

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

This week I am thrilled to update you about newly appointed members of staff who will join our Lisieux team in 2021. It is always a very rewarding process, and one I feel privileged to be involved in, to meet and chat with prospective candidates for a position at our school. This year James Flint, Deputy Principal, and Ron Dando, Religious Education Leader, joined me in interviewing prospective candidates over three days. The quality of applicants was outstanding but we were in full agreement that the chosen educators will make wonderful additions to our team. I am thrilled to announce and warmly welcome Carly Finn, Laura Gillett and Kate Salisbury as classroom educators and Candice Delaney as Literacy Enrichment Specialist Teacher. There will be some changes in the roles of our current educators for 2021 and a full list of responsibilities and our confirmed classroom configurations will be published at a later date. Keep an eye on our Facebook page as we introduce each of our newly appointed staff members over the coming week or two.

I have been looking forward to announcing the Stage 2 building contractors for some weeks, however, the announcement has been delayed by 'red tape'. Be assured that I will advise you of the outcome as soon as possible and we look forward to works commencing very soon.

Meanwhile, while students have been offsite, we have advanced some landscaping projects to the rear of our site, enhancing and expanding our nature-based play spaces with the introduction of some creative and flexible features. Our commitment to providing natural spaces comes from the belief about the importance of nature in a child's development. We know that children thrive in nurturing environments that encourage them to explore and engage meaningfully with the world around them, and when you have a chance to see these new spaces I am sure you will agree that what we are creating at Lisieux is unique and very special. When children return next term, we will share more detail of a planting program that they will be involved in. Please keep sharing stories and photos of your family's remote learning experience. We love to see the creativity that is taking place. God's blessings for the week ahead,

Susan Ryan  
Principal

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

ISSUE 25 | 27<sup>th</sup> August 2020

## SCHOOL CALENDAR

### SEPTEMBER

**Thurs 3<sup>rd</sup> Mobile Library  
11am – 12 noon**

**Nightly Story Time via Zoom  
7:00pm Monday -Friday**

## PRAYER

Based on Mt 16:21-27

Loving God,  
Through the power of Your Holy Spirit,  
move within us and among us as we worship.  
Open our eyes to Your presence;  
open our ears to Your call,  
open our hearts to one another.  
And then send us back out into the world,  
to live and work as Your faithful disciples.

In the name of Jesus Christ,  
Amen.



## WELLBEING

# Mindfulness: What it is and How to Explain it to Kids and Adults

by [Chris Bergstrom](#) | Sep 28, 2015



Mindfulness has become a trendy word that is used to describe everything from yoga exercises to colouring activities. It can be hard to find a simple way to explain it, especially to children.

This is how I explain modern secular mindfulness to both kids and adults. I try to keep it simple.

[How to explain mindfulness to young kids:](#)

Mindfulness is simply... ***noticing what is happening right now.***

Mindfulness is taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation.

Mindfulness is also noticing what your mind is doing.

**What happens when you start noticing these experiences?**

When you notice what is happening around you, you focus more deeply, and that attention to your own senses will help you improve in diverse areas of your life.

Improved focus can help you achieve at higher levels in sports, school or music. It will help you score higher on tests, too. We always do better when we're able to pay attention to what we're doing, right?

But there's more...

When you notice what is happening around you, it can help you to calm down when you're sad, angry or frustrated. Mindfulness helps you deal with tough emotions, and mindfulness can make you happy and feel good.

Would you like to try it out? I would!

That's a great way to start talking about mindfulness with younger children.

#### How to explain mindfulness to teens:

When talking with adolescents, you could simply expand on the previous explanation and say that mindfulness is a basic life skill that can benefit us in many ways.

A popular way to put it is to say: ***mindfulness is about paying attention in a particular way – on purpose, in the present moment and without judgment.***

The non-judgment part means that we simply have an experience without contemplating if the experience is good or bad. By doing this, we develop more self-awareness, emotional balance, and impulse control. It's about recognising our inner and outer experiences and understanding how they affect our well being.

#### How does mindfulness work?

We tend to be reactive. For example, when someone says something we don't like to hear, we react. Sometimes *we* say something that we would like to take back the moment after we blurt it out. Or we are knocked down by a heavy emotion and it can take days to bounce back, sometimes even weeks.

Mindfulness helps us create space between a strong emotion and our actions. We learn to deal with positive and negative experiences more calmly and by making better decisions.

When we pay attention to our thoughts and feelings, we can respond in a more clever way, without hurting our own feelings or the feelings of others.

As we create more emotional balance, we are less easily knocked down by our emotions, but in moments when we *are* knocked down, we bounce back faster.

Pretty awesome, isn't it? Most adolescents deal with strong emotions, and mindfulness skills can really make a difference. Now that you know more about mindfulness, would you like to give it a try?

#### What is the goal of mindfulness practice ?

Mindfulness helps us sustain our awareness more often and for longer periods. We can begin to practice mindfulness by adding many brief moments of awareness into our lives on a daily basis.

This awareness comes with lots of benefits.

