating a safe and positive culture, approaching someone who may be experiencing family violence and pathways available to those who need to leave an unsafe situation.

This forum provides an opportunity for the community to come together, raise awareness and examine ways to change social conditions that foster family violence.

MONDAY 25TH NOVEMBER 1.30-3.30PM

RSVP ESSENTIAL 5261 2583 OR GO TO: [EVENTBRITE.COM.AU/E/72023290601](https://www.eventbrite.com.au/e/72023290601)

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN



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