

FROM THE PRINCIPAL

Dear members of the Lisieux community,

To say it has been a 'crazy time' is probably an understatement. Separate correspondence has been sent in relation to the COVID-19 situation to all our families and no doubt everyone is keeping up to date with the latest advice, so I will not dwell on this situation here except to say it has been heartening to see how supportive, sensible and respectful everyone in our community has been to one another during this stressful time. The coming days present great uncertainty, and in times of challenge, it is very reassuring to be part of such a united and caring team. Do continue to take care of yourselves and our very precious children and families. We will maintain regular correspondence with you, based on the latest Catholic Education and Government advice.

It was wonderful to welcome back our Year 5/6 students from their Canberra experience on Friday afternoon. To see photos of their happy and excited faces each day while they were away provided great feedback about their engagement. Reports written by the students follow below.

Portable update

We have a team of construction workers engaged in renovating our portables with power, air conditioning, wifi connection, carpet, fresh paint, white boards and new spouting. It will be ready for occupation by Term 2 at the latest, and be used as Year 5/6 classroom and Art /100 Languages. Once again, we apologise for the delay in this work.

God's blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

ISSUE 6 | 19th March 2020

SCHOOL CALENDAR

MARCH

Thur 19th Nazareth Parish
REACH Vietnam
Fun Run 5:00pm
CANCELLED

Mon 23rd Beach Activities
Day
CANCELLED

Wed 25th Reconciliation
Sacrament 5pm St
Therese Church
CANCELLED

Thur 26th Rescheduled
Family Picnic
Night 5:00pm –
7:00pm
CANCELLED

Fri 27th Easter Bonnet
Parade 9:15am
STUDENTS ONLY

Season of Lent
Liturgy 2:00pm
STUDENTS ONLY

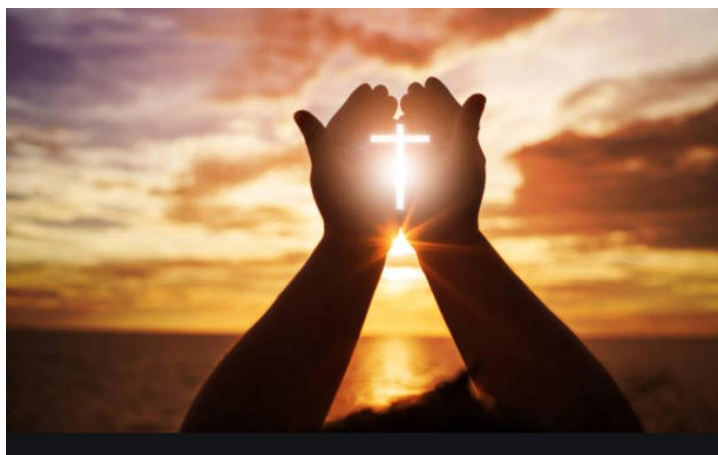
Coin Challenge
2:30pm
CANCELLED

**Term 1 Concludes
3:15pm**



PRAYER

Lord Jesus,
We know that when you walked on earth, you trod on hard places, and felt the strain of our world. Walk with us now through our own difficult times. In the midst of uncertainty, help us to remember our blessings, which are plentiful. Relieve our fears and anxieties. We pray that You will grace us with patience and wisdom and give us strength for self-care.
Amen.



INTRODUCING OUR NEW STAFF MEMBERS

Introducing Adrian Mancini

What is your role at Lisieux?
Grade 3/4 Teacher

Where did you grow up / go to school?
I grew up in Northern Victoria on a dairy farm in Katamatite.

How do you like to spend your spare time?
I like spending my time with wife Cat and our two boys. I'm a massive Cats fan and love going to the footy.

What are you enjoying about the Lisieux community so far?
I'm enjoying getting to know new people in a new place. It has also been great to experience the vibrant and enthusiastic learning community.