#### Here are some of the good things mindfulness can bring to your life:

- Mindfulness helps us create space between the emotions we have and the actions we use to respond to them.
- Mindfulness helps us focus.
- Mindfulness can make us feel better emotionally and physically.

If you need studies as proof to practice mindfulness, you're in luck: [thousands of studies](#) have documented the physical and mental health benefits of mindfulness. Benefits such as;

- decreased stress and anxiety,
- improved health,
- better sleep,
- improved focus and awareness,
- better problem solving,
- improved impulse control,
- increased compassion and kindness,
- stronger relationships,
- altruism,
- and even higher life satisfaction.
- 

Wow, now that's an impressive list! :) Did you know that [studies](#) have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits?

Before we start believing mindfulness is a panacea, it's important to point out that mindfulness is not the silver bullet that will solve every problem.

Even if we practice mindfulness, we will still experience difficult feelings and mental chatter. However, with mindfulness, we can change our relationships with our emotions, thoughts and negative self-talk.

We don't have to believe every thought we have, or be knocked down so often by our emotions. Sometimes we can let our thoughts drift by and then disappear, just like a cloud in the sky.

**Here's one more fun definition.** A friend of mine says mindfulness is... *like being the best possible parent to yourself. Present, gentle, attentive, compassionate and grateful for each moment.* I love that

## COMPETITION WINNERS

### THE SUPERHERO SAVES THE DAY

Boom !!!!! went the building!!!  
Aaaaaaaaaaaaaaaaaaaaaa!!!!!!! Lots of people  
ran out of the building  
what is happening  
the building  
has exploded!!!!

Policeman my rabbit is stuck in there. I have to get it.  
No it's too dangerous – you can't get it, but policeman  
that's my rabbit **Peter**.  
Here comes a superhero.  
She comes down and gets my rabbit.  
There is still lots of fire coming out of the building.  
Oh what do we do? The firetrucks are starting to come.  
The superhero gets my rabbit back for me.  
Peter I love you.

Thank you superhero.

BY  
SOPHIE

### The PiZZA Box

Hello there can I order a PiZZa please? Sure says the man on the phone. What would you like? Sharp th shark says I will have a Salami and people pizza please oh... I mean cheese not people, ha ha ha The man on the phone said is this sharp the shark calling again?

Sharp said, well yes it is but please... can I have a pizza I've never tried one before ~~suddenly~~ suddenly a pizza box falls into the ocean right in front of the sharks eyes! sharp is a very happy shark

The End

Kai Deledio





## PHOTOS FROM THIS WEEK



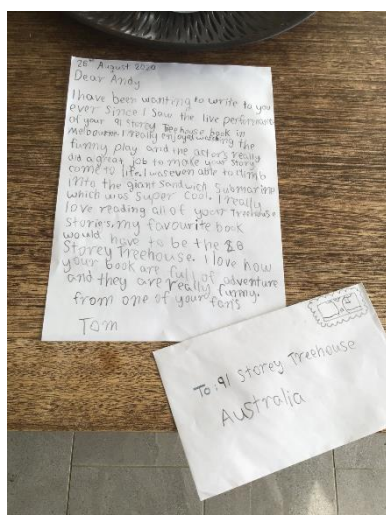
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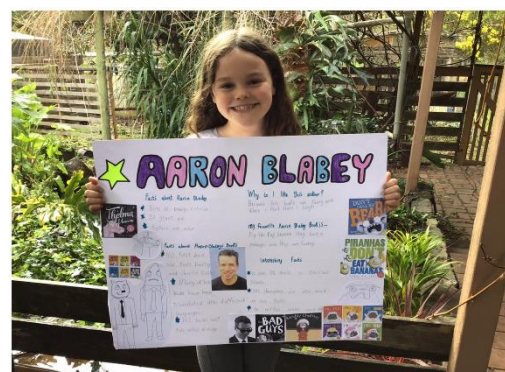
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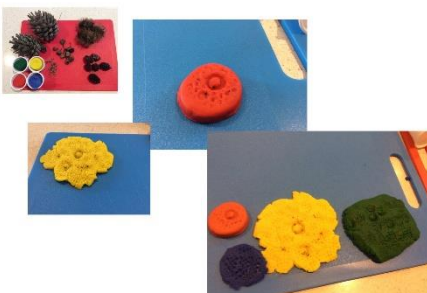
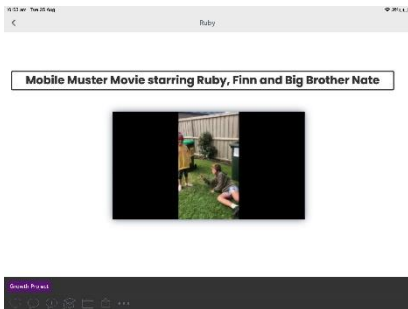
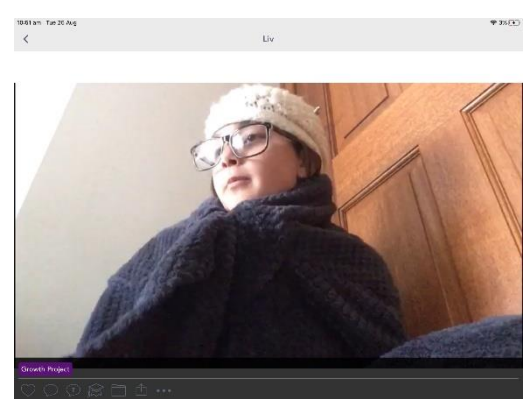
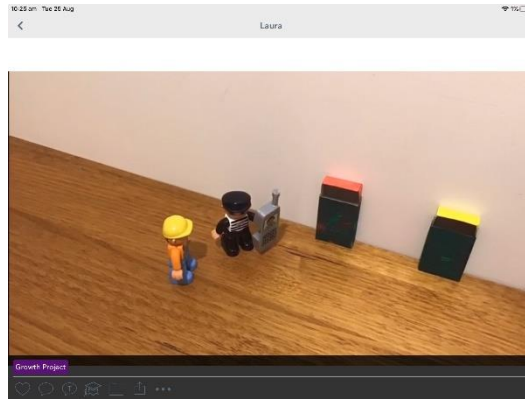
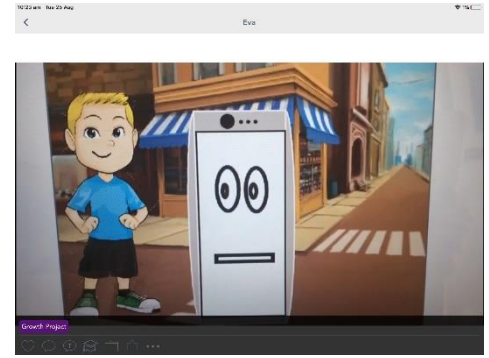
Jackson S



