

FROM THE PRINCIPAL

Dear members of the Lisieux community,

After such a long time in a home-learning situation this year, it is inevitable that along with the fun of seeing one another again, there will be some level of schoolyard conflict as well. When it comes to social emotional development, learning to navigate friendships, take turns and resolve conflicts is an important part of student growth. This week, in some classes, our staff have led circle time discussions and supported students in navigating some social challenges. While this is all a normal part of school life, the following may serve as important reminders to talk about at home:

- Playground conflict is natural and, in most cases, healthy, where it can lead to problem solving skill development and the strengthening of relationships. Learning to navigate the playground helps young people develop resilience and empathy.
- Emotional regulation is a skill that many younger people (and some adults) do not have. When disappointed or frustrated, some children react in a physical way. Our job as adults is to encourage a more appropriate means of managing emotion such as mindfulness, deep breathing, writing, using words or other expressive means. At Lisieux we refer to using 'gentle hands' and talk about making choices that leave others feeling safe.
- We encourage students to try and work things out themselves first before involving an adult. If this is not successful, an adult can support students in working through conflict resolution strategies. Staff at Lisieux will use a series of restorative questions to guide this process.
- We recommend that parents always listen to stories shared at home about the school day, but avoid judgement. While it is natural to believe your child's version of events, it is much more valuable to help your child see both sides of a situation, and to avoid criticising other students. If possible, encourage your child to brainstorm potential solutions rather than tell them what should happen – this way they will 'own' both the problem and the solution.
- Conflict is different to bullying. Conflict is natural, while bullying is intentional and targeted, involves a power imbalance and is a repeated behaviour. If you believe bullying is taking place, it is important you liaise with the school.

For more on supporting your child through management of conflict please see the reading by Michael Grose, leading parenting educator, in the wellbeing section of this newsletter.

ISSUE 30 | 15th October 2020

SCHOOL CALENDAR

OCTOBER

- | | |
|------------------------------|--|
| Mon 19th | Book Week
Parade |
| Thurs 22nd | Mystery Book
Stall |
| Fri 23rd | Grand Final
Day Public
Holiday
Student Free |

**October Birthday Morning
Tea – Cancelled due to
current food sharing
regulations.**

NOVEMBER

- | | |
|----------------------------|---|
| Mon 2nd | Staff
Professional
Practice Day
Student Free |
| Tues 3rd | Melbourne
Cup Public
Holiday
Student Free |

FROM THE PRINCIPAL

Thank you for your response this week to the slight change in pick up arrangements. We are constantly striving to improve this process and the visit from Sergeant Peter Christo this week enabled us to develop some strategies to reduce congestion on South Beach Road.

God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au

PRAYER

God, you are my shepherd. I have everything I need.

With you I rest in green fields and drink from quiet pools of cool, fresh water.

You give me new strength each day, and you guide me along the right path.

Even when I go through the deepest darkness, I am not afraid. I know that you are with me.

Your shepherd's rod and staff protect me.

You prepare a feast for me, where all my enemies can see me.

But you welcome me as an honoured guest and fill my cup to the brim.

I know that your goodness and love will be with me all the days of my life, and I know that I will live with you forever. Amen.



SCHOOL INFORMATION

NEW TRAFFIC MANAGEMENT

We received a visit from Sergeant Peter Christo of the Victoria Police this morning in relation to traffic issues on South Beach Road. We have subsequently discussed with Sergeant Christo an improved traffic management plan. Please find the key points and important changes listed below:

- Parents are requested NOT to arrive at Lisieux for pick up prior to 3:10pm as a long line of cars builds up and impacts on congestion on South Beach Road.
- We have added an additional 4 pick up cones and as parents arrive between 3:10pm-3:30pm we ask you to drive forward to the first available cone, marked from 1-9. Children will be directed to the appropriate pick up cone, where we encourage them to enter the vehicle quickly and safely.
- As previously requested please have your child's name clearly indicated in front window so staff can direct respective students to the appropriate cone.

We believe these small changes will ensure a more successful flow of traffic and minimise waiting times. As previously communicated, drivers of vehicles are asked to turn left only from the car park, again to minimise congestion.