What are you most looking forward to at Lisieux this year?
I'm looking forward to connecting with the community and seeing growth and joy in the students.



BOOK REVIEW

Refugee

I recommend this book to Year 3-6s for people that like people trying to escape from their country because it is really engaging and you might learn some new words. I really liked the book because it was a kind of adventure. I gave this book a five out of five.

By Gemma.



2021 ENROLMENT

Existing Lisieux families with a child due for Prep 2021 enrolment are asked to complete and submit an enrolment application form by end of May. Copies of our enrolment form are available from Reception or can be downloaded from our website. With strong interest for 2021 enrolment, please don't overlook this if you are a current family.



Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

Learning is a journey
of discovery

Come and see our learning
community in action...

Visit our classrooms and hear from
our Principal about what we offer.

We believe you'll be excited by our vision.

General Information Evening
Wednesday 18 March 7pm.

Group tours currently being offered.

ENROLMENTS CURRENTLY
BEING ACCEPTED FOR 2021

To Register Phone: 9089 6614

www.lisieux.catholic.edu.au



YEAR 5/6 CAMP

Our favourite parts of camp were:

Question: It was so much fun. In the first room there were all these different robots. There was one robot where you type a question and the robot would answer the question. There were a few boring rooms but a lot were fun. The last room was the best. It had a six foot slide that you had to hold onto a bar and then you had to let go. Question was really educational and we will never forget it.

At the AIS the class met a really nice lady that showed us around. We saw a gymnastics room, one side for boys and one for the girls. We saw a swimming pool with lots of diving places. There was a special diving spot that tells you how much force you are using. We went to the volleyball court and there were people playing! It was really exciting to watch people playing in action. The man was throwing them the balls, one girl was hitting the ball to the girl who hit the ball into the net, backwards! Later we went to this room where we got to do all of the things we saw (plus more) but virtual!

It was really fun and we will remember this forever in the future.

By Kailey Corker and Gemma Prince-Harris



A&B Music LESSONS

Unfortunately, we have had to make the decision to suspend lessons effective immediately today. We have a duty of care to uphold to both our wonderful staff and awesome students. We have ZERO cases of covid-19 but for staff and customers we would like to keep it that way.

We are planning to recommence week one, term 2 but of course we will update you accordingly. We will also be working through continuing lessons via skype should ongoing disruption continue. If you are ahead in payments we will credit you for the lessons in term 2 when we start up again. Our retail store remains open for business as usual. If you can let us know you have this message via return message that would be great. All our love and thanks again and see you in term 2!

7 Ways to Support Kids and Teens Through the Coronavirus Pandemic

By [Gene Beresin, Executive Director](#)

The outbreak of the [new coronavirus disease \(COVID-19\)](#) has created a lot of anxiety and uncertainty for all of us, including children and teens. During stressful times, not matter what their age, children want to know three basic things:

- Am I safe?
- Are you, the people caring for me, safe?
- How will this situation affect my daily life?

As parents and caregivers, we need to [talk with our kids](#) about COVID-19 to [address these concerns](#). Below are seven tips on how to engage with kids of all ages to help them maintain emotional stability during the crisis, followed by guidance on how to tailor conversations for kids at of different ages.

Guidance for Helping Kids of All Ages

1. Control Your Own Anxiety

Many of us are worried about the current situation and living with uncertainty isn't easy. Yet, anxiety is "contagious." Your kids will know that you are nervous even if you try to hide it. So how can you keep your cool, despite your own worries? Here are [some things that may help](#):