Tom B











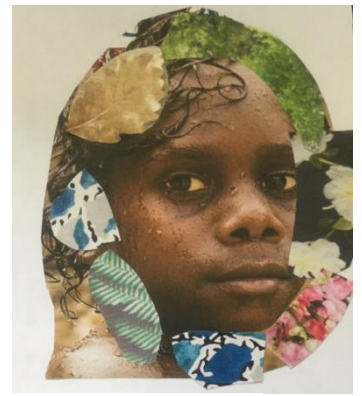
Aida



Bridie



Elke



Freya



Darcy W



Finn K



Luke B



Liv F



Lilani



Tom B



Tallulah



Ruby K



Angus



Poppy



## **GEELONG ART GALLERY - WHO'S WHO OF GEELONG COMPETITION**

Angus (Year 6) has entered the Who's who of Geelong portrait prize at the Geelong Gallery, below is his image. If you would like to vote for his portrait to win the people's award, please go to the link below.

This is the link to vote:

<https://www.geelonggallery.org.au/whats-on/exhibitions/who-s-who-portrait-prize-1538/angus-t>



Angus T  
Level 6, Lisieux Primary School



# PROUDLY SUPPORTING THE LISIEUX COMMUNITY.

Chris Henson



Feel free to call me anytime for  
a chat regarding real estate.

0477 774 271 | [chris.h@oneagency.com.au](mailto:chris.h@oneagency.com.au)

**ONE**AGENCY  
SURF COAST

## NEWSLETTER ADVERTISING!

Do you have or know of a local business that would like to advertise to our school community?

Our newsletter gets over 1,000 views each week!

### SMALL AD

One Off: \$20

One Month: \$50

One Term: \$100

### MEDIUM AD

One Off: \$40

One Month: \$100

One Term: \$200

### LARGE AD

One Off: \$80

One Month: \$200

One Term: \$400

OR you might like to have a Special Offer e.g. "Quote 'Lisieux' when booking a job and we'll give \$50 back to the school." Or "For every Lisieux Family Meal Deal ordered we will give \$10 back to the school."

OR you might be interested in sponsoring one of our bigger projects and have your business name and logo on it! Bigger projects get FREE Newsletter Advertising.

For Advertising Enquiries please contact Lisieux Parent's and Friends Committee at: [lisieuxpandf@gmail.com](mailto:lisieuxpandf@gmail.com)

### Liturgy of the Word for children - Zoom session

With the restrictions due to Covid-19, we have all suffered in not being able to gather for the Eucharist, and none more so than our children as they cannot gather for Children's Liturgy of the Word. So, we are moving into new territory and inviting any of our families who wish their children to continue to be able to focus on the Sunday Gospels, to get involved. The more the merrier, as the saying goes!



An invitation to children to experience the Word of God. Using prayers, songs and scripture readings, adapted to their own level of understanding, we will seek to help children develop a deeper understanding of the message of the Sunday Gospel. Parents are most welcome to join in as well.

**Beginning :** Sunday 30<sup>th</sup> August - and each week afterwards **Time:** 11am

**How:** Email your details (i.e. names and email address) to Lucy Atkin at [childrensliturgygrovedale@gmail.com](mailto:childrensliturgygrovedale@gmail.com)

You will be sent the zoom link and login details closer to the date. If you have not yet used Zoom we can help you get that setup as well.

Hope to see you there!