Please also note that police are enforcing the 40km per hour speed limit between drop off and pick up times and are issuing infringements for drivers exceeding the speed limit during these times.

Thank you again for your ongoing support to maintain an improved pick up process. Your cooperation is greatly appreciated.

FRIDAY FLOW

Friday Flow recommences October 30 for Year 1-6 students on Friday afternoon. Yay! We would be very grateful of the following donations for various electives:

- newspapers or magazines
- wool and knitting needles
- pre-loved crockery or tiles (broken or chipped is fine)
- chess sets
- Recycled Card

WELLBEING

INSIGHTS

by Michael Grose - Australia's leading parenting educator

Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

Robber # 1:

Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3:

Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:

Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children's abilities and don't put excessive pressure on them.

Robber # 5:

Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half

way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren't perfect.

Robber # 6:

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don't routinely do for kids what they can do for themselves.

Robber # 7:

Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.

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While you are there subscribe to Happy Kids, Michael's hugely popular email newsletter.

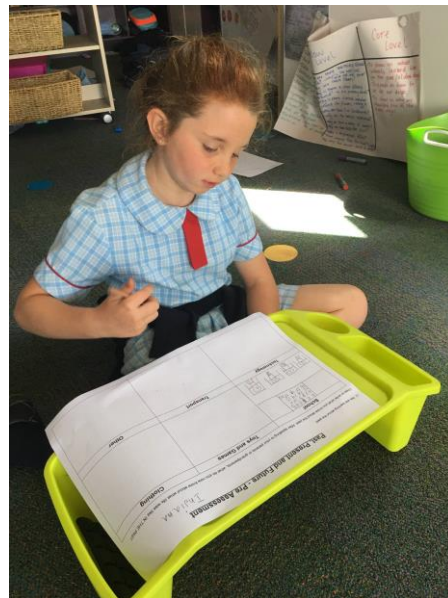
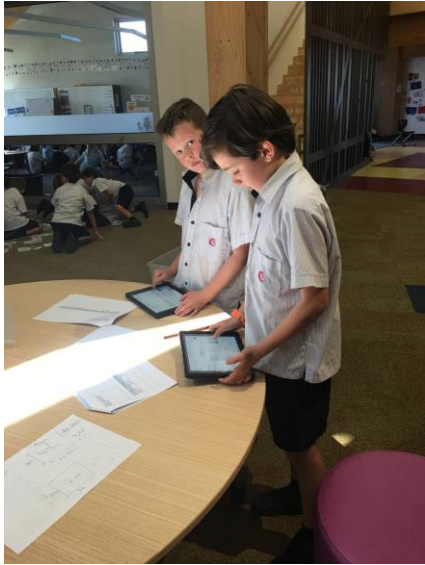


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WEEK 2 PHOTOS



Despite the challenging circumstances and disruptions of 2020, the P & F Committee have worked very hard to run a number of fundraisers. Thank you to the whole school community, for the continued support of these.

- Mango Drive Fundraising forms went home with children yesterday. There is also a copy in this newsletter if needed. Please feel free to collect orders from family and friends! Everyone loves Mangoes!
- Many thanks to our school sponsors/advertisers. Please take a look at the range of services these fabulous businesses have to offer at the end of this newsletter. The best way we can thank them for their support - is to support them back!
- We are having a Parents and Friends Committee Meeting this evening at 7pm. This is a catch up on our current projects for 2020. Please see the zoom link below to join. ALL WELCOME.

You are invited to the next P & F meeting, this Thursday 15th October, 2020, at 7 pm.

Topic: Lisieux P & F Meeting

Time: Oct 15, 2020, 7:00 PM

Join Zoom Meeting

<https://zoom.us/j/99636756619...>

Meeting ID: 996 3675 6619

Passcode: 124388



**Fresh North Queensland Mangoes
Direct from the farm to you!**

Support Our Mango Fundraiser

If you *love mangoes* here is your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

Cost per tray is: \$27.

Prize: There will be a prize for the family who orders the most trays of mangoes. Please offer them to family members, friends, colleagues and neighbours that you can deliver them to.