- **Get the most credible information you can.** Focus on [fact-based, helpful information](#) about the virus. Avoid endless social media streams, which can be filled with misinformation, and constant [breaking news](#) headlines, which can fuel your concerns. Stay up to date with notices from your child's school, your state, and your city or town. Anxiety is best contained if you know the [guidelines for protecting](#) you and your loved ones, including hand washing, cleaning surfaces, use of sanitizers, whether you or your family [need to be in isolation](#), and what supplies you should have at home in case you are quarantined.
- **Talk with folks who support you.** This could be your partner, a parent, a friend, a spiritual leader, or another trusted adult you can confide in.
- **Take care of your physical health.** Get a good amount of [sleep](#) and exercise and use other ways to reduce anxiety, such as [meditation](#), yoga, listening to music, or watching a TV show.
- **If your child asks if you are worried, be honest!** They will know if you are not telling them the truth. You can say things like: "Yes, I'm worried about the virus, but I know that there are ways to prevent its spread and take care of the family if one of us gets sick."

2. Approach Your Kids and Ask What They Know

Most children will have heard about COVID-19, particularly school-age kids and adolescents. They may have read things online, seen something on TV, or heard friends or teachers talk about the illness. Others may have overheard you talking about it. There is a lot of misinformation out there, so don't assume that they know specifics about the situation or that the information they have is correct. Ask open ended questions:

- What have you heard about the coronavirus?
- Where did you hear about it?
- What are your major concerns or worries?
- Do you have any questions I can help you answer?
- How are you feeling about the Coronavirus?

Once you know what information they have and what they're concerned about, then you can help to fill in any necessary gaps.

3. Validate Their Feelings and Concerns

Kids may have all sorts of reactions to the COVID-19. Some may be realistic, while others exaggerated. For example, if grandma is in a nursing home, they may have heard that [older adults get sicker](#) than healthier, younger individuals. You need to be able to acknowledge this valid concern, but can reassure them that grandma has the best medical care to manage the illness. Alternately, a child may be terrified that animals will get the virus such as a beloved pet. Again, take these feeling seriously, but then reassure them that [dogs and cats don't get the virus](#), so there is no need to worry about this.

4. Be Available for Questions and Provide New Information

This outbreak is likely to last a long time, so one conversation won't be enough. At first, your child's emotional reactions will outweigh their thoughts and concerns. As the outbreak continues and your kids get new information, they will need to talk again. Let them know they can come to you at any time with questions or worries. It's also a good idea to have regular check ins, as they may not approach you with their fears. When you update your kids with new information, don't assume that they fully understand everything you say. Ask them to explain things back to you in their own language. This is an excellent way to know if your kids understood what you meant.

5. Empower Them by Modeling Behavior

An [important part of prevention](#) is hand washing, coughing or sneezing into your sleeves, wiping your nose with tissue then discarding it, trying to keep your hands away from your face, not shaking hands or making physical contact with others, and wiping surfaces with material that is at least 60% alcohol.

Be sure to demonstrate these behaviors first, so your kids can have a good model. It's a great idea for you to wash your hands *with* young children singing "Happy Birthday" twice (about 20 seconds) so they know what to do on their own. Wiping surfaces as a family, after dinner, helps everyone feel part of the prevention effort. For older kids and teens, [give alternatives](#) to high fives or fist bumps, like elbow bumping, bowing, or using Mr. Spock's "live long and prosper" [Vulcan salute](#).

When you see your kids practicing good hygiene praise them for it! Reinforce that they are not only taking care of themselves, but also helping to prevent the spread of germs to others.

6. Provide Reassurance

Your kids may worry about how you're going to get through this. Remind them of other situations in which they felt helpless and scared. Kids love family stories, and these narratives carry a lot of emotional weight. Try something like: "Remember that hurricane when a tree fell on the apartment?" or "Remember when the pipes burst in the house and we were flooded?" Remind them that you have been through challenging times before, and though everyone was distressed, everyone also worked together and got through it. Reliving these kinds of narrative helps the whole family to build resilience and hope.

7. Don't Blame Others

In stressful times, when we feel helpless, there's a tendency to blame someone or become more fearful, even when there is no evidence to support these reactions. This can create social stigma and be [harmful towards certain groups of people](#) – in the case of COVID-19, particularly people of Asian descent, and people who have recently traveled. The last thing we want our kids to do when frightening events happen is to cast blame on others, either intentionally or without meaning to.

When you ask your kids what they know about the virus, listen for anything that discriminates against a group of people, and address it in your conversation. And make sure not to reinforce negative stereotypes in your own actions and conversations.

Guidance for Kids By Developmental Level

When you talk to your child or teen, it's important to use words, phrases, and examples that are developmentally appropriate. Here are tips for helping preschool kids, school-age kids, and teens and young adults.

Preschool Kids (Ages 2- 6):

Preschool kids are more in tune to and affected by parental emotions than older kids. For them, especially, be sure to stay calm around them. In addition:

- Turn off the TV, computers, smart speakers when they are around. They will hear things or see images that are potentially scary.
- Be careful in talking about the situation with other adults or older siblings around them.
- Younger kids may need a bit more TLC and cuddles than older kids. If you're concerned about transmitting illness, then sitting close, or perhaps sleeping in the same room is comforting.
- Make preventive measures such as washing hands or wiping surfaces a playful game.

School-age Children (Ages 7-12):

- Kids in first to sixth grade can understand more about a contagious disease. Explain that the germs causing COVID-19 are like ones that cause a cold. Remind them that these illnesses can spread easily, but that they can also be prevented, which is why we need to wash our hands, use tissues, and use alcohol wipes.
- Kids this age thrive on routine. Try to keep to daily schedules as typical as always, even if you are quarantined at home. Explain that the reason you stocked up on a month's supply of food and are not going to school or work is to help your community by not spreading the disease to others.
- Younger school-age kids cope with their fears through play. They may play doctor or use a Lego set to create a hospital helping people. This is a normal way for them to manage their anxieties including repeating their games over and over.
- Some school-age kids will become more clingy and demanding. Such "regression" is a way of expressing fear. This is not the time to simply tell them to "grow up," even if the behavior is frustrating. They may need more time with you – reading to them, watching a TV show together, drawing, or playing.
- Turn off the TV other digital media as much as possible. School-age kids may not understand everything they hear and see on the screen. For example, if there are reports of outbreaks or deaths on the other side of the country, they may not know how far this is or that germs cannot spread to their house from distant places.

Adolescents and Young Adults (Ages 13 – 18+):

- Teens and young adults have likely heard a lot about COVID-19 and its potential danger. They are old enough to understand how it spreads, preventative measures, and future risks. Have open conversations, beginning with open-ended questions about what they know, what they are worried about, and how they are feeling.
- Kids this age are mature enough to watch the news with you or go online and explore trusted sites to learn more about the disease. Sit with them while viewing and have conversations about what they see and read, and how the illness may impact their lives.
- Teens and young adults may be help you shop for supplies, play with younger siblings, prepare meals, and do other tasks to prepare for possible quarantine. Including them in the effort to protect the family helps them feel valued, and this empowerment lessens anxiety.

No one knows at this point how serious the impact of COVID-19 will be. Living with uncertainty is not easy. However, we can help each other become more resilient, emotionally stable, and as physically protected as possible through a carefully planned means of engaging with our kids in this time of crisis.



ST JOSEPH'S COLLEGE GEELONG

COLLEGE TOURS

Thursday 12 March
Wednesday 18 March
Thursday 19 March
Thursday 26 March
Wednesday 15 April
Friday 17 April
Tuesday 21 April
Wednesday 22 April

Year 7 applications for 2021 close on Friday 8 May 2020.

TOUR REGISTRATIONS ESSENTIAL
REGISTER ONLINE AT:

WWW.SJC.VIC.EDU.AU



COMPASSION
INNOVATION
INTEGRITY

SAINT IGNATIUS COLLEGE

On Friday 13th March, Saint Ignatius College has made the decision to cancel Open Day 2020.

This will be replaced with a number of smaller booked tours (to be confirmed.)