Return your order form to the school office by: Thursday 29th October, 2020.

Payment: Electronic funds transfer to Lisieux Catholic Primary, BSB 083-347, account number 33975-7598. Please put your family name as the reference.

Expected delivery: Week beginning Monday 23rd November, 2020.

The boxes of mangoes are packed in a single layer, with approximately 7 kg of mangoes per tray. The number of mangoes depends on the size of the fruit and may range from 12 to 23 mangoes.

Money raised will go towards: Playground resources.

For further information contact: Renee, M. 0490701855.

**PROUDLY A PART OF
AND SUPPORTING THE
LISIEUX COMMUNITY.**

Chris Henson



If you have any questions about
Torquay real estate, I'd love to have
a coffee with you.

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Please email lisieuxpandf@gmail.com for more information.

LIMITED SPACES LEFT FOR TERM 4



NAZARETH PARISH
GROVEDALE TORQUAY ANGLESEA

Correspondence to: Nazareth Parish Office
43a Surfcoast Highway
Torquay Vic 3228

Telephone: 03 9412 8444
Email: grovedale@cam.org.au

9 October 2020

Nazareth Parish School Families

Dear Families,

We are thrilled that our children have been able to return to on-site learning in our schools.

This year has certainly presented us with many challenges as we have faced the changes that the COVID 19 pandemic has imposed on our lives, and livelihoods.

2020 has been a year where we have not been able to do many of the things that were planned.

For our parish this has meant that we have not been able to gather to celebrate Eucharist together for most of the year or to celebrate important sacramental milestones in the lives of our children.

God willing, 2021 will be a year of growth and renewal that will allow our children to continue their faith journey, especially through completing the sacraments that have so far been postponed this year. We are currently planning how this will happen and we will contact you when the details are finalised.

Another challenge of the COVID 19 pandemic has been the financial impact on our families and our parish.

The Parish Contributions received from school families are a significant part of the parish income each year. Whilst we are very grateful to those families who have already paid the Contribution this year, we are conscious that each family faces different financial issues and we do not want to cause financial difficulties. We have therefore decided to waive the Parish Contribution for 2020. If you have already paid the Contribution and would like a refund of the amount paid please contact Rodney Dearing at Rodney.dearing@cam.org.au

If you are able to help the parish financially by paying the Parish Contribution of \$175 you can do so through CDFpay.

To use CDFpay either click here [CDFpay](https://www.cdfpay.org.au/details/?id=141) or visit [Melbourne.cdfpay.org.au/details/?id=141](https://www.melbourne.cdfpay.org.au/details/?id=141)

Please select 'School Family Parish Contribution' in the 'My Giving is for' box.

If you have any questions please call Rodney Dearing on 9412 8445.

May the remainder of this year be a time of hope, joy and stability for all of our families and community.

Yours Sincerely

Fr Linh Tran
Parish Priest

Paul Daffey
Chairperson
Finance Committee

CHILDREN'S WEEK

Surf Coast Children's Week 2020 is coming to you **online**

FUN FOR THE WHOLE FAMILY TO ENJOY FROM HOME!

The banner features a red background with a circular logo on the left containing the text 'CHILDREN'S WEEK' and an illustration of children. To the right are three stylized cartoon children. The text 'Surf Coast Children's Week 2020 is coming to you online' is prominently displayed, with 'online' in a white box with a hand cursor icon. Below it, the slogan 'FUN FOR THE WHOLE FAMILY TO ENJOY FROM HOME!' is written in white capital letters.

Children's Week 2020 will take place from Saturday 24 October to Sunday 1 November 2020.

The Children's Week theme for 2020 is based on the United Nations Convention on the Rights of the Child Article 15

'Children have the right to choose their own friends and safely connect with others'

Children's Week 2020 is a wonderful opportunity to promote the rights of children and young people, and to celebrate their capacity to actively contribute to the world around them.

Enjoy lots of fun and interactive activities for families to enjoy at home.

Stay tuned for Surf Coast Children's Week to be delivered virtually!



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